



## Sandusky County YMCA Jr. Cavaliers Rules

1. Have Fun! Kids First, Winning Second

2. Cheer for everyone, kids need and want to be cheered for when they do good things.

3. Focus on development not the score. Youth leagues develop character, people skills and confidence better than any win/loss record will.

### 4. Game Play

- **(3-4 Year old's)**: The 3-4 age group will meet on Saturdays and have 20 minutes to practice and then they play two 10 minute halves.
- **(5-6 Year old's)** age group will practice for 45 minutes throughout the week and then play two 16 minute halves on Saturday. The clock will be stopped every 4 minutes each half for substitutions, this is not a timeout.
- **(7-8 Year Old's)**: This division will practice once a week for 45 Minutes. Games will consist of two, 20 Minute Halves, with continuous clock. The clock will be stopped every 4 minutes each half for substitutions, this is not a timeout.
- **(9-14yr old's & Girls Division)**: This division will practice once a week for 1 hour. Games will consist of two, 24-minute halves, with a running clock except final 1 minutes of the second half where the clock will stop for all whistles. Clock will be stopped every 4 minutes for substitutions, this is not a timeout. 3 Seconds in the offensive lane will be called.
- **Scoring**: Score will be kept All ages, but once the winning team is up 20 points their score will freeze until the losing team scores.

### 5. Substitutions

- The Sandusky County YMCA is a "Fair Play" League. Our goal is to give each child the same opportunity to enjoy the game of basketball. Our focus is skill development and character building over winning and losing. Coaches are expected to give each child the same amount of attention and playing time regardless of talent or skill level.

### 6. Defense

- **Stealing** will not be permitted for ages 3-8yrs, only way to steal will be done on a pass. Stealing will be permitted for ages 9-14yrs
- **Ages 3-8** must play man to man defense. Double teaming is not permitted and full court defense is not permitted.
- **Ages 9-14** will be permitted to play any half-court defense they want throughout the game. Full court defense is not permitted.

### 7. Game Play

- Ages 3-4 will start with a side out. Ages 5-14 will begin with a jump ball
- Possession will be kept by referee.
- Halftime will be 2:30 Minutes in length
- No Clear-out plays will be permitted on offense due to man to man defensive rules. All players on offense must have a purpose and must move throughout the possession. This will be called at the discretion of the official.

- For ages 7 and older, ONE overtime period will be implemented in the case of a tie. Overtime will be 2 minutes with a running clock. Each team will be allowed 1 (30) second timeout. Coaches may play any player regardless of earlier rotation. Clock will stop for all whistles inside of 30 seconds. If the score is still tied at the end of overtime, the game will be a tie.

## 8. Equipment

<u>Age Group</u>	<u>Rim Height</u>	<u>Ball Size</u>
3-4 Years Old	6 Feet	Junior
5-6 Years Old	8 Feet	Junior
7-8 Years Old	9 Feet	28.5
9-14 Years Old	10 Feet	28.5
7-11 Years Girls	10 Feet	28.5

Ages 7-8 Years Old – Games on Main Gym played at 10ft – Cavs Trial to see if change will be made in future games.

## 9. Fouls

- Ages 9-14 – If foul in the act of shooting, we will shoot 2 free throws, clock will continue to run unless under 1 minute left in the second half.

## 10. Player/Coach/Spectator Conduct

- Inappropriate or abusive language from anyone may result in an immediate ejection from the facility and possibly the remainder of the league. Please always keep in mind that these are children and the league is for them.
- If you cheer for one person cheer for everyone

## YMCA SPORTS PLEDGE

"Win or lose, I pledge before God, to do my best, to be a team player, to respect my opponents, teammates and officials, and to improve myself, in spirit, mind, and body."