



Sandusky Area 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

- **(3-6 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. The 5-6 Year old age group will practice for 45 minutes throughout the week and then play two 16 minute halves on Saturday. No score will be kept for ages 3-6, only game time. . The clock will be stopped every 4 minutes each half for substitutions, this is not a timeout. **Coaches are required to play each child as close to the same amount of time as possible.** Substitution sheets will be available to help coaches keep track of playing time.
- **(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. **Coaches are required to play each child as close to the same amount of time as possible.** Substitution sheets will be available to help coaches keep track of playing time.
- **(9-14yr old's)**: 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. **Coaches are required to play each child as close to the same amount of time as possible.** Substitution sheets will be available to help coaches keep track of playing time.
- **Scoring**: Score will be kept ages 7 and up but once the winning team is up 20 points their score will freeze until the losing team scores.

5. Substitutions

- The Sandusky Area 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.**
- All coaches are encouraged to use the substitution sheets provided by the YMCA to help insure that all kids are receiving the same opportunity to enjoy the game of basketball. The YMCA reserves the right to make these patterns mandatory should playing time become an issue.

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 3-6 will start with a side out. Ages 7-14 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.
- **No Stalling-** Teams are not permitted to stall or run the clock out before the ball gets to the 3 point line.
- **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 (Youth)
9-14 Years Old	10 Feet	28.5 (Youth)

9. Fouls

- Fouls will be kept for ages 9 and older. Players Team fouls will be enforced for ages 9 and older in **the 2nd half.** Teams will shoot 1 and 1 on the 10th team foul The clock will run during this time. If the shooter displays "delay of game" during his shooting – it's at the officials discretion to have the clock stopped.

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

11. All OHSAA basketball rules apply if not already stated.