



# 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 then 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.       |