



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MORE CHARACTER, MORE TEAMWORK

**Basketball Parent Handbook**

**ANAHEIM FAMILY YMCA**

**Welcome to the Y, we are pleased to have you as a part of our family.  
Please take a minute to read through this packet to familiarize you with  
our philosophy and policies. We are looking forward to a fun and  
enjoyable season with you.**

Anaheim Family YMCA  
240 S. Euclid St. Anaheim 92802  
(714) 635-9622 Fax: (714) 635-8151  
[www.anaheimymca.org](http://www.anaheimymca.org)

Main Office Hours:  
Monday-Thursday 8:00am-6:30pm  
Friday 8:00am-6:30pm

Program Coordinator: Byron Reliford  
Direct Line: (714) 399-3508  
Email: [breliford@anaheimymca.org](mailto:breliford@anaheimymca.org)

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Main Gym Sites:

Downtown Youth Center (DAYC)  
225 S. Philadelphia St.  
Anaheim, Ca 92805

West Anaheim Youth Center (WAYC)  
320 S. Beach Blvd.  
Anaheim, Ca. 92804

**Our Cause:** The Y is committed to strengthening communities. Every day, we work side by side with our neighbors to make sure that everyone, regardless of age, income or background, is provided with opportunities to learn, grow and thrive.

### **The YMCA Philosophy of Youth Sports**

YMCA Youth Sports builds strong kids, strong families and strong communities by allowing each child to play at least half of each game without pressure of competition or try-outs. Skill development and healthy lifestyles are emphasized along with values of caring, honesty, respect, and responsibility. At the YMCA we stress fun and skills over winning and competition, in a safe, supportive and healthy environment. We encourage parental participation by training staff and volunteers, collaborating with the city and schools, and building strong relationships throughout the community. YMCA Youth Sports is a safe place to play, grow, and have fun for all.

### **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 Super Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.

**Pillar Two – Safety First.** Although some children 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. We ask you to make sure the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We ask you to develop your players' fitness levels *gradually* so they are conditioned for the sport. And we ask you to constantly supervise your young players to that you can stop any unsafe activities.

**Pillar Three – Fair Play.** Fair play is about playing by the rules – and more. It's about you and your players showing respect for all who are involved in YMCA Youth Super Sports. It's about your being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

**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 children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. Through YMCA Youth Super Sports we want to help children learn these lessons.

**Pillar Five – Family Involvement.** YMCA Youth Super Sports encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation. To help parents get involved appropriately, YMCA Youth Super Sports offers parent orientation programs.

**Pillar Six – Sport for All.** YMCA Youth Super Sports is an *inclusive* sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of their race, gender, religious creek, or ability.

We ask our adult leaders to encourage and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.

**Pillar Seven – Sport for Fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over organize and dominate the activity to the point of destroying children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; let them have fun.

## YMCA PARENT'S CODE OF ETHICS

- 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 well-being of my 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, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all YMCA youth sports events.
- I will remember that the game is for youth – not for adults.
- I will do the very best to make the youth sports experience fun 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 providing transportation.
- I will teach my child to treat other players, coaches, fans, officials with respect regardless of race, sex, creed, or ability.

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics.

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Parent/Guardian Signature

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Date

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Child(ren) Name(s)

## Code of Conduct

YMCA supports and promotes good sportsmanship. Coaches, Referees, Parents and Spectators are expected to maintain the highest level of sportsmanship and professionalism. Players have a responsibility to play fair, display good sportsmanship and to respect their coach, opponent and the referee and assistant referees.

### **1. Coach**

- a. Maintain a high level of sportsmanship, professionalism and integrity.
- b. Teach skills and fair tactics to all of the players.
- c. Discourage unfair play.
- d. Concentrate on coaching, rather than the accuracy of the referee's decisions.
- e. Responsible for controlling the behavior of players, parents and spectators at all times during the game.
- f. Have a basic knowledge of the game and attend training courses.
- g. Never use foul or abusive language.
- h. Never abuse a player mentally, verbally or physically.
- i. Respect the authority of the referee and be accepting of the referee's decisions.
- j. Be positive; avoid confrontation with any official.
- k. Do not enter the field of play without permission of the referee.
- l. Remain calm.
- m. Exemplify the YMCA 4 pillars of character: caring, honesty, respect, & responsibility

### **2. Players**

- a. Maintain a high level of sportsmanship and fair play.
- b. Respect the coach, the opponent and the referee and assistant referees.
- c. Be on time and prepared to play the game or participate in practice.
- d. Play within the laws of the game.
- e. Display self-control and do not use foul or abusive language. (*Absolutely zero-tolerance for any form of physical abuse*)
- f. Avoid confrontation with any official, opponent, or spectator.
- g. Always do the best to uphold the YMCA pillars of character: caring, honesty, respect, and responsibility.

### **3. Parents/Spectators**

- a. Be knowledgeable of the game.
- b. Be supportive; i.e. be sure the player attends practices; pick him/her up on time.
- c. Be positive or quiet at games.
- d. Set the example for children by exemplifying the highest standard of sportsmanship.
- e. Respect the coaches, and all players on each team.
- f. Respect the authority of the referee and the assistant referees.
- g. Expect your own children to be respectful.

- h. Avoid confrontation with any official or scorekeeper
- i. Do not enter the field of play without permission of the referee.
- j. Never criticize the coach.
- k. Do not coach from the sideline.
- l. Do not use foul or abusive language towards anyone for any reason.
- m. Get involved with the YMCA Organization.
- n. Be calm and have good manners.
- o. Will only approach your child's coach when you have issues with another coach, referee, or player.

#### **4. Referee**

- a. Be Familiar with CIF and YMCA Rules and Regulations and enforce them fairly.
- b. Be professional; i.e. on time, in proper uniform, prepared, fit.
- c. Emphasize the safety of the players and coaches.
- d. Show respect for players, coaches, parents and spectators.
- e. Explain rules, when needed.
- f. Always remain calm.
- g. Control players, coaches, parents and spectators effectively by being courteous and considerate without sacrificing fairness.
- h. Take each game seriously.
- i. Be neutral.
- j. Be firm, fair, honest and consistent.
- h. Introduce yourself to each coach and team at the start of every game.

#### **Sideline Behavior**

- a. The use or consumption of all alcohol, tobacco products, and illegal substances is strictly prohibited on any playing field or location, specifically prohibited or not, at all YMCA sponsored or authorized events, including but not limited to YMCA games, practices, any team events, and games which involve YMCA teams in other playing circuits.
- b. Each YMCA coach, team parent, referee, player and spectator (from here on referred to as "participant") must strictly adhere to YMCA Code of Conduct at all times.
- c. Each participant, especially the coaches and referees, must strive to maintain the safety of the players, while at the same time encourage clean competition within the match.
- d. The referee may direct the coach and other team parents to control the behavior of their sideline participants. The coach and other team parents must always cooperate with the referee in these and all other matters.**
- e. Sideline participants must always use **encouraging language and gestures**.
- f. Sideline participants may not use disparaging language or gestures.
- g. Sideline participants may not complain about the calls or the judgment of the referee.
- h. Sideline participants may not "make the call" for the referee.

- i. Sideline participants may not argue the calls of the referee.
- j. Sideline participants must allow the coach(es) to coach the team.
- k. Misconduct by a parent or spectator may result in the Referee asking them to leave the vicinity of the field. Failure to abide by the requests of the Referee may result in the termination of the game.
- l. Any language or action which encourages serious foul play or violent conduct shall result in the immediate ejection of the offender by the referee. Further suspension may result.

## How to Show Your Child Winning Isn't Everything

Seven ways to raise a gracious loser and a humble winner; everybody loves a winner, but everyone hates to see a child throw a temper tantrum when he loses a game.

Being a good sport in a competitive arena doesn't just happen. Teaching good sportsmanship starts with some basic lessons and examples from parents.

1. **Don't always let your child win.** It's tempting, when they're very young, to let them win at checkers, Chutes and Ladders, and Go Fish. You don't want to disappoint them and you want to boost your child's confidence. But if a child expects a positive outcome for every competitive situation, he won't learn how to handle losing. Coming in second place to a parent will teach him that winning isn't everything and it's not the end of the world to lose at a game.
2. **Don't focus on who won,** when talking with your child about a game, contest or sporting event. Instead ask him if he had fun and what he liked best about it. You'll be showing him that the focus isn't about winning and you're not concerned whether he won or lost.
3. **Don't yell at refs, umpires, officials or coaches** in any games your child plays. Teach your children to treat game officials with respect and save their complaints for private conversations after the game.
4. **Focus on effort and personal gratification.** Tell your child that the reason they're playing the sport or participating in the event is to do their best and get something out of it. They're not in it just to win.
5. **Remember your purpose.** Remind your child and yourself that the #1 reason your child is playing sports or in an activity is for his enjoyment, not for bragging rights for an adult.
6. **Set a good example.** In your own competitive situations, don't gloat and brag about besting someone, and don't get sulky or angry about failures. Your children are watching.
7. **Teach your children to follow The Golden Rule:** Treat other participants as you would want to be treated. Tell your children to not retaliate for rough play or trash talk, just play as they've been taught and shake their opponent's hand at the end of the game.

One coach tells his soccer players when they get upset about what their opponents have said or done during a game, that the best revenge is playing well and ignoring what was done to them.

Most importantly, when they're winning, kids should never laugh, joke or make fun of other players. A gracious winner is a good sport.

## General League Information

### Registration

1. The YMCA basketball program is comprised of 3 seasons:

Winter: Registration Day: 2<sup>nd</sup> week of December

Evaluation Day: 1<sup>st</sup> week of January

Season Dates: January-April

Summer: Registration Day: 2<sup>nd</sup> week of April

Evaluation Day: 1<sup>st</sup> week of May

Season Dates: May-August

Fall: Registration Day: 2<sup>nd</sup> week of August

Evaluation Day: 2<sup>nd</sup> week of September

Season Dates: September-December

2. Age Groups: Age groups shall be comprised of players whose age shall be that by the start of the first practice of each season.

<b>Age Group Division</b>	<b>Ball Size</b>	<b>Basket Height</b>	<b>Jersey Color</b>
Ages 3-4 years old	Mini	5 ft.	Purple
Ages 5-6 years old	Junior	8 ft.	Orange
Ages 7-8 years old	28.5in	10 ft.	Yellow
Ages 9-11 years old	29in	10 ft.	Red
Ages 12-14 years old	29in	10 ft.	Navy
Ages 15-17 years old	29in	10 ft.	Black

- a. A player may be placed in an older age group:

- i. The player is within one year of the playing age of the higher division.
- ii. The player's skill level is that of a higher division.
- iii. The player's height or size may affect the safety of other participant's in the current division.
- iv. All requests to be moved up a division must be submitted in writing by Evaluation Day.

3. Deadlines/Forms:

- a. All players must have a parent/guardian sign all liabilities/waivers prior to participating in practices or games.
- b. Deadline to register for the season is Evaluation Day. Registrations after this day are subject to a \$3.00 late fee or may be placed on a waiting list.
- c. Financial Aid Applicants: Deadline to apply is one week prior to Evaluation Day.
- d. All fees must be paid in full prior to awards night in order to receive participant trophy.

4. Program Fees: The cost per season is \$65. This includes a jersey, 10 weeks of games/practices, and a trophy. Members have the convenience of setting up payment plans if needed. Please contact the program director for more information.
  - a. Players, who are returning from the previous basketball season in the same division, may reuse their uniform and receive a \$5.00 discount off of the registration fee. See 'Age Group Division' chart above for specific jersey colors for each division.

5. Financial Assistance:

The Anaheim Family YMCA is a non-profit organization supported by the community, for the community. The Anaheim Y impacts more than 10,300 youth, families and adults, all made possible by the generous support and involvement of members, donors, volunteers and community supporters. It is our goal to keep all program fees as low as possible, and provide additional assistance to those who need it most. In order to continue our impact and provide this level of support, recipients will be asked to pay some portion of the fees.

Financial Aid is available to those who qualify. This process usually takes 1-2 weeks and the player is not registered until it is complete. In order to qualify you must submit:

- i. Financial Aid Application
- ii. Registration Form for the program
- iii. Proof of income
- iv. \$20 deposit

#### Refund Policy

1. Full refunds will be issued if notice is given within 3 business days prior to the start of the program (first game). Once the program has started partial may be given up to the 3<sup>rd</sup> game. After the 3<sup>rd</sup> game there will be **no refunds issued**. There is a processing fee of \$10.00 for all refunds.
2. If there is a medical reason given for the member not attending the program, a refund will be issued if documentation is provided. (ex: Doctor's note)
3. Processing refunds will take approximately **14 business days**.
4. The YMCA reserves the right to cancel a program that does not have the minimum enrollment. Programs cancelled by the YMCA will be refunded in full by check or a program credit, based upon the member's preference.
5. **All refund requests must be made through the director or coordinator** of the program. If the program director or coordinator is unavailable, please **complete a Refund Request Form at the front office**.
6. Refunds may be requested as a credit to be used towards any future YMCA program, or as a check.

## Team Formation

1. We form teams based on various skill levels. We do the best to make the teams evenly matched as possible. Practice location and day requested for practices are taken into consideration.
  - a. Exceptions: Requests are minimal and must be submitted by Evaluation Day but they are **not guaranteed**.
  - b. We believe that children have the best experience when they are allowed to participate with their friends. Therefore, we try our best to honor friend and coach request. Requests with more than 3 players are difficult and maybe split up to accommodate all the teams.
  - c. We have limited number of gym times so requests for practice days and times are limited to one request. Our volunteer coaches choose the day and times of practices.
2. Switching teams: Players may not switch teams **without** the approval of the Program Director. If a situation arises where a team does not work we will try to find a team that does.
3. If participation is low we may combine teams with Anaheim and Cypress.
4. If a player misses 2 consecutive practices and games without notifying the coach, the player be removed from the roster and be replaced with a child on the waiting list.

## Coaches and Volunteers

The YMCA basketball teams are entirely run by volunteers. Without the volunteer coaches, assistant coaches and team parents the teams cannot be successful. Volunteer coaches are usually parents, staff who volunteer their time, and adults from community groups and schools.

- **Background Checks:** All volunteer coaches must fill out a volunteer application and provide three written references. The applications can be found online or at the main office. If you are interested in coaching for the YMCA please contact the Program Director.
- **What if there is no Coach:** We do everything we can to find a coach before the first game. All parents on the roster are called to ask for help. If no coach is found before the first practice then the YMCA will have a staff run the first practice. If no coach is found by the first game either the team will be disbanded or staff will take the team.
- **Team Parent:** Coaches may need help with calling players, setting up snack schedule, or scorekeeping. If you are interested in becoming a team parent, please contact the Program Director. All team parents go through the same background checks as coaches.

## Practices and Games

1. Coaches will choose a practice time and location with the help of YMCA staff. Most teams practice either at the DTYC or WAYC locations. Practice times are usually between 5pm-9pm.
2. Parents must check their child in with the coach at each practice and game. Please do not just drop your child off.

3. If a player misses 2 consecutive practices without notifying the coach, the coach has the ability to only let the player play one quarter for the following game.
4. Full game schedules will be available online after the 2<sup>nd</sup> game.  
[www.anahiemymca.org](http://www.anahiemymca.org)
  - a. Weekly game schedules and newsletters may also be emailed if email is provided.

#### Facility Use Rules

1. There is **no** food, beverages (except water), or snacks allowed inside the gym at any time.
2. If there are other children present at practice that are not on the team or participating in the practice then they MUST stay with an adult at all times.  
**Failure to follow this policy can result in a player being suspended from practice or game.**
3. Please make sure to pick up any trash that may have been left by you or your team.

#### Cancellations

1. Practices: Coaches will determine if practices need to be cancelled. If they are it is their responsibility to notify the team and the YMCA. If there is a gym closure date, the coach will notify the YMCA to reschedule a practice time.
2. Games: If it is necessary to cancel a game. The program director will notify the coaches via email at least 24 hours before scheduled game. A make-up game will be scheduled in the event that the YMCA cancels a game. Make-up games will not be scheduled for games that are forfeited due to a shortage of players or in the event the game is ended early due to behavioral issues.

#### Character Development

The YMCA is committed to quality programs that enhance the spirit, mind, and body of all. Through the delivery of these programs we strive to incorporate and enhance the character values of **caring, honesty, responsibility and respect**. We believe that good character build strong kids, strong families, and strong communities. It is an essential element of our Sports & Fitness programs.

## Anaheim Family YMCA Youth Basketball Rules

### Article 1 Official Rulebook

The Anaheim Family YMCA Youth Basketball Program will follow the rules set forth in the National Federation (CIF) Rulebook and the YMCA Youth Sports Manual unless otherwise noted below.

**1. Quarter Breakdown:** The 1st and 2nd quarters will constitute the 1st half. The 3rd and 4th quarters will constitute the 2nd half.

**3-4** Division teams will play 4 seven and a half minute quarters running clock.

**5-6** Division teams will play 4 seven and a half minute quarters running clock.

**7-8** division, **9-11** division, **12-14** division and **15-17** division will play 4 six-minute quarters.

Every quarter the clock stops on:

- Timeouts
- Free throw attempts
- Officials' time out
- **Every whistle during the final minute of the game.**

### 2. Player Participation

Number of players	Quarters to be played
<b>5 players</b>	All play 4 quarters
<b>6 players</b>	2 play 4 quarters 4 play 3 quarters
<b>7 players</b>	6 play 3 quarters 1 plays 2 quarters
<b>8 players</b>	4 play 3 quarters 4 play 2 quarters
<b>9 players</b>	2 play 3 quarters 7 play 2 quarters
<b>10 players</b>	All play 2 quarters

#### Exceptions:

1. If a player misses two consecutive practices, that player is only required to play one quarter. The coach MUST tell the score keeper BEFORE the game starts. If the coach doesn't, the player will be required to play their two quarters.
2. If a player arrives late to the game, that player's participation will be changed.
3. If the player arrives before the second quarter starts, he will still need to play his or her two quarters.
4. If the player arrives after the second quarter starts, the player is only required to play one quarter.

5. If a player gets hurt and must come out for the quarter, the quarter will be counted as follows.
  - o The quarter will be charged to the injured player if he/she plays more than 3 minutes of that quarter.
  - o The quarter will be charged to the replacement player if he/she plays more than 3 minutes of that quarter.

**The replacement player will be chosen by the opposing coach.**

Penalty: Those teams not complying with the player participation rule will forfeit the game. The YMCA will review the protest and make a decision within three days. The only exception to the participation rule is if there is an injury to a player which makes it impossible to continue or health problems, or not enough players show up to the game.

Forfeit: The team with 3 or less player when it is 15 minutes after scheduled start time will have to forfeit the game. If your players foul out to make your eligible player number 3, your team will have to forfeit the game. Play will continue but game will be officially over.

### **3. Timeouts**

Each team will be allowed two timeouts in each half. No accumulation of time outs is allowed. One timeout will be granted to each team for each overtime period. PENALTY; A technical foul will be assessed the team calling a third time out and the opponent will take the ball out of bounds. Time outs are 30 seconds. **THE COACH MAY GO TO THE SCOREKEEPER AND CALL TIMEOUT IF THEY CANNOT GET THE ATTENTION OF THE REFEREE.**

### **4. Jump Ball**

Once the ball is tossed to start the game that will determine the ball possession at the beginning of each quarter, the jump ball will alternate back and forth throughout the game. This jump ball will carry through out the overtimes. Ex: If you win the toss up to start the game you will be granted the ball to start the third quarter. The other team will be granted the ball at the start of the second and fourth quarter.

### **5. Inbounding Position**

The ball will be inbounded at half court:

- At the start of each quarter.
- On a Fourth quarter or overtime timeout if requested by the coach who called the timeout.

The ball will be inbounded at the  $\frac{3}{4}$  quarter marker when:

- Jump ball occurs at the free throw line and above.
- Fouls occur at the free throw line and above.
- Time Outs occur at the free throw line and above.
- The ball is knocked out of bounds at the free throw line and above.

The ball will be inbounded at the baseline when there is a:

- Jump balls occur at the free throw line and below.
- Fouls occur at the free throw line and below.
- Time Outs occur at the free throw line and below.
- The ball is knocked out of bounds at the free throw line and below.

## **6. Full Court Defense**

Division 3-4 can start their defense after they run back and set up.

Division 5-6 cannot start their defense until the other team passes the line that is designated by the YMCA staff.

*Penalty:* (Divisions 3-6) If the team violates this rule the other team will be given the ball out of bounds.

*Division 3-4 and 5-6 cannot full court pressure at any time throughout the game.*

Division 7-8 Full court pressure will only be allowed during the last two minutes of the fourth quarter.

Division 9-11 This division has the same rules as the previous division; except that this division can apply full court pressure the entire 4<sup>th</sup> Quarter.

Division 12-14 This division has the same rules as the previous divisions; except that this division can apply full court pressure the entire 2nd half.

*Penalty:* (Divisions 7-14) The official will issue one warning for illegal back court pressure per half. After the first warning, a technical foul will be awarded to the offensive team. (See technical fouls for more details)

*Note: An unintentional loose ball in the back court is not considered an illegal defense violation.*

Division 15-17 May press at any time

## **7. Key Violation**

Divisions 3-6 there is no Key violation

Division 7-8 an offensive player may not be in the key for more than 5 seconds.

Divisions 9-17 an offensive player may not be in the key (paint) for more than three seconds.

This violation will award the ball to the opposing team.

## **8. 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. Possession arrows will settle jump balls.

## **9. Fouls**

Divisions 7-17: All players foul out on their 5th foul. When a player fouls out, coaches from both teams and refs approach the score table to decide which player goes in. The coach from the other team picks which player goes into the game. When a player fouls out and the total number of eligible player's falls below four, the game is forfeited. After two technicals, the player is out of the game, and depending on how severe the situation, it could merit a one game suspension.

## **10. Technical Fouls**

**On ALL technical foul the team will be granted two free throws and awarded the ball at half court.** The coach may choose any player on the court at the time of the technical foul to shoot the free throws. If the technical foul occurs after a quarter, any player on the team is eligible to shoot the free throw and the ball will be awarded to them at the start of the next quarter. **On an illegal defense technical foul you will only be awarded ONE free throw and possession of the ball.**

## **11. Free-throw Rule**

Divisions 3-6 will not shoot free-throws.

Division 7-8 will shoot in front of the free-throw line. They will shoot in between the first and second hash marks. Non-shooting players must wait until the ball hits the rim to enter the key.

Division 9-11 must shoot from the regulation free-throw line but is allowed to fall across the line on their attempt. Non-shooting players must wait until the ball hits the rim to enter the key.

Division 12-17 cannot cross the free-throw line. Non-shooting players must wait until the ball hits the rim to enter the key.

**Note:** If the ball does not hit the rim, on the final attempt, the ball is automatically turned over to the other team. The rim is considered the orange rim, not the backboard.

**Bonus:** The team will shoot the one & one bonus free throws on the 7<sup>th</sup> team foul in each half. On the 10<sup>th</sup> team foul is double bonus, which is two free throws on each non shooting foul.

## **REBOUNDING POSITION**

Division 7-8 the player will be allowed to line up to rebound the free-throw below the box.

Divisions 9-11 The players are to line up to rebound the free-throw above the box

## **12. Mercy Rule**

Division 5-6: If a team is 20 or more points ahead of another team at any time in the second half, the game is officially over. The scoreboard will stop recording the score, but the scorebook will continue. If the score comes back to within 10 points the score will be put back on the scoreboard. There will be no full court pressure allowed for winning team. Any full court pressure will be called for an illegal defense.

Division 7-8: This division has the same rules as the previous division.

Division 9-11: This division has the same rules as the previous division.

Division 12-14: If a team is 25 or more points ahead of another team at any time in the second half, the game is officially over. The scoreboard will stop recording the score, but the scorebook will continue. If the score comes back to within 10 points the score will be put back on the scoreboard. There will be no full court pressure allowed for winning team. Any full court pressure will be called for an illegal defense.

Division 15-17: This division has the same rules as the previous division.

## **13. Overtime –Stop clock**

Divisions 9-17 there will be an overtime period if tied after regulation. Overtime period will be two minutes in length. If still a tie game, teams will go to Double Overtime. Double Overtime will occur if teams are still at a tie after the overtime period. The ball is jumped in the middle of the court and the first team to score a point is the winner. **Substitutions will be allowed during the overtime periods. Substitutes will only be allowed on the court after they check in at the score table. Substitutes are only allowed to enter the court on a dead ball. If a player fouls out or has to come out due to injury during the overtime period, the opposing teams coach does not pick the replacement player.**

## **14. Coaches' responsibility**

All coaches need to check in at the score table, and tell the scorekeeper if all their players are present before game starts, whether players are ill, not shown up for practice, or any other situations.

## **15. Coaches' Conduct**

Absolutely no abusive language will be tolerated towards players or game referees. No smoking will be permitted on the playing courts. No alcoholic beverages will be allowed at any YMCA function. If a coach receives a technical, he will be asked to sit on the bench. If a coach receives a 2nd technical foul for unsportsmanlike conduct during a game from the referee: The coach will be ejected from the game and shall leave the premises immediately, and will be suspended for one game. If this action occurs a 2nd time, the coach will be dismissed for the season.

## **16. Spectator's Conduct**

Neither swearing nor harassment of game referees will be permitted. Spectators shall at no time use signs, gestures, degrading comments toward opposing coaches, players, other spectators, or game referees.

Penalty – Any official may request that the spectator vacate the facility immediately. If the offending spectator refuses to leave the facility, the basketball game will be suspended until the spectator vacates the premises. In addition, the offending spectator may not attend the following game. A one game suspension will be enforced.

## **17. Safety of Players**

- a. Determine that each player is properly suited and in proper footwear.
- b. No jeans or cargo shorts allowed ensuring the players safety.**
- c. No jewelry should be worn.
- d. Be sure the playing area is in a safe condition.
- e. Be aware of the general health and physical condition of the players. Take these observations into consideration when making decisions concerning athletic participation.
- f. Eliminate all "horse-play". It can cause accidents.
- g. Bench any players who will not properly behave themselves and or use abusive language between coach, official or team players.
- h. Always be consistent and fair in your discipline decisions.