

## Blue Gym Rule Guidelines

Rule	4-5s	6-7s	8-9s
Skills & Drills	Until 25 after	Until 20 after	Until 10 after
Game Time	Four 5-minute periods, no halftime	Six 4-minute periods, no halftime	Six 5-minute periods, no halftime
Timing Rules	Clock runs at all times unless the ref stops the game to explain rules to the kids or for an injury.	Running clock with exceptions. Clock stops on timeouts. The ref may stop the clock to explain rules to the kids or for an injury. Under 10 seconds (30 seconds in the 6 <sup>th</sup> period), clock stops on all whistles and while the ball is in the backcourt.	
Direction	Teams shoot in front of their bench for the whole game		
Coaches	One coach can be on the court during play to help guide players	Must be at their bench	
Subbing	All subbing (except for injuries) takes place between periods. All players should play an equal number of periods (or as close to equal as possible).		
Overtime	Not played		
Timeouts	Three 30-second timeouts per team per game		
Defense	Each player is given a different colored wristband at the start of each period, and all defenders must play man coverage on the opposing player with a matching wristband. Defenders cannot leave their player to double-team an offensive player. If the defenders are not staying with their matching wristband, the ref should stop the clock and remind them to do so. Help defense (stepping in to guard a player who's beaten their defender) is allowed as long as it doesn't create a double team.		
Half Court	Players must be within the arc at all times except for the dribbler bringing the ball from the backcourt into the frontcourt. Refs should encourage the dribbler to reach the arc in a timely manner. Defense must allow the dribbler to penetrate the arc. If the defense comes out of the arc or prevents the dribbler from entering the arc, the ref should stop the game and instruct them to do so. Any turnover caused by a player defending outside the arc or in the backcourt should be given back to the offense.	Offense must cross half court in 10 seconds. Defense cannot press and must go to the frontcourt while the ball is in the backcourt. Turnovers in the back court are not allowed and should be returned to the offense.	
Fast-breaks	Dribbler must wait until the defense is moving toward the frontcourt (coaches should help enforce)	Allowed	
Out of Bounds	Called only when necessary, minor offences ignored	Called as normal	

Traveling/ Double-dribbling	Players are verbally encouraged to dribble the ball/not double-dribble, but no call is made.	Players are warned for major offences. As the season goes on, players are warned and, on the second or third offence, lose possession. Grace is given to less-skilled players.	Players are given a warning, then the second offence is a turnover. As the season goes on, one warning is given per team instead of per player. Grace is given to less-skilled players.
3 Seconds	Not called		
Stealing	Not allowed (stealing is defined as the defender taking the ball from a player using his/her hands/arms).		
Intercepting Passes	Allowed, including on a hand-off pass when multiple offensive players both have hands on the ball		
Loose Ball	Players from both teams can go after a loose ball that results from a rebound or errant pass. Loose balls from a lost dribble are returned to the dribbler. If players on opposite teams recover the ball at the same time, it is a jump ball. Once clear possession is established, opposing players cannot reach in to steal the ball.	Players from both teams can go after a loose ball that results from a rebound, errant pass, or lost dribble (not a steal). If players on opposite teams recover the ball at the same time, it is a jump ball. Once clear possession is established, opposing players cannot reach in to steal the ball.	
Foul Shots	Not awarded	If a player is fouled while taking a shot, they are awarded a free shot from the spot of the foul. After the shot is taken, the ball is live on a miss.	
3-Point Shots	Not available		

\*Note: Because we do not allow stealing, in a close game the team with the lead must continue to make scoring attempts on the basket, even when defending the lead late in the game, and may not deliberately hold the ball without attempting to create a shot or pass to a teammate. If, in the opinion of the official, the team with the lead engages in stalling tactics late in the game, the ball will be awarded to the other team.