

YMCA Basketball Rule Modifications by Age Groups

Violation	Age Group			
	Rookies 4-6 yrs	Winners 6-8 yrs	Champions 9-11 yrs	Olympians 12-14 yrs
Man-to-Man (Use wrist bands)	6 - 10	6 - 10	10	10
Players on Court	3 v 3 or 5 v 5	3 v 3 or 5 v 5	5 v 5	5 v 5
Ball Size	Junior	Junior	Regulation	Regulations
Basket Height	approx. 6-7 ft.	approx. 8-9 ft.	10 ft.	10 ft.
Free Throw Distance	n/a	n/a	approx. 9-12 ft.	15 ft.
Jump Ball	No	No	Yes	Yes
Game Length (Running Clock)	4 x 6 min. Quarters (24 minutes)	4 x 7 min. Quarters (28 minutes)	4 x 8 min. Quarters (32 minutes)	4 x 8 min. Quarters (32 minutes)
Time Outs	Varies	4	4	4

YMCA Basketball Rule Modifications for Violations

Violation	Age Group			
	Rookies 4-6 yrs	Winners 6-8 yrs	Champions 9-11 yrs	Olympians 12-14 yrs
Double Dribble	Call with flexibility	Call with flexibility	Call	Call
Traveling	Don't Call	Call with flexibility	Give flexibility with an extra step for starting and stopping; gradually tighten up this allowance	Call
Over the Back	Don't Call	Call with flexibility	Call with flexibility	Call
Inbounds (5 Sec)	Don't Call	Call with flexibility	Give warning early in the season; Call after midseason	Call
Lane (3 Sec)	Don't Call	Call with flexibility	Give warning early in the season; Call after midseason	Call
Back Court (10 Sec)	Don't Call	Call with flexibility	Give warning early in the season; Call after midseason	Call

YMCA Basketball Rule Modifications for Defensive Play

Violation	Age Group			
	Rookies 4-6 yrs	Winners 6-8 yrs	Champions 9-11 yrs	Olympians 12-14 yrs
Man-to-Man (Use wrist bands)	Yes	Yes	Yes	Yes
Strip Ball Handler of Ball	No	No	Yes	Yes
Draw Charges	No	No	No	Yes
Use Full Court Press	No	No	No	Yes
Use Zone Defense	No	No	No	Yes