



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Sports Pledge: "I pledge to play the game the best I can, to be a team player, to respect my opponents and to improve myself in spirit, mind, and body."

YOUTH BASKETBALL LEAGUE Kindergarten-2nd Grade

LEAGUE PHILOSOPHY

Fun

We play sports to have fun! The environment created by the coaches and referees is positive, relaxed and enjoyable. Trying hard and having fun is emphasized: Winning is de-emphasized.

Fitness

Regular cardiovascular exercise is important for a lifetime! Encouraging fitness and good health at an early age helps people develop their spirit, mind and body for a healthy and productive lifetime.

Skills

Emphasize the fundamentals! The game is modified according to the age of the players to help them achieve success. Coaches spend time developing skills and referees take time during the game to explain the rules.

Teamwork

Focus on cooperation, not competition! Players have the opportunity to play a variety of positions and are encouraged to help one another with skills development. Team discussions focus on developing good team play.

Fair Play

Fair play involves respect! Fair play is based on respecting the rules, officials, teammates and opponents. Fair play requires an understanding of the rules by players, coaches, referees and parents. This is achieved through regular communication and feedback.

The YMCA does not condone the following activities and/or events:

- special practices for a small number of players
- events involving a small number of team players
- children being subject to physical or verbal abuse from coaches, parents, peers, etc.
- coaches wishing to have excessive involvement with your child

Please remember:

- children are involved in organized sports for their enjoyment, not yours
- children learn best by example
- children should always be encouraged to play by the rules
- children (and officials) should never be yelled at or ridiculed for making a mistake
- children should be taught that an honest effort and hard work are just as important as winning

This is a non-competitive fun league where children will learn **character values** and the **fundamentals of the sport**.

Respect

Caring

Honesty

Responsibility

Court: Played on half court with baskets at 8ft for Kind-2nd (9ft Rims if 2nd grade league only).

Game Ball: Junior size (27.5) for Kind-2nd grade; Intermediate (28.5) for 2nd grade league only.

Teams: 5 vs. 5, each child will play an equal amount of time in keeping with the philosophy of **"everyone plays, everyone wins."**

Coaches: One coach from each team may be on the court at a time.

Game Length: Each game will consist of four 10-minute quarters.

Missouri High School rules apply considering the following exceptions:

Game Time

- The clock will run continuously. The clock will only be stopped for team time outs, official's time outs, and injuries.
- The clock will stop at the 5-minute mark to allow for substitutions. This is not a time-out and players should be substituted quickly. If too much time is elapsing, the official has the option of starting the clock to keep games on schedule. Teams should match up at half court to start after a substitution.
- Shot clocks will not be used. A team should attempt to score in 30 seconds. It will be under the official's discretion to warn teams that are stalling.

Half-Time

- Consists of three minutes.

Time Outs

- Two 45-second time outs per game.

Offense

- No score will be kept.

Defense

- Defense can pick up the offense at the 3-point line or the designated line. Teams failing to do so will be warned by the official and a teaching moment should take place.
- Teams must play "man to man" defense and will line up at the beginning of each quarter and at the substitution break to designate which player to guard.
- Stealing is not allowed, except on passes or if possession is completely lost. In a jump ball situation, the team who had possession of the ball first will re-take possession.

Full Court Press/Trapping

- Pressing and trapping are not allowed in this league.

Foul Outs

- No fouls will be kept, but a player continually fouling will be removed and the coach should use this as a teaching opportunity. Moving of feet and not reaching should be stressed in this league.

Uniform

- YMCA jerseys, shorts, sweats, and gym shoes are the recommended uniform for all participants. Hoop earrings are not allowed. Stud earrings can be worn. Jewelry such as wristbands, earrings, and necklaces are prohibited for players not to wear.

Officials

- Violations called by the officials will be explained to the player and will go back to the offending team. (Except in 2nd grade only league: All violations will be explained, but results in a turnover)
- Fouls called by the officials will be explained to the player, but will be a turnover to the opposing team.

VIOLATION

DEFINITION

Double Dribble:	Dribbling the ball with 2 hands simultaneously or re-starting their dribble after they have already stopped.
Traveling:	More than 2 steps with the ball without dribbling. This includes changing pivot foot, moving pivot foot and 3 step lay-ups.
Kick Ball:	When the player <i>intentionally</i> kicks the ball or when the ball unintentionally hits the player below the waist and his or her team gains advantage from it.

Violation	Kindergarten – 2nd Grade
Double Dribble:	Called when excessive
Traveling:	Called when excessive
Kick Ball:	Called

Player Contact and Fouls

Basketball is a contact sport, with players often in close proximity and in constant motion. The rules of the game discourage rough play or tactics that allow a team to gain an advantage through brute force. Fouls are called when officials see illegal physical contact between two or more players based on these general principles:

- The first player to establish position (to become stationary or set) on the court has priority rights to that position.
- A body part cannot be extended into the path of an opponent.
- The player who moves into the path of an opponent, especially an airborne opponent, when contact occurs is responsible for the contact.
- All players have the right to the space extending straight up from their feet on the floor. This right is called the *principle of verticality*.
- Players' fouled while in the act of shooting will not shoot free throws. The team that was in possession of the ball will re-take possession out of bounds closest to the foul spot.

Types of Fouls

Based on the general principles concerning player contact, these specific fouls are called in a regulation game:

- *Blocking* is physically impeding the progress of another player who is still moving.
- *Charging* is running into or pushing a defender who is stationary.
- *Holding* is restricting the movement of an opponent.
- *Over-the-back* is infringing on the vertical plane of, and making contact with, a player who is in position and attempting to rebound.
- *Reaching in* is extending an arm and making contact with a ball handler in an attempt to steal the ball.
- *Tripping* is extending a leg or foot and causing an opponent to lose balance or fall.

Non-Contact Fouls

Swearing, trash talking, intimidation, swinging elbows, taunting, fighting, spitting or talking back to the referee will not be tolerated. These actions are unsportsmanlike and violate the nature of the league. Any player exhibiting these or any other unsportsmanlike actions will be removed from the game. The exact length of time will be determined by the referees and sport managers.

Team coaches are responsible for the conduct of themselves, their fans, and their players. 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.

Players, parents and/or coaches that display unsportsmanlike behavior may be asked to leave the gym and further action may be taken.

Alcoholic Beverages/Illegal Substances/Property Damage/Fire Arms

The use of alcoholic beverages and/or illegal substances on school property is prohibited. Anyone caught using them will be subject to arrest. Any player, staff member, or spectator caught using illegal substances or consuming alcoholic beverages will be suspended from the league. A team may be censored if their supporters/fans are caught indulging. Any team, team member, staff member, or spectator connected with a team in any way, found guilty of defacing or damaging property at any time may be banned permanently from all YMCA sponsored programs and be turned into the proper authorities.

NOTE: If any player, spectator, or staff member is found to be associated with any type of violation of the law (examples include but are not limited to public intoxication, possession of drugs), the YMCA has full authority to suspend, eject, or ban that individual, if necessary.

Questions & Comments

The YMCA Staff reserves the right to make effective immediately any and all changes for the safety of participants and in the best interests of the program. However, he/she shall inform the team coaches, staff, and all players of any changes before their next contest. Any matter not covered by these rules shall be left to the discretion of the YMCA Program Director.