



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**Channel Islands YMCA**  
**Travel Basketball League**  
**Parent Handbook**

**Channel Islands YMCA**  
**TRAVEL BASKETBALL LEAGUE**  
**Parent Letter**

Parents & Guardians,

Welcome to the Channel Islands YMCA Youth Basketball Travel League! This opportunity allows experienced players to refine their skills and take their game to the next level. Participating Branches of the Channel Islands YMCA will face off head to head, rotating as Game Day Hosts. The season will end with an exciting Championship Tournament to determine the season's winning branch!

While this is a more competitive league opportunity, our goal at the Y remains to provide a FUN environment where children are able to hone their skills, enjoy friendly competition, and build positive relationships.

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 competitive league stays true to our mission stated in the Seven Pillars of YMCA Youth Sports.

**Pillar One - Everyone Plays.** We do use tryouts to select the best players for this league. However, coaches will do their best to provide at least 5 mins of playing time for each player.

**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. 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.

**Pillar Six - Sport for All.** 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.

**Pillar Seven - Sport for Fun.** Sports are naturally fun for most kids. Sometimes, when adults become involved and place too much emphasis on performance, it can strip the natural enjoyment from the activity. Our coaches are taught to focus on effort and improvement rather than expecting specific outcomes, like winning games.

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, our goal is 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 and core values, we 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**

*Sports Director*

**Email:** [madeline.ozbourn@ciymca.org](mailto:madeline.ozbourn@ciymca.org)

**Phone:** (805) 642-2131

**Channel Islands YMCA**  
**TRAVEL BASKETBALL LEAGUE**  
**Parent Code of Conduct**

The Channel Islands YMCA association asks for your cooperation as a parent and/or spectator. Our goals for everyone involved:

- To enjoy youth sports, and 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 not only for my own team but will applaud all players' efforts. I will model good sportsmanship.

### Parent Code of Conduct

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will place the emotional and physical wellbeing of each child ahead of a personal desire to win.
- I will support the implementation of the YMCA's four-character development values- caring, honesty, respect and responsibility.
- I will support coaches and officials working with my child, to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will remember the game is for youths – not for adults. I will do my very best to make the youth sports experience for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.
- I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.

### Policy Enforcement:

- Individuals may be given a warning for inappropriate behavior.
- Individuals 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.

**Channel Islands YMCA**  
**TRAVEL BASKETBALL LEAGUE**  
**Uniforms & Equipment**

**Jerseys**

Parents are required to purchase their child's own jersey, which will be shipped directly to your home. **This is the BLUE/RED/WHITE jersey style with the Jr. Clipper Logo.** You do NOT need to purchase another jersey if you already have this current style

- Click [Here](#) to order your jersey. Jerseys take about 3-5 days to ship
- All that is required is the **BASKETBALL JERSEY**.
  - If there is a financial hardship, please reach out to us ASAP.
- All jerseys are reversible:
  - The team that appears *first* in the game schedule will be "*home*" team and will show up in *white*
  - The team that appears *second* will be the "*guest*" team and will show up in *blue*, so please come to each game prepared in the correct side of the jersey.
- For any questions on the jersey process, or if an order arrives incorrectly, please visit the "help" icon on the Uniform website.

**Uniforms:**

- YMCA Basketball Jersey
- Black Basketball shorts or athletic shorts
- Basketball Socks (White or Black Preferred)
- Knee Pads (Optional)
- Basketball shoes (Recommended) or athletic shoes

**Equipment**

- The YMCA provides basketballs for games & practices. Please label your ball if your child brings their own! (details on ball sizes under League Rules Overview section on Pg. 9).
- Always bring plenty of water and sunscreen to games and practices, practices may be outside.

**Channels Islands YMCA**  
**TRAVEL BASKETBALL LEAGUE**  
**Communication & Schedule**

**League Communication**

The week before the season starts, you will receive an additional email from your program director. Emails sent through YGAMETIME as well as from league management staff will contain important information, so please look for similar emails sent throughout the season. These are sent from [noreply@ygametime.com](mailto:noreply@ygametime.com)

- Signing up for Text Alerts through the YGAMETIME website is recommended: Cancellations due to weather are possible, and we will be communicating these through text message alerts in addition to emails.

**Game Schedule**

Schedule will be viewable online on the YGametime platform

- See Basketball League and then select your age group from the drop down
- Don't lose the schedule - Create an App! While there is not currently a mobile app for this website, you can save the schedule website to your Home Screen to create an app! See the following for Directions:
  - [Directions for iPhone](#)
  - [Directions for Android](#)

**Practices**

- No uniform needed; wear comfortable clothes and basketball shoes or athletic shoes
- This is not a drop-off program! Please SIGN IN on the sheet your coach will pass around at the beginning of practice. Parents must remain in the program area during the entire practice. Don't forget to SIGN OUT before leaving.
  - A special exception to this rule may be granted in certain situations; to request an accommodation please see the form on Pg. 11
- Please be prepared to accompany your child to the restroom should they need to go during practice.

**Important Date Reminders**

First Practices: **Week of 06/15**      First Games: **07/11**  
Last Games: **08/15**

**CHANNEL ISLANDS YMCA**  
**TRAVEL BASKETBALL LEAGUE**  
**Other Information**

**League Celebration**

There will be a celebration on the final game of the season where awards for top players and other achievements will be handed out.

**League Try-Outs**

Try-Outs for each team are mandatory; each kid must attend for a chance to make the team. Based on the assessments made by the coaches and other personnel, your child will then be notified if they made the team.

**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. However, we will do our best to provide a make-up day if scheduling allows.

**Jr. Clippers Partnership**

We partner with the Jr Clippers Basketball Organization for our youth basketball leagues! This comes with several perks for you as parents. The following are a few highlights:

**Merch Discount**

Use the code **JRCLIPPERS15** at checkout when shopping on [shopclippers.com](https://shopclippers.com) for 15% off!

**Channel Islands YMCA**  
**TRAVEL BASKETBALL LEAGUE**  
**League Rules Overview**

**Overview**

<b>Age Group</b>	<b>Division</b>	<b>Basket Height</b>	<b>Ball Size</b>	<b>Players on Court</b>	<b>Quarter Length</b>
10-14	Boys/Girls	10 feet	29.5/28.5	5v5	10 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. Team standings will be updated online.

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

Players can be freely substituted during any dead ball or timeout. Each player who arrives for a game will have an opportunity to get in the game, but playing time will be determined by coaches. The game clock will pause briefly for players to switch out. Each team has two, 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 second and fourth quarter of the game. If lead is 15+ there is no stop clock. Half time will be 3 minutes long and there will be a 1-minute break between quarters.

**Overtime Rules**

Overtime is one 2-minute stop clock period. Each team will be given an additional 30-second timeout. If teams are tied after the first overtime it will move to a format where the next team to score wins.

**Team Requirements**

Teams must have a minimum of 3 players to start the game; anything less will be a forfeit. If you know you will not have enough players for the game, you must reach out to your program director ahead of time. Only one coach may be standing and must stay on their designated side of the court. Each team must provide one volunteer to help with either score or time keeping.

**Fouls**

Team fouls reset at each quarter. A team will enter the bonus after the 5<sup>th</sup> foul of the quarter and will be awarded two free throws after every foul committed. If a player receives 5 personal fouls, they will no longer be able to play in the game. 2 technical fouls will result in an ejection for the player or coach that receives them. If any player or coach gets ejected, they are subject to suspension for any upcoming games. Any technical foul given during the game will result in two free throws and possession of the ball. During free throws players may enter on release of the shot. If

free throw misses the rim entirely it will result in a turnover and ball will be awarded to the opposing team.

### Offensive Rules

Must cross half court within 10 seconds. A 3 second lane violation will be enforced. Back court violation enforced as well.

### Defensive Rules

Full court press allowed unless leading by 15+ points.. Any type of defense is allowed including man to man, zone, etc.