

**Waco Family YMCA Youth Basketball Rules**  
**5-6 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. Every player will play a minimum of two quarters. No player may play an entire game. There will be no substitutions, except in case of injury.
2. 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.
3. The score will not be kept and should not be emphasized.
4. League standings will not be kept.
5. 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. Please keep in mind the YMCA philosophy and remember that yelling at the officials is not a value we want to teach our children.
6. Any concerns about the league by coaches, players, or parents should be discussed with the league coordinator.
7. The goal height should be 7 foot and the ball should be a 1008 or junior size.

**GAME RULES**

1. Coin toss 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 7-minute quarters (clock will not stop).
3. Each team will have 3 to 5 players per side on the court.
4. Only **One coach per end of court** will be allowed on the court during the game.
5. The time allowed between quarters is one minute, for time outs one minute, and between halves 3 minutes.
6. There will be a "no steal" rule in effect when the offensive team is dribbling or passing the ball.
7. Lane violations will not be called.
8. Teams must play a zone defense. (markings will be provided on the court) There will be no double-teaming.
9. The ten-second rule will not be in effect when bringing the ball up the court.
10. Backcourt violations will not be called.
11. All throw-ins are free ins for the offensive team.
12. In case of a foul, the ball will be taken out of bounds. We will not shoot any free throws.
13. The game will end with both teams shaking hands.