

YMCA of Metropolitan Washington

www.ymcadc.org



Winter Youth Basketball League Welcome Packet

2016

The Y is for Youth Development, for Healthy Living and for Social Responsibility

WELCOME PARENTS

Welcome to the YMCA of Metropolitan Washington Youth Basketball League. We're glad that you've chosen to spend some memorable moments with us this winter. We look forward to providing an exciting basketball league, filled with tremendous experiences that only YMCA can offer. We created this league so children would learn the basics and fundamentals of basketball in a fun and educational environment. Games are played in periods, on courts that are sized to the age groups. Also, is especially designed to offer opportunities for young people to try new things, learn, grow, exercise and make friendships that last forever. Additionally, the YMCA offers a healthy, safe and fun environment where positive interaction with peers and adults help build strong character. Children will have an opportunity to learn honesty, respect, caring and responsibility. These opportunities can make an impression that lasts a lifetime!

Basketball is a game in which a ball is passed, dribbled, and shot. The progression of basketball skills throughout each league demonstrates the commitment of the Y to provide programs for young people that stimulate physical, mental, and spiritual growth in an enjoyable environment. Because the Y Basketball program may be the first time your players are exposed to organized sports, it is important that you understand and follow the following goals of the Y Basketball:

- To teach young people basketball skills. Each child learns and matures at a different rate, so everyone who signs up for Y Basketball play in every practice and every game.
- To help kids enjoy learning basketball and playing with teammates. Enjoyment is an important part of learning.
- To keep fun, development, and winning in proper order. Winning is part of successfully learning skills and of having fun playing games. Winning at all costs is not much fun and may develop poor attitudes.
- To teach teamwork and cooperation among teammates. The better the players can work with each other, the better they will play as a team.
- To develop positive attitudes about fair play. Players should learn to respect their teammates, opponents, officials, and themselves.
- The YMCA of Metropolitan Washington Basketball league is designed for learning, participation, teamwork, sportsmanship, and fun. The whistle will be blown in an attempt to provide positive learning. Coaches are reminded to keep it light, and emphasize the positive. Encouragement fosters self-confidence and self-respect.

□ Remember: All coaches are parent volunteers. Please try to assist the coaches as much as possible. Parents of the players will be asked to monitor substitutions and supervise the hallways and other “Off Limits” areas. It is our responsibility to respect the schools and facilities we use. Parent participation is not only encouraged, but also expected. Thank you for your time and consideration.

Your child's safety is a top priority and we take this responsibility very seriously. Please take time with your child to read and review the entire packet. If you have any questions or comments, please call your local YMCA.

YMCA MISSION / VISION

The best kept secret across the metro area is the YMCA of Metropolitan Washington is non-profit charitable organization whose mission is to foster the spiritual, mental, and physical development of individuals, families and communities according to the ideals of inclusiveness, equality and mutual respect for all.

The YMCA of Metropolitan Washington strives to improve quality of life and promote the basic values of caring, honesty, respect and responsibility in the Arlington community.

For more than forty years our focus has been to build strong kids, strong families and strong communities. We are a charity, and our goal is to address the needs of the entire person in spirit, mind and body.

We will not turn anyone away due to the inability to pay. This would not be possible without your support, as well as that of many other civic minded individuals, organizations and businesses. Your investment in the YMCA allows us to fulfill our mission and strengthen our commitment to our community.

Thank you for your continued support. Please call your local YMCA for more information on how you can invest in our community today!

YMCA CHARACTER DEVELOPMENT

At the YMCA, character development and values are a part of who we are. We reinforce the values that you teach at home. The YMCA is committed to embracing and demonstrating character through the modeling of the four core values: *caring, honesty, respect and responsibility*. Our goal is to challenge the children and staff to believe in and act on these positive values.

- Caring:** to love others, to be sensitive to the well-being of others, to help others.
- Honesty:** to tell the truth, to act in such a way that you are worthy of trust, to have integrity; making sure your choices match your values.
- Respect:** to treat others as you would have them treat you; to value the worth of every person, including yourself.
- Responsibility:** to do what is right, what you ought to do; to be accountable for your behaviors and obligations.

For Additional Information:

www.ymcadc.org

Financial Assistance:

The YMCA seeks to make its' services available to all persons regardless of their ability to pay. A family must meet the required guidelines in order to receive funding. Applications are available at the Member Services desk and are accepted on a first come, first served basis. Funds will be awarded based on availability. Please call your YMCA for details regarding the financial assistance / scholarship application procedures. The financial aid is made available due to generous Caring for Community contributors.

Giving Back:

Every year, members and program participants like you donate to the YMCA Caring for Community Campaign to ensure that every child, adult and family in your community has access to quality child care, summer camp, and the opportunity for a healthy lifestyle, regardless of their financial ability. If you wish to make a contribution to the YMCA 2014 Caring for Community Campaign, you may do so by completing the bottom of your payment options form, online at www.ymcadc.org - be sure to designate your local YMCA, or by sending your donation directly to the YMCA branch.

YMCA of Metropolitan Washington Winter Youth Basketball League Rules

DIVISIONS:

- 4-5 year olds (Mini League)
- 6-7 year olds (Little League)
- 8-9 year olds (Junior League)
- 10-12 year olds (Senior league)

- Girls and Boys will be combined

TEAM ROSTERS:

Rosters will be limited to 10-11 players.

PLAYERS:

Each team will consist of no more than 10 players. Each team will play with 5 players and no less than 4 at the start of each game.

Our motto at the YMCA is; it's for Everybody! **Everyone** on each team will play and **Everyone** will play an equal amount of time on the court. Coaches use their discretion as to how to ensure the playing time.

* The intent is to provide all participants equal playing time regardless of skill level or experience. It is the role of the coach to help ensure that every child plays and has a positive experience.

Bathroom Policy

The children's parents are required to take care of their child's bathroom needs. If a child needs to use the restroom and their parents are not there a coach or team parent or YMCA staff member may take them, but they MUST be accompanied by two additional children.

A staff or coach is never to be alone with one child, and never take a child to the bathroom alone as well. When taking them staff or coach must check and clear the bathrooms and then send all three children in together. This is for protection of the child as well as staff and volunteers.

COACHES AND SPECTATORS:

Volunteer Coaches: All coaches are volunteering their time to make this a great

experience. We try and select coaches who are knowledgeable in skills we are trying to teach. If you have or are interested in being a coach/assistant or have a concern about a coach/assistant please notify the Program Director immediately. Those volunteers working directly with children (coaches and assistant coaches) are required to complete background check as required by the YMCA of Metropolitan Washington. There may be additional forms and checks required to meet local jurisdiction requirements.

Referees: The referees are in charge of the game and their decisions are FINAL; right or wrong.

Please cooperate with the Youth Basketball staff in creating and maintaining an environment in which each participant may have fun, learn the game and be a good sport. The referees may occasionally stop play for instructional purposes when necessary, and will subjectively make allowances (as discussed and set up by each league) based on ability, for violations. We encourage parents to focus on the children and not the referees.

Coaches agree to support and influence good sportsmanship, high moral standards and are responsible for the conduct of their players and spectators. This includes, but is not limited to, Unsportsmanlike disagreements with officials or insubordinate acts against supervisory staff.

The YMCA of Metropolitan Washington Staff reserves the right and WILL send home anyone (this includes coaches, players, spectators) who are in violation of the rules and regulations set by the program for the health, safety, and welfare of all participants.

Spectators Code of Conduct: As a spectator, we hope to provide a fun and rewarding experience for you and your child. In order to achieve our goal we ask that you adhere to the following criteria:

1. Applaud good plays by your own team AND the opposing team.
2. Never ridicule or scold a child for making a mistake during a game or practice.
3. Encourage players to always play according to the rules.
4. HAVE FUN! Make it enjoyable for you and your child.
5. As a parent you are not allowed to approach the coach and team's bench during a game. If you have a comment for the coach please wait until after the game is over to speak with the coach. If the coach feels you are being unnecessary then they may direct you and your complaint to the Program Director.

Parent involvement:

As a parent or guardian of our basketball league we want you to know we appreciate your help and leadership. We suggest you get involved on your child's team to make the experience more enjoyable for them. Whether it be snack, water, fruit, or high fives the kids DO appreciate you being there! ALL parents must be on site with their children as part of our YMCA policy. We appreciate your help in this matter.

Simplified Basketball Terms for Beginners

Coach

A coach is an adult leader who teaches the team the basics of a sport. The coach acts as a teacher and a friend. They should give positive feedback first, and then in a teaching way explain to the player what they did wrong and how they can fix the mistake. For example: "John you're doing great, you are really hustling out there, next time you're in the game and you're on defense, I want you to try to stay between your man and the basket, okay? You're doing well." This way the players feel good about themselves and are still having fun. Also the player will be more likely to implement the skill a coach is teaching.

Out of bounds

If the ball goes outside the lines on the floor that marks the outside of the court, it is out of bounds. (Coaches if you do not know where the outside lines are please ask the referee and they will show them to you.) After the ball goes out of bounds, the referee will decide which team touched the ball last and the other team will then get to inbound the ball to a teammate.

Traveling

Traveling is when a player is moving with the ball on the court without dribbling the ball.

Double Dribble

Dribbles the ball with two hands, or

A) Dribbles the ball correctly, then stops dribbling the ball by picking it up with both hands, then starts to dribble the ball again.

Fouls

Fouls include players pushing, hitting, holding, or tripping a player from the other team. On a foul call, the referee will either give the other team a throw in, or the player that was fouled will get to shoot foul shots from a designated foul line depending on the age group.

Team Work

This is a critical part of the game of basketball. This is a team sport, which means that all the players must be involved both on and off the court. That means that one player does not always dribble and shoot the ball. There are no Michael Jordan's in this league, so every player should be involved in the game. Players should pass the ball to each other, and every player should have a chance to shoot, dribble, and rebound the ball.

Together Everyone Achieves More

TIME:

Time is running

There are no overtime periods. All ties are final.

All divisions except the Senior League will play 4 quarters of the specified time for the division.

Mini League (4-5 year olds): 8 minute quarters

- Running clock
- Suggested Substitution at 4 minutes

Little League (6-7 year olds): 8 minute quarters

- Running Clock – Clock stops the last two minutes of each quarter
- Suggested Substitution at 5 minutes

Junior League (8-9 year olds): 10 minute quarters

- Running Clock – Clock stops the last minute of each quarter and the last two minutes of the fourth quarter
- Suggested Substitution at 5 minutes

Senior League (10-12 year olds): Two 20 minute halves

- Running Clock - Clock stops the last two minutes of each half
- Suggested Substitution at 5 minutes

One minute between quarters.

3 minutes between halves (if time permits).

Each team will have 2 one minute timeouts per quarter/half.

- Timeouts may be called by the coach of the offensive team while the ball is in play.
- Anyone may call a timeout during a dead ball situation.

Substitutes

Substitutes are team members sitting on the sidelines waiting for their turn to play.

Substitutes are as important to the game as the players playing the game are. Everyone needs time to rest, watch the game, talk to the coach, learn from the coach, and cheer on the team. The cheering from the bench is one of the most crucial parts of the game. Support from the bench can always bring the players on the floor to a higher level. When players are substituted, it is not because they made a mistake, it's because the coach felt they needed a rest, or he wanted to teach them something. **Never pull a player out of a game because of a mistake.**

BALL SIZE AND RIM HEIGHT:

4-5 year olds:

- Ball Size: 27.0
- Rim Height: 6ft

6-7 year olds:

- Ball Size: 27.0
- Rim Height: 8ft

8-9 year olds:

- Ball Size: 28.5
- Rim Height: 9 ft

10-12 year olds:

- Ball Size: official men's
- Rim Height: 10 ft

START OF GAME:

The Mini League will do a coin toss to decide who gets the ball first.

A jump ball will start the game for all the other leagues. To start the 2nd-4th

quarters the ball will be put into play with a throw in under the alternating possession procedure.

All other jump balls will be alternating possessions.

- Jump balls occur when two opponents have one or both hands firmly on the basketball.

Teams will change baskets at the end of the first half.

Except in the Mini League (4-5 yr olds) they stay at the same basket the entire game.

Game Start/Jump Ball

At the beginning of the game two players from each team will stand in the center circle, while all the other players on the court will stand on the outside of the circle. The referee will stand in the circle in between the two players, and throw the ball directly up and the two players will then jump for the ball, and try to tap the ball to their teammate. The two players jumping for the ball must tap the ball. They cannot grab the ball. If a player from each team gets hold of the ball at the same time, the referee will blow the whistle and there will be a jump ball. The possession of the ball will alternate at each jump ball.

SCORING:

Scoring: field goal 2 points, free throws 1 point, 3 pointers will count if shot behind the three point line.

Mini – Junior League will not keep score on paper.

Senior League will stop scoring when one team is up by 15+ points and will continue as necessary. Score will be kept on paper.

After a basket is scored from either position, the other team will get the ball out of bounds under the basket to throw into a teammate.

PRESSING:

The Mini and Little League teams **must** play a zone defense.

Junior and Senior League teams are allowed to play a man-to-man defense if they want to.

The defensive team must retreat back across the mid-court before engaging in either tactic. On out of bound plays, the defender must stay on the court at all times. 4 yr. olds – 12 yr. olds may not double team!

- 4 - 7 year olds cannot press at all. Half Court Retreat takes effect in this division.
- 8-12 year olds can ONLY half court press when the score is within 10 points.

LANE/KEY VIOLATIONS:

☒ When a violation occurs the whistle will be blown, players are asked to stop, a brief explanation will be given and the ball will be turned over and taken out of bounds (unless on a shooting foul). Violations include: double dribbling, traveling, lane violation, 5 second throw in violation, carrying the ball.

4-9 year olds: There is no time limit in effect for this age group.
Coaches should still train players to understand moving in and out of the key.

10-12 year olds: There is a **5 second** time limit for being inside the key.

OUT OF BOUNDS:

Teams have 5 seconds to put the ball in play.

Teams have 10 seconds to pass the half court line.

- Except 4-7 yr olds. No time limit for this age group.

SHOOTING FOULS/FREE THROWS:

Fouls: Unnecessary contact of players constitutes a personal foul and equals a team foul. Charging, a half court violation (back court pressing), tripping, pushing, or contact from behind. This may occur on offense or defense resulting in a turn over.

- If a foul occurs while shooting, the player that was fouled will be awarded 2 free throws. Violating player is given a personal foul and a team foul.
- If a foul occurs in the course of play, the ball is awarded to the other team out of bounds. Violating player is given a personal foul and a team foul.

4-7 year olds: No fouls will be penalized. Ball will go out of bounds and referee will instruct players on the violation situation in order to educate the players on the violation that occurred. Blatant and obvious fouls will be called.

4-7 year olds will be awarded a shooting foul for flagrant fouls on the shot. The

free throw is taken 3 steps in front of free throw line.

4-7 year olds CANNOT foul out of a game.

8-9 year olds fouls will be awarded the ball (on non-shooting violations) and free throws on shooting fouls. The 8-9 year olds shoot free throws from 12 feet (approximately a step in from the regulation line).

8-9 year olds will foul out of a game on the 6th personal foul.

10-12 year olds will be awarded the ball (on non-shooting violations) and free throws on shooting fouls.

During a free throw, players (other than the shooter) may enter the lane when the ball hits the backboard or rim. The shooter must land with both feet behind the free throw line in order for it to be legal.

Technical Fouls: Technical fouls will be called for any taunting, profanity, or unsportsmanlike conduct. A technical foul will be called after the first warning has been given. The result of a technical foul is 2 free throws and possession of the ball.

SUBSTITUTION RULE:

All players must check in with the referee prior to entering the game. The substitution may occur at the end of the quarter, at a dead ball or if there is an injury.

No substitutions on the fly.

4-12 yr olds can have their coach notify the official and wait for the ok before entering the game.

COACHES CONDUCT:

Coaches can only travel within the assigned areas. Coaches should not be moving all over the court except for the Mini League. They should be helping instruct on the court.

Any comments made to the referees or the staff should be made before the game, at half time, and/or after the conclusion of the game.

JEWELRY:

No jewelry (which includes: dangling earrings, necklaces, bracelets, watches, etc) shall be worn during games. This is to help ensure the safety of all participants.

FOOD/SNACKS:

Snacks should be provided for teams by team parents. We ask that you please throw your trash in the designated areas in order to help keep everything clean.

Please try to only have only water bottles in the gym. Other drinks are permitted (i.e. Gatorade, Powerade, drink boxes), but can lead to sticky spills. Please be respectful of the courts we are using.