

Edwardsville YMCA Rookies Basketball Rules

IHSA rules apply considering the following exceptions:

Teams

- Teams will consist of 10 players on each team. The team will be delegated to a station for their drills and will participate with that group and rotate to other stations with them as well. In following the YMCA youth sports philosophy of "everyone plays, everyone wins", all team members are to have an **equal amount of playing time**.

Time

- Each station will be staff led and last for approximately 10mn.
- The staff will explain the drill, model it, and then have the kids execute it.
- A game or activity will also be involved during their station time.
- After approximately 10mn, the whistle will blow and the kids will rotate to new stations.

Equipment

- Rims will be at 8 feet.
- A youth (27.5") ball will be used.

Conduct and Sportsmanship

- The YMCA strives to create a positive learning experience for all participants. Coaches should always encourage and never discourage. They should be positive and stay away from negative comments and/or remarks.
- Sportsmanlike behavior is expected from all coaches, players, and spectators at all times. Examples of unsportsmanlike conduct include, but are not limited to: intimidating officials, players, and/or coaches, arguing, taunting, swearing, pushing, and fighting.

Uniform

- The Edwardsville YMCA basketball jersey, shorts, sweats, and gym shoes are the recommended uniform for all participants. **No jewelry can be worn.**