



# Jefferson City Area YMCA LIL' Dribbler Rules

1. Half court.
2. 3 on 3 or 4 on 4 (coaches' discretion).
3. Eight foot goals and 27.5 Ball Size (Junior)
4. Eight, five minutes periods with continuous running clock.
5. All Lil' Dribbler teams must wear YMCA jerseys.
6. No double teaming. (Man to man defense only.)
7. Score is not kept.
8. A player cannot foul out.
9. Coaches will officiate.
10. No three seconds in the lane.
11. No time outs.
12. Team in white will start with the ball.
13. When a change of possession occurs, the team gaining possession must dribble or pass the ball (without pressure) past the 3 point line and check the ball before play resumes.
14. After checking the ball, player must pass to a teammate. A player cannot dribble or shoot to start play. Defense must allow the first pass to be made as long as it is outside the lane.