



NORFOLK FAMILY YMCA

Youth Rec. Basketball Rules

Sportsmanship:

Good sportsmanship is necessary at all times. Coaches will be held responsible for the conduct of themselves and their players.

- If the site supervisor or referee witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. **Foul play will not be tolerated**
- Trash talking is illegal. Officials have the right to determine offensive language. You will get **ONE** warning, if it continues the player, coach, or fan will be ejected.

Game Time by Grade Level

Grade Level	Practice	Game Time	Half Time
Pre-K	20 minutes	four 5-min. quarters	3 minutes
Kindergarten	20 minutes	four 5-min. quarters	3 minutes
1 st -6 th Grade	During Week	four 8-min. quarters	3 minutes

- **All players must play at least HALF a game and receive equal playing time.** Allowances may be made if practices are missed or for behavioral issues. Team rules should be in place by coaches and team members.

Ball Size/Basket Height:

Pre-K: baskets at 5.5 feet – Mini 22”

Kindergarten: baskets at 6 feet – 25.5”

Grades 1st & 2nd: baskets at 8 feet – 27.5”

Grades 3rd & 4th: baskets at 9 feet – 28.5”

Grades 5th & 6th: baskets at 10 feet – 28.5”

Game Start:

The away (red) team will start with the ball under their basket.
(There is **NO** center jumps in this league.)

Jerseys:

All players **MUST** wear the official red/blue YMCA jersey.

Home: Blue Away: Red

The jerseys are available for purchase at the Welcome Center.

