



YMCA Micro Basketball Rules

Format

1. Week 1 - 50 minute practice.
2. Weeks 2 - 7 will be a 25 minute practice followed by a 25 minute game.
3. Each player must play half the game, and play in each half.
4. Each Player must start in one game.

General

1. No score will be kept in micro.
2. All players must wear the YMCA Basketball reversible blue/white jersey.
3. Each game will begin with ONE head coach from each team gathered at center court to review rules.
4. The game will begin with the visiting team inbounding the ball for the first possession.
5. Games will be 5-on-5. Must have 4 players to start game.
6. At the beginning of each half the players will be lined up across from each other to designate whom they will guard.
7. Games will consist of 2 - 12 minute halves. 1 minute in-between each half. 1-1 minute time-out per half/per team.
8. All players must play at least half of each game.
9. Fouls will be called, player may receive five fouls, before he/she is removed from the game. If a shooting foul is called, then free throws will be attempted. (coaches are the officials)
10. Free throws will be attempted from the 10ft. Line.

Defensive Rules

1. Team may play zone or person-to-person defense.
2. There will be no defense played in the backcourt at any time.
3. There will be no double-teaming and no switching allowed at any time.
4. There is no stealing the ball while the offensive player has possession of the ball. The ball may only be stolen off a passing attempt.
5. Defensive players must remain inside the 19' arc (3pt line).

Offensive Rules

1. Offensive team has 5 seconds to penetrate defensive line from mid-court, but may go back behind 19' arc to set up offense (will have 5 second count repeated).
2. Offensive team "CANNOT" shoot behind defensive line (result; change of possession), must be inside defensive line before shot may be attempted.
3. 10-seconds: ball must be brought into the forecourt within 10-seconds and then another 5-seconds to penetrate the defensive line.
4. Over-and-Back: this rule will NOT apply.
5. Fast Break Rule: a team may fast break a maximum of 5 times per half. A fast break is determined by the offensive team having a greater number of players attacking the basket than the defensive team has set up.

Grade Level	Time Limits	Ball Size	Basket Height
Micro 1st Grade	2 x 12 min. halves	Junior 27.5	8 ½ ft.



YMCA Micro Basketball – Role of the Coach

Facilitator

- Set up the conditions and environment for learning.
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage players to give each other positive feedback.
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- De-emphasize winning and losing and emphasize sportsmanship and fun.
- Invite parents to help and participate.
- Officiate game. Keep track of player attendance.

Positive Role Model

- Work with all players equally.
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, site supervisors, parents, spectators, opposing coaches, and opposing players
- Show respect and responsibility for the game of basketball.

Understand who you are Coaching

- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons. Some may be there because their older siblings play. Some may play because all their friends do, and they want to be with them. Others may play because they love basketball.

Coaching Tips

Parent Meeting: I would suggest having a parents' meeting at your first practice so you can discuss the season, see if any parents are willing to be an assistant coach, inform them of when practices are.

Be on Time: Try to arrive at the game/practice before your players. After the game/practice do not leave until the last player has left and/or been picked-up.

In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be along with a single child where they cannot be observed by others.

Gym Space: Respect other teams practice times by starting and ending your practices and games on time.

Good Communication: Be sure that you keep your players and parents informed about things that are important to the players and the team (i.e.; change in practice location or time, picture day, etc.).

Sportsmanship: Kids are always reminded to be good sports when they lose, but that needs to happen when they win, too. Strongly discourage any type of behavior that is unsportsmanlike, win or lose. Taunting, abusive language, name calling or any other acts of unsportsmanlike conduct towards another player, coach, team, spectator, and/or official, has no place in sports.

Fun: Make playing for you fun. From practice to games, the kids should look forward to every opportunity they will get to play basketball. Practices should be challenging, but enjoyable for all your players.