



**Ventura Family YMCA**  
Youth Basketball League  
Parent Handbook

Fall 2025

**VENTURA FAMILY YMCA**  
**BASKETBALL LEAGUE**  
Parent Letter

**Parents & Guardians,**

Welcome to the Ventura Family YMCA Youth Basketball League. Thank you for enrolling your children in youth sports at the Y. Here at the Y, our goal is to provide quality programs that provide a FUN environment where children are able to learn the fundamental skills of sports.

In order to accomplish this I ask that we always remember our role out on the court: Coaches Coach, Spectators (Parents) Cheer, Referees Officiate, and Players Play. This approach will ensure that our non-competitive league stays true to our mission stated in the Seven Pillars of YMCA Youth Sports.

**Pillar One - Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays half of every game.

**Pillar Two - Safety First.** Although kids may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. Coaches make sure the equipment and facilities are safe, and they teach the sport as we've prescribed so that the skills taught are appropriate for athletes' developmental levels. And coaches constantly supervise their players and stop unsafe activities.

**Pillar Three - Fair Play.** Fair play is about playing by the rules and more. It's about coaches and players showing respect for all involved in YMCA Youth Sports. It's about coaches being role models of good sporting behavior and guiding their players to do the same.

**Pillar Four - Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective is when adults make decisions that put the best interests of the players before winning the contest. Learning to compete is important for youngsters, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Sports we want to help kids learn these lessons.

**Pillar Five - Family Involvement.** YMCA Youth Sports encourages parents to be involved appropriately in their child's participation in our sports programs. In addition to being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

**Pillar Six - Sport for All.** YMCA Youth Sports is an "inclusive" sports program. We offer programs to all youngsters regardless of their race, gender, religious creed, or ability. We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the kids and their parents to do the same. Fair play involves respect! Fair play requires a clear understanding of the rules by everyone involved.

**Pillar Seven - Sport for Fun.** Sports are naturally fun for most kids. Some-times when adults become involved in children's sporting activities they over organize and dominate the activities to the point that it destroys kids' enjoyment of them.

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility, is an essential element of its sports program. Remember, only a fraction of young people will play sports beyond high school, but the majority will become parents, employees, and citizens. By building their character, you'll give them and the rest of society a permanent gift.

- *Caring: To appreciate others and be sensitive to the well-being of others involved in the sports program*
- *Honesty: To have integrity, making sure that one's actions match one's values through participation in sports.*
- *Respect: To value the worth of every person, including oneself, one's teammates, opponents, and officials.*
- *Responsibility: To be accountable for one's behavior and obligations.*

In addition to our pillars, I would like to emphasize the importance of commitment when it comes to team sports. Coaches and teammates are depending on having all players present, as absences result in a fragmented team experience. Coaches need to be notified if you are unable to attend a practice or game. Reliability is a very important aspect of being part of a team, and it is essential to ensure everyone on the team has the whole of the experience.

Our intent is to provide as much support as needed to ensure a positive experience for you and your child(ren). If there are any questions or concerns during the season please do not hesitate to reach out to us.

Sincerely,

Maddie Ozbourn  
Youth Sports Coordinator  
madeline.ozbourn@ciymca.org  
(805) 642-2131 ext. 2116

**VENTURA FAMILY YMCA**  
**BASKETBALL LEAGUE**  
Parent Code of Conduct

The Ventura Family YMCA is asking for your cooperation as a parent and/or spectator. We would like everyone involved:

- To enjoy youth sports
- To have fun
- To create a positive environment that is free of stress

**MY PLEDGE TO GOOD SPORTSMANSHIP**

I will respect all gathered today at this game: officials, timekeepers and scorekeepers, coaches and fans, players and parents. I will cheer my team on and applaud all players' efforts. I will model good sportsmanship.

**Specific Fan Guidelines:**

- Praise your children during games and practices
- Keep comments positive
- Leave coaching to the coaches (You may be asking your child to do something the coach has told them not to do)
- Take any constructive comments regarding the game to the coach, who may approach the Sports Director/Coordinator at the end of the game
- Do not interrupt the game
- Be examples of good sportsmanship for our children to model
- Criticizing officials will not be allowed
- Negative behavior toward the opposing team will not be allowed
- Help us make this a positive and fun experience for everyone involved
- Remember that the game is for youth - not adults
- Place the emotional and physical wellbeing of your child ahead of personal desire to win
- Provide and display positive support, care, and encouragement for your child and other children in youth sports

**Policy Enforcement:**

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

**VENTURA FAMILY YMCA**  
**BASKETBALL LEAGUE**  
General Information

**Game Schedule/Communication**

The game schedule can be found on the website called "YGAMETIME:" <https://ygametime.com/branch/ventura/sports/> (released 1 week prior to the league start time). Consistent communication will be sent through YGAMETIME automated emails, which contain the link to the game schedule at the bottom of each email. It is your responsibility to look out for these emails, as they will contain important information.

**Team Practice**

Practice days and times will be determined by the volunteer coaches. Teams have one practice per week. Any schedule changes will be made by the volunteer coach and will be confirmed by YMCA management. **Please let your coach know if you are unable to attend a practice on a given week so that they may plan accordingly.**

**Uniforms**

A link to purchase the YMCA reversible Basketball Jersey is provided in your confirmation email upon signing up for the league, and also can be found on the YGAMETIME Website. **The Reversible Jersey is the only REQUIRED uniform you will need.\*** Additional uniform components, such as YMCA logo shorts, are available on the website and are optional. Everything you order is yours to keep! You may reuse your same jersey for future seasons, so hold onto it-- However, we will change jersey styles every couple of years, at which time a new jersey purchase will be required for all participants.

\*Reach out to [ve.sports@ciymca.org](mailto:ve.sports@ciymca.org) if you would like to discuss the option of loaning a jersey for the season.

**Jr. Clippers Partnership**

The Channel Islands YMCA Association, which includes our Ventura YMCA, has solidified a partnership with the Jr. Clippers organization. This will not change how our league is run, but will include benefits such as an off-season clinic provided by the clippers hosted at a local Y, Coach resources, and discounted tickets to Clippers games for participants!

**Team Groupings/Assignments**

Team assignments are emailed to all parents and coaches the week prior to the start of the league. The YMCA will try its best to accommodate "buddy" and coach requests; however, we ask that you understand that not every request can be met 100% of the time.

**Volunteerism**

If you have any interest in stepping in to help assistant coach, please reach out. We are also in need of volunteers to help run the scoreboard and score book each weekend. It will be the responsibility of that team to find parents to fulfill those duties. We appreciate any and all support and involvement.

**Post-Game Snack**

Each week, parents will take a turn bringing a healthy, pre-packaged snack to share with their team. The coaches will coordinate a snack schedule for their teams.

### **Equipment**

Knee Pads and long pants are encouraged for safety purposes. Bringing your own ball to practice is optional.

### **Inclement Weather Policy**

It is our intent to get every practice and game in as scheduled. However, safety is our top priority. Practices or games that are cancelled due to inclement weather are not guaranteed to be made up.

### **Basket Height, Ball Size, & Game Length**

Age Group	Division	Basket Height	Ball Size	Players on Court	Quarter Length
5-6	1	7-8 feet	27.5	4v4	7 mins
7-8	2	8-9 feet	28.5	4v4	8 mins
9-10	3	9-10 feet	28.5	5v5	8 mins
11-15	4 & 5	10 feet	29.5	5v5	9 mins

### **Scoring**

The score will be kept in all of these divisions; however, YMCA reserves the right to shut off the scoreboard at any time so that emphasis is placed on learning and not winning. Team standings will be updated only for the purpose of creating an even matchup for the very last game.

### **Substitutions, Time Outs, & Game Clock**

Players will be substituted at the halfway point of each quarter. The game clock will pause briefly so substitutions can be made. Each team has 2 1-minute time outs per half (does not carry over). All divisions are running clock, with stop clock in the last 2 minutes of the game if the score is within 10 points.

### **Press**

Division 1 must begin defense only within the 3-point arch. Divisions 2 & 3 must begin defense behind half court. Divisions 4 & 5 are allowed to press full-court UNLESS they are leading by 10 or more points.

### **Violations**

In all divisions, our YMCA staff and referees will be working with kids and explaining violations during the season. In divisions 1 & 2, teams may not be penalized every time a violation occurs. As the season progresses, the referees will be calling these violations as they see fit. There will be no free throws in divisions 1 & 2. Shooting fouls will be treated the same as on the ground fouls. Bonuses will only occur in Divisions 3, 4 & 5.



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Ages 5-6

**Channel Islands YMCA**  
**YMCA Youth Basketball Rules – Updated Fall 2025**  
**D1**

**General:**

1. 4V4, Full-court.
2. There will be four 7-minute running quarters. The game clock will only stop for timeouts, or injuries.
3. There will be a 3-minute half time and 30 seconds for subs between quarters.
4. If at the end of regulation the score is tied, the game will end in a tie.
5. Each team will have one 1-minute timeout per half (timeouts do not carry over). Timeouts may be called by a coach or player on the court when their team has clear possession of the ball or the play is dead (whistle was blown).
6. There is no free substitution. There will be a quick Referee Time Out at the mid-way mark of each quarter to allow for substitutions.
7. Each player shall play a minimum of two quarters per game (14 minutes) and sit for at least half a quarter (3.5 minutes). No player shall play the entire game.  
*Exception: Injury or limited number of players.*
8. There will be no record of team or individual fouls. Players shall not foul out.
9. There will be no free-throws.
10. one parent volunteer is required to report to the referees 10 minutes prior to game time to assist in scorekeeping/timing.
11. At any moment play becomes chaotic or unsafe the referee may instate a 3 second pause period to allow players to get set after each turnover/change of possession.
12. Only one coach can be on the floor at once. The coach must only help as absolutely needed.
13. The scoreboard will be shut off at half time if one team leads by 15 or more points.
14. Baskets will be 7.5' and a junior size ball (27.5") will be used.

**Offense:**

1. There will be no lane violations (3 seconds in the key).
2. The ball must be inbounded within 5 seconds or inbounding team will lose possession.
3. There are no shooting fouls. If a foul is committed during a shot, the ball will be taken up top by the offense.
4. If players become bunched up in a group or no progress is made, the officials shall stop play, instruct the players to spread out, and resume play with the team in possession taking the ball out of bounds at the nearest spot.
5. If a violation is committed (i.e. double-dribble) the referee shall pause the game, explain the call and demonstrate proper form. Ball may be rewarded back to the offending team to promote learning rather than punishment. This is up to the discretion of the referees.

**Defense:**

1. Defense shall be played inside the 3-point line. (ie no press beyond the 3 point arc)
2. Reach in steals are NOT permitted. However, if a player loses control of the ball while dribbling, the defending team may pick it up.
3. Steals on passes are permitted within the 3-point arc.
4. A defensive player may *not* break the plane of the 3-point arc.
5. Emphasis will be placed on defending with hands straight up.



FOR YOUTH DEVELOPMENT™  
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**Ages 7-8**

**Channel Islands YMCA  
YMCA Youth Basketball Rules – Updated Fall 2025  
D2**

**General:**

1. 4V4, Full-Court
2. There will be four 8-minute running quarters. The game clock will only stop for timeouts and injuries. Stop-clock in the last two minutes of the 4<sup>th</sup> quarter with a less than 10 point margin.
3. There will be a 3-minute half time and a 30-second break between quarters for substitutions.
4. If at the end of regulation the score is tied, the game will end in a tie.
5. Each team will have one, 1-minute timeout per half (timeouts do not carry over). Timeouts may be called by a coach or player on the court when their team has clear possession of the ball or the play is dead (whistle was blown).
6. There is no free substitution. There will be a quick Referee Time Out at the mid-way mark of each quarter to allow for substitutions.
7. Each player shall play a minimum of two quarters per game (16 minutes) and sit for at least a half of a quarter (4 minutes). No player shall play the entire game. *Exception: Injury or limited number of players (5).*
8. Team fouls are recorded. After the 6th foul, all fouls, shooting or on the ground, result in 1 point for the opposite team.
9. Each team is required to have one volunteer report to the referees 10 minutes prior to game time to assist in scorekeeping or timing.
10. Coaches must stay on their designated half of the court.
11. Jump ball to start the game.
12. If two opposing players are fighting for possession for a ball, a jump ball will be called immediately.
13. Baskets will be 8.5' and an intermediate size ball (28.5") will be used.

**Offense:**

1. The offensive team shall bring the ball into the front court within 10 seconds.
2. There will be a 5-second offensive lane violation. (Warnings will be given first).
3. Backcourt violations will be called.
4. The ball must be inbounded within 5 seconds or inbounding team will lose possession.
5. No free throws will be shot. Shooting fouls will result in 1 point. When a team is in bonus, the opposing team will receive 1 point after any foul, shooting or on the ground.
6. If a violation is committed (i.e. double-dribble) the referee shall pause the game and explain the call. Possession will be transferred to the opposition.
7. 3-pointers will count from this division and up.

**Defense:**

1. Defense shall begin at the volleyball line.
2. Steals are permitted. However, emphasis will be placed on defending with hands straight up. Reaching in should be strongly discouraged by referees and coaches.





FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Ages 9-11

**Channel Islands YMCA  
YMCA Youth Basketball Rules – Updated Fall 2025  
D3**

**General:**

1. There will be four 8-minute quarters using a running clock. The game clock will stop for all timeouts, and injuries. Stop-clock in the last two minutes of the 4<sup>th</sup> quarter with a less than 10 point margin.
2. There will be a 3-minute half time and a 30-second break between quarters.
3. If at the end of regulation the score is tied, the game will remain a tie during regular season.
4. Each team will have one 1-minute timeout per half (timeouts do not carry over). Timeouts may be called by a coach or player on the court when their team has clear possession of the ball or the play is dead.
5. There is no free substitution. There will be a quick Referee Time Out at the mid-way mark of each quarter to allow for substitutions.
6. Each player shall play a minimum of two quarters (16 minutes) per game and sit for at least a half of a quarter (4 minutes). *Exception: Injury or limited number of players, or if a player fouls out prior to reaching their min.*
7. Team fouls shall be recorded. AFTER the 6<sup>th</sup> team foul, any subsequent foul will result in a one and one free throw. After the 10<sup>th</sup> team foul, two free throws will be awarded. Team fouls reset at the half.
9. The Sports Director has the authority to implement fouling out midseason if games are becoming dangerous/ out of hand.
10. One parent volunteer must report to the scoretable prior to the start of the game
11. Only one coach standing on sideline and must stay on their designated half of the court.
12. Baskets will be 9.5' and a size 28.5 ball will be used.

**Offense:**

1. The offensive team shall bring the ball into the front court within 10 seconds.
2. There will be a 3-second offensive lane violation.(Warnings will be given first).
3. There will be backcourt violations (over and back).
4. Free throws will result in the case of a shooting foul. All players may enter the key once the ball is released from the shooter's hands.
5. All violations will result in loss of possession.

**Defense:**

6. Defense shall begin at the half-court line (ie no full court press). However, emphasis will be placed on defending with hands straight up. Reaching in should be strongly discouraged by referees and coaches.

**Channel Islands YMCA  
YMCA Youth Basketball Rules – Updated Fall 2025  
D4**

**General:**

1. There will be four 9-minute quarters using a running clock. The game clock will stop for all timeouts, and injuries. Stop-clock in the last two minutes of the 4<sup>th</sup> quarter with a less than 10 point margin.
2. There will be a 3-minute half time and a 1-minute break between quarters.
3. If at the end of regulation the score is tied, two 2-minute overtime periods shall be granted as necessary. Each team will be granted one timeout for the two 2-minute overtime periods. A stop clock will be utilized on dead balls and free-throws. If at the end of the second overtime period, the score remains even, the game will end in a tie.
4. Each team will have three 1-minute timeouts per game (to be used at any time). A coach or player on the court may call Timeouts when their team has clear possession of the ball or the play is dead.
5. There is no free substitution. There will be a quick Referee Time Out at the mid-way mark of each quarter to allow for substitutions.
6. Each player shall play a minimum of two quarters (18 minutes) per game and sit for at least half a quarter (4.5 minutes). No player shall play the entire game. *Exception: Injury or limited number of players, or if a player fouls out prior to reaching their min.*
7. Team fouls shall be recorded. AFTER the 6th team foul, any subsequent foul will result in a one and one free throw. After the 10th team foul, two free throws will be awarded. Team fouls reset at the half.
8. Individual fouls shall be recorded and a player will foul out on their 6<sup>th</sup> personal foul.
9. Each team is required to have one volunteer report to the referees 10 minutes prior to game time to assist in scorekeeping or timing.
10. Only one coach standing on sideline and must stay on their designated half of the court.
11. Baskets will be at 10' and an official size ball will be used (29.5)
12. A women's official size ball will be used for ages 11-12 (28.5)

**Offense:**

1. The offensive team shall bring the ball into the front court within 10 seconds.
2. There will be an offensive 3-second lane violation (Warning will be given first)
3. Backcourt violations will be enforced (over and back).
4. Free Throws will result in the case of a shooting foul. All players may enter the key once the ball is released from the shooter's hands.
5. All violations will result in loss of possession.

**Defense:**

1. Full court press is permitted EXCEPT by teams who possess a lead of 10 points or more.



### **Check-In/Out Procedures**

1. At the beginning of practice, the parent/guardian will sign in their son/daughter.
2. Once the participant is signed in, the participant will be under the care of the coach.
3. All parents/guardians must sign their son/daughter out at the end of practice. The parents or guardians must be on the basketball court in order for their child to be released from practice.
4. The participant may not leave the basketball court until signed out by a parent/guardian.

### **Youth Sports League Waiver (Age 12 and up ONLY)**

My son/daughter \_\_\_\_\_, whose birthdate is \_\_ / \_\_ / \_\_ and is 12 years of age or older, has my permission to sign him/herself in and out of youth sports league practice that takes place on-site at the Ventura Family YMCA.

I understand that once my child signs him/herself out from practice, the Y is not responsible for supervision of your child.

I will also complete an emergency card that will be kept on file with management in the event that my child needs emergency care while a parent/guardian is off-site.

**Parent's Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_/\_\_/\_\_

**Parent's Number** (\_\_\_\_) \_\_\_\_ - \_\_\_\_ **Parent's E-mail:** \_\_\_\_\_

This waiver expires on 6/8/25. A new waiver will need to be completed for any future seasons or sessions.

**Ventura Family YMCA—Youth Sports League  
Emergency Information Card**

**Participant's Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_ **Gender:** \_\_\_\_ **Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Parent Address (If different from above) Parent Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Mother's Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Please list any additional persons allowed to pick up your child:

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Insurance Disclaimer**

Channel Islands YMCA does not carry health or accident insurance on its members or participants. All expenses incurred in the treatment of illness, injuries or accidents will be the responsibility of the participant and his/ hers parents.

List any known allergies: \_\_\_\_\_

List any medical concerns: \_\_\_\_\_

**Ventura Family YMCA—Youth Sports League  
Emergency Information Card**

**Participant's Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **Age:** \_\_\_\_ **Gender:** \_\_\_\_ **Grade:** \_\_\_\_\_ **School:** \_\_\_\_\_

**Parent Address (If different from above) Parent Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Mother's Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

Please list any additional persons allowed to pick up your child:

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

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List any known allergies: \_\_\_\_\_

List any medical concerns: \_\_\_\_\_