

YMCA Youth Basketball League 2020

PROGRAM PURPOSE AND OBJECTIVES

The purpose and objective of the YMCA Youth Sports Programs is to teach sportsmanship, physical fitness, personal development and sports specific skills. These programs are designed to help players learn the basic fundamentals of basketball and to participate in team play under proper supervision and safety. We offer both a league (recreational play) and club (travel team) divisions that allows players to compete against others at a comparable level. All divisions will encourage growth and teamwork in the sport to help the players develop a sense of accomplishment and achievement.

PROGRAM RULES AND REGULATIONS

PLAYER ELIGIBILITY AND REGISTRATION

- A. Participants: Players in grades K – 8th.
- B. Parents Approval: Each youth must have a signed authorization from a parent or guardian.
- C. League Division Late Registration: Those players who register by the stated deadline will be placed on their school's team (when possible). Late registration will be accepted on the condition that they will be placed on teams which need players (may not be on the team from their school). A \$15.00 charge will be attached to all late registration.

TEAM DIVISIONS:

- A. League: Kindergarten through 8th grade
- B. Club: 4th through 8th
- C. Boys Division and Girls Division for each grade division based on number of teams available.

TEAM ORGANIZATION:

- A. The YMCA Staff will make team assignments upon completion of registration.
- B. League Teams will be formed as follows...
 - 1. All teams will be developed on a school attended guideline whenever possible. Some schools may have to be combined in order to fill a team.
 - 2. Players may request to be placed with a team or coach that they played for the previous year. New players, or players not including a team name or coach's name on their registration form, will be placed as stated in rule B-1. Rule B-1 will also be used to place players who have requested a coach or team that is not available.
- C. Club Teams will be formed as follows...
 - 1. Head Coach will turn in a Club Registration Form with all players listed and a parent's signature of approval for being on the team.
 - 2. Players will not be added without the head coach's approval.
 - 3. A Player must compete in 3 of the games to be able to play in the season ending tournament.
- D. No player may be dropped from a team. A player must finish the season with the team assigned unless re-assigned by the YMCA. If a player quits, the coach will notify the YMCA before the player is officially dropped.
- E. The YMCA Youth Sports Committee will have the final word on all special concerns related to players/team formation. Any concerns should be submitted in writing for placement on the committee's agenda.

VOLUNTEER LEADERSHIP – COACHES

- A. Each team shall have a volunteer adult layman as a coach who is at least 18 years of age and a **maximum of 2 assistant coaches** who shall be responsible for managing the team at league games and practices. If the coach and/or assistant will not be present, it is his/her responsibility to provide a representative to carry out his/her coaching duties.
- B. The hiring of a coach is prohibited.
- C. Coaches and instructors are requested to familiarize themselves with the changes in the official NCAA Rulebook and YMCA rules.

RESPONSIBILITIES OF COACHES:

- A. Select a parent representative (team mom or dad) to help with team business. Team business will also include either **keeping books or running the clock**, so you may want more than one.
- B. Contact players to notify them of their membership on the team, practice times and places, game times and locations, etc.
- C. Locate a place for practices and schedule practices.
- D. Have team at site of game 20 minutes before start time.
- E. Keep the YMCA informed of players dropping out, not attending, injuries, discipline, etc.
- F. Before and after practice make sure that all players are picked up by an appropriate guardian. Do not take children in your own car without another parent/coach present.
- G. Teach and support the purposes and objectives of the YMCA Youth Sports Program by teaching sportsmanship, physical fitness, personal development and the skills of the game.
- H. Attend all orientations and training sessions.
- I. Abide by the YMCA Code of Ethics and look to provide a positive learning environment for the entire team.

YMCA COACHING CONDUCT:

- A. Unethical conduct, including verbal abuse and other infractions will result in the following procedure:
 - * First complaint may require the coach to appear before the YMCA Committee.
 - * Second complaint may be grounds for dismissal.
 - ***Complaints must be in writing from a parent or another coach.
 - ***Complaints may be verbally made by a YMCA employee.
- B. Conduct during games shall be governed according to the following rules:
 - * Improper conduct - referee or gym supervisor will issue one warning.
 - * The next infraction will result in a technical foul and the coach must leave the game.
 - * A second technical foul during the same season requires the coach appear before the Youth Sports Committee before being allowed to coach again. A second technical is grounds for dismissal if deemed necessary by the Youth Sports Committee and/or the YMCA Sports Director.

SPECTATOR, COACH AND PLAYER CONDUCT

The YMCA rule book describes fouls as flagrant or intentional and unsportsmanlike as follows:

- A. A flagrant foul may be personal or technical. It is always unsportsmanlike and may or may not be intentional. If personal, it involves violent or savage contact, such as striking with the fist or elbow, kicking, kneeing, and running under a player who is in the air, crouching or hopping in a manner which might cause an injury to the opponent. If the ball is dead, a flagrant contact involves extreme, sometimes persistent, vulgar or abusive conduct. A single flagrant foul always carries a penalty of 2 free throws, possession and disqualification of that player.
- B. An intentional foul is a personal or technical foul which, on the basis of observation of the act, appears to be designed or pre-meditated. It is not based upon the severity of the act. Purposely committing a

technical foul in order to create a false double foul situation, lightly holding or pushing a player in the back to prevent a score when there is no possibility of getting into position to guard, is equally intentional and unsportsmanlike. An intentional foul always carries a penalty of two free throws and possession of the ball.

TO BE UNSPORTSMANLIKE IS TO ACT IN A MANNER UNBECOMING OF YOURSELF OR ANOTHER INDIVIDUAL.

It consists of acts of deceit such as accepting a foul which should be charged to a teammate or faking a foul; or throwing a free throw awarded to another; disrespect such as making a critical remark about or to the official or an opponent; vulgarity such as the use of profanity whether or not directed at someone. The penalty for unsportsmanlike conduct is a technical foul, two free throws, unless unsportsmanlike aspect is flagrant, when two free throws are awarded and the offender is disqualified.

- C. A technical foul can, and will, be called on a team's spectator whenever necessary. They should serve to remind us that the team is playing the game, and that the spectator's part is only supportive. The spectators can cause hardship to their team by their unsportsmanlike conduct. A YMCA official can stop the game to remind all participants including spectators to participate fairly.
- D. **Head Coaches are allowed to address official during the game, but must be in a positive/calm manner. Any questions or concerns about play need to be directed to the gym supervisor or need to go through the team captains in the 4th-8th grade.**
At the next break in play the gym supervisor may or may not speak to the official regarding the concern. Any outburst by a coach directed at an official will carry the penalty of one time out. Coaches will receive one warning prior to being penalized by the gym supervisor.
- E. In order to establish team discipline, a coach may bench a player during the game for unsportsmanlike conduct or attitude detrimental to the team's interests. A coach does not have to play a player in a game if the player:
1. Does not make at least **one** of the team's practices in any one week.
 2. Is **consistently tardy** without excuse. Coaches please be reminded that players are usually brought to practice by way of a parent or sibling when enforcing this in a game situation.
- Coaches must address this with parents before sitting the player out of the game.**
- F. All disciplinary actions of any type by a coach or official must be reported to the YMCA in a timely manner by either email or call to a director.

RULES REGARDING BASKETBALL EQUIPMENT AND UNIFORMS

- A. All players must wear regulation numbers on back of jersey. The numbers shall be of contrasting color to jersey color to be readable by officials and supervisors.
- B. Each player must provide and wear shoes.
- C. Head decorations, head wear and/or jewelry are illegal. Equipment that could cut or cause an abrasion to another player is prohibited.
- D. Please have Players wear shorts **WITHOUT** pockets or athletic shorts during games and practices.
- E. Ball sizes per division are as follows:
- | | |
|--|------|
| a. K - 2 nd - boys and girls – Junior-sized ball | 27.5 |
| b. 3 rd boys and girls – Junior-sized ball | 27.5 |
| c. 4 th boys and girls – Intermediate ball | 28.5 |
| d. 5 th - 8 th girls - Intermediate sized ball | 28.5 |
| e. 5 th & 8 th boys - Regulation Men's | 29.5 |

GAME PROCEDURES

NOTE: The game will be conducted under those rules prescribed in National Federation Rulebook with the following exceptions:

- A. **K – 3rd grade** four (4) three-minute periods per half for a total of 24 minutes per game.
4th – 5th grade will play (2) 7 minute periods per half for a total of 28 minutes per game.
6th – 8th grade will play (2) 8 minute periods per half for a total 32 minutes per game
- B. K - 2nd grade will play on an 8 foot goal
3rd grade will play on a 9 foot goal.
All other divisions will play on a regulation 10 foot goal.
- C. K – 3rd grade will use a shorter three second zone and free throw line.
- D. **Pressing**
a. K – 2nd grade - No pressing at any time during the game. Man to man defense must be played at this division. *Wrist bands will be used to help players designate who they are guarding in K and 1st grade.* There will be no double teaming. No trapping, and no screening allowed.
b. 3rd grade - No pressing at any time during the game. Man to man defense must be played at this division. **No** wrist bands will be used at this level. There will be **NO** double teaming and no trapping. Screening is allowed offensively. Defensively the defense must either switch or stay with their man.
c. League 4th & 5th grade - A full court press **WILL** be allowed in the second and fourth periods **ONLY** if the game is close (close game within 10 points). In periods 1 and 3, the ball **MUST PASS** center court before it can be attacked. (After three warnings the official may award a technical foul). A zone is allowed at the fourth grade level.
d. Club 4th and 5th grade - A full court press **WILL** be allowed throughout entire game **ONLY** if the game is close (close game within 10 points). After two warnings the official may award a technical foul. A zone is allowed at the fifth grade level.
e. League and Club 6th – 8th grade - A full court press **WILL** be allowed throughout entire game **ONLY** if the game is close (close game within 15 points). A zone is allowed at the sixth grade level.
- E. **Screening**
a. K – 2nd grade - **There will be no screening allowed for this division.**
b. 3rd – 8th grade - Screening is allowed during the game as long as the offensive player is set once contact has been made with defensive player.
- F. All games will be played with scheduled officials. Any coach refusing to play because of a certain official will forfeit the game and may face dismissal.
- G. The offensive team will have *10 seconds* to take the ball across half-court after an out-of-bounds or goal has been scored. Failure to do so will result in a turn-over. Officials will be a little more lenient in K-2nd grade with this rule, but we will work on that throughout the season.
- H. There will be a jump ball at the start of the game only. The possession arrow will be in effect after each period.
- I. **No protests will be allowed on judgment calls made by the officials.**
- J. A tie game ends in a tie.
- K. While closely guarded, a player cannot hold or dribble the ball for more than 5 seconds.
- L. The scoreboard will **NEVER** show more than a 15 point lead at any time. Score will not be kept during games that involve K – 2nd grade.
- M. In the occurrence of a cross division games, the rules will be followed based on the lowest division team. For example, a 5th grade team playing a 6th grade team, the teams will follow the rules and

regulations set forth for the 5th grade team. Supervisors will make sure that officials are aware of the grade level of the teams participating in the contest.

PRACTICE

- A. League Practices will be limited to 3 meetings per week. Length of practice is not an issue as long as coaches are being reasonable about it. There is no need for any penalties due to practice time.
- B. Club Divisions will not have a limit on practices. Please be reasonable on the amount of time and length of all practices.
- B. Practices at the YMCA will be highly limited or not available at all. It is advisable to all coaches to try and find a gym elsewhere to practice in.
- C. The minimum play privilege for the League Divisions shall not be abridged except for the following reasons:
 - a. The player is absent for more than half of the scheduled practices in a week.
 - b. The player is consistently tardy. **(Problems with Rule A or B should be taken up with the player's parent and reported to the YMCA.)**
 - c. The player is injured or ill and cannot compete.
 - d. Parental request
- D. The Youth Sports Committee has adopted the following definition of the term "practice".
 - * A practice will be any gathering of the coaches and one or more players other than the game. This includes: meetings, strategy planning, walk through, etc.
- E. Violation of practices will be viewed by the committee and will be grounds for dismissal.

SUBSTITUTIONS

- A. **League K – 3rd grade** - Each half will be divided into four(4) - three minute periods
Each player must play for two, uninterrupted periods per half. If you have 10 players or less, you **must** play each child two periods per half. There will be 8 periods total.
- B. **League 4th – 5th grade** - Each half will be divided into (2) - seven minute periods
All players must play at least 7 minutes or one interrupted period per half, if 10 or less players are on the team. There will be 4 periods of 7 minutes each.
- C. **League 6th – 8th grade** - Each half will be divided into (2) -eight minute periods
All players must play at least 8 minutes or one interrupted period per half if 10 or less players are on the team. There will be 4 periods 8 minutes each.
- D. A player playing any part of a period receives credit for having played that period (except in the case of injury).
- E. No player may play more than three (3) consecutive periods.
(Exception: less than 7 players on a team, but play time should still be equivalent for all players).
- F. **Club Division**.....Substitutions are up to the head coach and on their judgement. Coaches please be reasonable in your substitutions and communicate with players and parents about play time.

TIMER GUIDELINES

- A. K – 3rd grade – we will have a running clock for the entire game.
- B. 4th – 8th grade: the clock **DOES NOT** stop until the last 2 minutes of the final quarter. (EXCEPT for free throws and time outs)
- C. The last two minutes will be a regulation clock and will stop on every whistle.

INJURIES

- A. The San Angelo YMCA and staff WILL NOT be liable for injury to players in any game.
- B. In the event of an injury, supervisors will assess the player and decide about future play.
- C. REMOVAL FROM PLAY – if the player shows any of the signs of a possible concussion when being evaluated, the player will be removed from play (the coaches and supervisors will have a list of signs and symptoms at the site for reference). They will be looking for anything out of the ordinary for the player. Supervisors will adhere to the following procedure:
 - a. Remove player from play
 - b. Get evaluated by a medical professional
 - c. Inform parents of the situation
 - d. Keep player out of play until a medical health care professional approves of return to play.
- D. RETURN TO PLAY – the player will have to obtain a medical release from a medical professional before they can return to play for the YMCA. It will have to be turned into the Youth Sports Department by Friday to play on Saturday. Please use the following guidelines when helping the player return to play.
 - a. Day 1 – light aerobic activity
 - b. Day 2 – add activity to increase heart rate
 - c. Day 3 – Add heavy, non-contact activity to workout
 - d. Day 4 – Reintegrate into practice with controlled contact
 - e. Day 5 – Put back into play
- E. If a supervisor has to come on the court for an injury, the player will have to come off the court for at least one play before re-entering the game.
- F. Injuries, disciplinary action or players quitting a team must be reported to the YMCA immediately.
- G. Scheduling of regular season play shall be the responsibility of the YMCA of San Angelo and the Youth Sports Committee. All games are subject to change or rescheduling.

COACHES PLEASE REMEMBER THIS IS YMCA YOUTH BASKETBALL. THIS IS NOT HIGH SCHOOL BASKETBALL, COLLEGE, WNBA, OR NBA. THIS LEAGUE IS TO DEVELOP THE BASIC FUNDMENTALS OF THE GAME OF BASKETBALL. COACHES, YOU ARE ROLE MODELS FOR THESE YOUNG MEN AND WOMEN. THEY HEAR AND SEE EVERY THING THAT YOU DO DURING PRACTICE AND GAMES.