



MT. DIABLO REGION YMCA

*We build strong kids, strong families, strong communities.*

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## YMCA Basketball

### General Game Rules

1. Game time will consist of four running quarters, 6-8 minutes long, depending on grade. There will be one two-minute halftime and one minute breaks between quarters.
2. Each team is allowed one time out per quarter (running clock still applies).
3. Violations such as traveling and double dribbling will be explained to the players by the referee as well by the coaches. Such violations will not result in a turnover (Exception: Turnovers may begin to be called in the Winners division as the season progresses, to the referee's discretion)
4. Players may substitute in at quarter breaks, during time outs, or as needed.
5. No full-court press will be allowed; players will be allowed to advance the ball to mid-court.
6. When the ball is being in bounded, the defensive player must be three feet back from the player putting the ball in play.
7. The game will start with one team taking the ball in bounds. Possession will alternate for the other three quarters. (Jump balls may be introduced at the coaches' discretion)
8. Zone defense will be played; double-teaming is not allowed. (Man-to-man may be introduced in the Winner's division to the coaches' discretion. Coaches should discuss this before the game with the coach from the other team.)
9. Any time the whistle blows, the play will be dead. The referee (instructor) should be handed the ball at that time.
10. On defense all players should have their hands up and a whistle can be blown if a player disrupts forward motion from the other team. (More advanced d
11. The referee can stop play at any time to give instructions to all players.

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♦ San Ramon Valley YMCA ♦

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*Mission Statement: The Mt. Diablo Region YMCA is a values based association, founded on Judeo-Christian principles, dedicated to enriching the lives of all people through programs that strengthen spirit, mind and body.*

**Financial assistance is available.** No person is turned away from programs due to inability to pay.