

**Waco Family YMCA YOUTH BASKETBALL RULES**  
**7-8 YEAR OLD RULES**  
**LEAGUE RULES**

The "Y" believes in its philosophy of "Athletes first, winning second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Basketball Program.

1. Coaches are expected not only to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season and this should be your measure of success, not your win-loss record.
2. **The score will be kept but should not be emphasized (the YMCA reserves the right to discontinue to keep score if it persists to be a problem).**
3. League standings will not be kept.
4. The referee is an extension of the coach and is instructing as well as encouraging the children. Coaches may discuss disagreements with the referee between quarters, at time outs, and at half time. If any player, coach, or parent insists on arguing with the referees, a technical foul may be called. The only time a coach is permitted on the playing court is in case of an injury, or with the permission of the referee. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
5. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
6. The goal height is 8.5 feet and the ball size is a 28.5 or womens size.

**GAME RULES**

1. A jump ball will be used to start the game. In case of tie-ups during the game, teams will alternate possession.
2. Games are composed of four 8-minute quarters. The clock will only stop on shooting fouls when the ball is handed to the shooter by the referee.
3. Coaches will not be allowed to be on the court.
4. Each team has 2 time outs per half (Time outs are not cumulative).
5. To call a time out, a team must have possession of the ball, or have a dead ball situation. Coaches may call the time out for the team.
6. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
7. Losing Teams may full court press the last 2 minutes of the game.
8. The ball must be within the arc. Teams may also pursue a loose ball outside the arc that is the result of a rebound or a defensive play on the ball. If a team rebounds and does not attempt to fast break the defense must drop back to half-court.
9. There will be no double-teaming (If the offense gains an advantage the referee may not call the double team violation).
10. If a player is fouled in the act of shooting they will be awarded 2 free throws. Free throws will be taken 3ft. inside the free-throw line. If the child steps on or over the line before the ball touches the rim a violation may be called at the discretion of the referee.
11. All field goals will be counted as 1 point. A player receiving a technical, intentional, or flagrant foul must leave the game for the remainder of the quarter. The quarter they are disqualified from will count as one of their quarters of playing time.
12. A player arriving to the game late may lose a quarter of their playing time. (Decision will be left up to the coaching staff).
13. Calls such as travelling, double dribbling, and carrying the ball will be enforced more strictly as the season progresses and may vary according to individual skill level.
14. The game will end with both teams shaking hands.

**Technical Fouls**

1. Excessive criticism of the officials from coaches or players will not be tolerated. A warning will be issued followed by a technical foul.
2. Two technical fouls in one game is an ejection and suspended the next game, three technical fouls in a season will result in suspension for the remainder of the season
3. Spectators will be giving a warning then the coach will be asked to talk to them and if spectator is still unruly they will be asked to leave gym/school immediately.