



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Licking County Family YMCA Youth Basketball Rules 2019-2020 SEASON Grades 3-4 Boys & Girls

Goals of the Program

1. Everyone participates
2. Every child plays at least two full quarters of each game.
3. Fair play, sportsmanship, self-confidence, team play and respect for others are more important than finishing first.
4. Personal goal setting and accomplishments should be emphasized.
5. No player may play more than three quarters, unless 6 or fewer players are present.

General Rules

1. Four - 8 minute quarters, clock does not stop except for time-outs and end of game, and last minute of fourth quarter.
2. One minute between quarters, and 3 minutes between halves.
3. No full court press.
4. All teams must play man-to-man defense. Double-teaming outside the lane is not permitted; however, "switching" is permitted. For example, team A's player dribbles past the defender for team B, another defender can pick him up provided that the original defender switches and guards the other player for team A.
5. ****WRISTBANDS WILL ALSO BE WORN AT THIS LEVEL TO HELP ENSURE THAT PLAYERS ARE PLAYING MAN TO MAN DEFENSE AND THE PLAYER MATCH UP'S ARE EQUAL ON BOTH SIDES****
6. **WRISTBAND CHART**
#1 RED
#2 BLUE
#3 PURPLE
#4 YELLOW
#5 GREEN
****the goal is to have each team's best player guarding each other and create favorable match-ups for all players involved****



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WRISTBAND EXAMPLE:

TOBY IS YOUR BEST PLAYER SO HE WOULD WEAR RED.
TAMMY IS PROBABLY YOUR THIRD STRONGEST PLAYER
SO SHE WOULD WEAR PURPLE. TOMMY IS IMPROVING BUT
OUT OF THE FIVE KIDS ON THE FLOOR HE PROBABLY
NEEDS THE MOST WORK SO HE WOULD WEAR THE GREEN
WRISTBAND.

7. Over and back and 3 second penalties will be called.
8. One time-out per quarter. Time-outs are a maximum of 30 seconds.
Clock does stop for time outs.
9. Substitution on a dead ball only. Notify referees, other coach, and
have substitutes ready to enter game.
10. Regulation rim height will be used.
11. Jump ball to begin game, alternate possession after that.
12. Team standings are not kept.
13. Fouls will be kept - 5th foul, player fouls out of the game.
14. Free throw's may be shot from 12 feet line or regulation 15 feet line.