

Blue Gym Rule Guidelines

Rule	4-5s	6-7s	8-9s
Coaches	One may be on the court during play to help guide players		Must be at their bench
Skills & Drills	20-25 minutes	15-20 minutes	10-15 minutes of warm-up
Game Time	Four 5-minute periods, no halftime	Six 4-minute periods, no halftime	Six 5-minute periods, no halftime
Subbing	All subbing (except for injuries) takes place between periods. All players are to play an equal number of periods (or as close to equal as possible).		
Overtime	Not played (except in playoffs for 8-9s)		
Timing Rules	Clock runs at all times unless the ref stops the game to explain rules to the kids or for injury.	Running clock except under 1 minute. Clock stops on all timeouts. The ref may stop the clock to explain rules to the kids or for an injury. Under 1 minute in the last period, clock stops on all whistles and while ball is in the backcourt.	
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-colored wristband. Defenders cannot leave their man to double-team an offensive player. In the 8-9s, if the offensive player loses his defender, another defender can step in to stop a shot. If the ref notices that defenders are not staying with their matching player, the ref should stop the game to remind players to do so (the clock should be stopped for this).		
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.
Out of Bounds	Play should continue for minor out-of-bounds plays and only be stopped when necessary.	Called as normal	
Stealing	Not allowed (stealing is defined as the defender taking the ball from a dribbler using his/her hands/arms).		
Intercepting Passes	Allowed		
3 Seconds	Not called		

Fast-breaks	Offense must wait for the defense to get back.	Offensive players are not required to wait for the defense to get set before attacking the basket.
Half Court	Refs should verbally encourage the offense to cross half court in 10 seconds and penetrate the 3-point arc in another 5. However, it is not a turnover if they are unable to do so. Players must be within the arc at all times except for the dribbler bringing the ball from the backcourt into the frontcourt. 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.	Offense must cross half court in 10 seconds. Defense cannot press and must go to the frontcourt while the ball is in the backcourt. On inbound plays, the defense must be inside the 3-point arc until the ball is in play and cannot contest inbound plays outside the 3-point arc.
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 2 points (or 3 if the shot goes in). The defense then gets the ball.
3-Point Shots	Not available	

*Note: Because we do not allow stealing in the 8-9s, 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. Teams leading late in the game may not deliberately hold the ball without making an effort to create a shot or pass to a teammate. This can include holding the ball or dribbling outside the arc while making no attempt to pass or shoot, or any other tactic designed to run time off the clock. Thus if, in the opinion of the official, the team with the lead engages in stalling tactics late in the game, the ball may be awarded to the other team.