



Eau Claire YMCA Basketball League 1st-6th Grade Rules & Guidelines



OBJECTIVES:

1. To teach the Four Core Values of the YMCA: Caring, Honesty, Respect, and Responsibility.
2. To establish a program developing both mental and physical abilities to the fullest extent.
3. To provide an environment of cooperation, sportsmanship, fun, and fair play for all participants.
4. To teach basic skills, fundamentals, and appreciation of the game to all participants.
5. To instill valuable characteristics of teamwork, leadership, and positive work ethic in all participants.

OVERALL GUIDELINES:

Players

- Registered players will be placed on teams by the Director.
- Players are expected to have equal playing time. Each player should have the opportunity to start a game, as well as play various positions.

Teams

- 1st thru 4th grade teams will be divided by school when possible.
- The number of teams per grade level will be determined by the number of participants.
- Team size will be determined by the number of participants and the number of coaches.
- Team names will be assigned by the Sports Director.
- Team uniforms will be reversible jerseys and the Y jerseys are required.

Practice

- Practice time and location will be chosen by the coach.
- Practices will be held once a week.
- Practice cancellations will be at the discretion of the coach or the Sports Director. Inclement weather may cause schools or the Y facility to close, in more extreme situations. If that happens, we will communicate updates to the team coach.

Games

- All games will be held at the downtown Eau Claire YMCA at 700 Graham Ave.
- Game Days are as follows:
 - 1st – 3rd grade will play on Saturdays, starting with 1st grade.
 - 4th – 6th grade girls will play on Friday evenings. They will follow 4th grade rules.
 - 4th grade boys will play on Sunday evenings.
 - 5th and 6th grade boys will play Tuesday evenings.

All WIAA Basketball rules will apply, with these specifications added:

All teams:

- Teams will play 5 on 5. If there are 8 or less players on a team, coaches may choose to play 4 on 4.
- Games will consist of four 10-minute quarters with a running clock.
- No pressing.
- Man-to-man defense. No zone.
- Each team will have 2 timeouts per half. Timeouts may not be carried over.

1st and 2nd Grade

- Court size will be short court with two hoops (half a regulation size court).
- 8 foot hoop height
- Junior (27.5) size basketball
- Score will not be kept.
- Free Throw line is marked by shorter line on court.

3rd Grade

- Teams will play 5 on 5. If there are 8 or less players on a team, coaches may choose to play 4 on 4.
- Court size will be short court with two hoops (half a regulation size court).
- 9 foot hoop height.
- Girls will use a Junior (27.5) size basketball. Boys will use a 28.5 size ball.
- No score will be kept.
- 5 second lane violation (versus a 3 second violation).
- Free Throw line is marked by shorter line on court.

4th Grade

- Teams will play 5 on 5, full court games.
- League will use a 28.5 size basketball. 10 foot hoop (regulation height).
- Free Throw line is standard regulation. Players may jump over on the shot.
- Clock will run; except last two minutes of the 4th quarter.
- 1 timeout per overtime. No timeouts will be carried over from regulation.

5th Grade – 6th Grade

- Teams will play 5 on 5, full court games.
- League will use a 28.5 size basketball. 10 foot hoop (regulation height).
- Regulation Free Throw Line. Players cannot rebound until the ball hits the rim.
- 10 Minutes Quarters; Running Clock; Stopping the last 2 minutes of 4th quarter.
- One 2-minute overtime will be used in the event of a tie. If a tie remains after the 2-minute overtime, the game will result in a tie.
- Game Intervals: One minute between quarters, 3-minute half time
- Two – 1-minute timeouts per half. One extra time out per overtime.
- Players will be allowed to press in the back court only during the last two minutes of the fourth quarter. Players cannot press if their team is ahead by 10 or more points.
- Bonus will be awarded on the seventh team foul. Double bonus (two free throws) will be awarded on the tenth team foul.
- Players will foul out on their 5th personal foul.