

YMCA OF AUSTIN YOUTH SPORTS PHILOSOPHY

Over the past few years, the YMCA has noticed some alarming trends in youth sports programs: the pressure for more rigorous competition and higher achievement. These trends come from adult-oriented attitudes and the misconception that youth sports programs are scaled-down versions of professional sports. This is not only false, but also dangerous.

The YMCA stresses child-oriented attitudes by keeping winning in perspective, having fun, improving physical fitness, and working with the whole child. The YMCA wants the quality of play to improve in order to meet the needs of all participants whatever their ability and skills.

The YMCA accomplishes this by training adult volunteers in clinics and workshops. **The YMCA believes that the child is first and winning is second.**

The YMCA does not encourage the elimination of competition or winning. Winning is essential to enjoyable competition. However, it is the "striving to win" that yields the joy of sports.

The key for parents and coaches is to keep winning in perspective. It is this key that holds the YMCA Youth Sports program together. Competition will happen in youth sports without any external pressures. **It is important to keep competition at a level appropriate for the athlete.**

The YMCA would not be whole without its commitment to a Christian emphasis. The goal of the Youth Sports program is to help the child grow to his/her fullest potential in mind, body, and spirit: activity helps the body grow; thinking advances the mind; and belief makes our spirit grow.



The Mission of the YMCA of Austin is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



YMCA YOUTH BASKETBALL

Competitive Divisions

(8-14 Yr Olds)

I. GENERAL

- A. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth basketball leagues.
- B. **UIL RULES STATE THAT CHILDREN PLAYING ON THEIR HIGH SCHOOL TEAMS CANNOT PLAY IN ANY OTHER LEAGUE.**

II. PLAYERS and COACHES

- A. Divisions are determined by the player's age entering into the season.
- B. Games will be played amongst teams within the same age division.
- C. Age divisions are as follows:

Division C	8/9 yr olds- COED
Division D	10/11 yr olds- COED
Division E	12-14 yr olds - COED

***The YMCA reserves the right to adjust age groups based on enrollment.**

- D. A player, with his/her parent's consent may play in a higher age division.
- E. Players will remain on the same team throughout the entire season.
- F. Teams will be formed with the following taken into account:
- Age
 - Previous Experience/Player Ratings
 - Child/Coach Requests
- G. Coaches shall be volunteers. Certification, training equipment, and administrative support will be offered by the YMCA of Austin.



III. TEAMS

- A. Teams shall have no more than 10 players and no less than 5 players on a roster.
- B. 5 players per team shall participate at any one time. In the event that one team has only 4 players, the opposing team shall play with only 4 players or the coaches shall mutually agree on a reasonable way to have parity for the competition. No game will be played with fewer than 4 players per team.
- C. Teams are not allowed to play players not on the rosters.
- D. Teams are granted one hour of practice per week.

IV. GAMES

- A. Court and equipment modifications.

Division C (8/9 yr olds)

- 1. All games will be played cross-court.
- 2. Games will be played with an Intermediate ball (28.5-29 in.).
- 3. Games will be played on a regulation goal set at 9 ft.
- 4. Score will be kept.
- 5. If a 20 point lead is attained by either team during the course of the game, score keeping will cease.

***Games tied at the end of regulation shall end as tied games**

Division D & E (10/11, 12-14 yr olds)

- 1. Games may be played cross-court or full court if applicable.
- 2. Games will be played with: girls - Intermediate ball (28.5-29 in.), coed and boys – Regulation (29.5”).
- 3. Games will be played on a regulation goal set at 10 ft.
- 4. Score and season standings will be kept.

- B. Duration of games.

Division C	4 X 10 minute quarters, no overtime
Division D & E	4 X 10 minute quarters, 3 minute overtime

*** Each team will have a 3 minute half-time and 1 minute quarter break.**

Division C

Clock will run continuously except for timeouts.



Division D & E

Clock will run continuously except for timeouts and the last two minutes of regulation and the last minute of overtime.

***At the discretion of the official, time may be stopped for injuries, substitutions, and other delays in the game.**

C. Playing time

Participants should have equal playing time throughout the game and be given equal opportunities to start and end games throughout the season. No one player should sit or play consecutive quarters.

D. Substitutions

All substitutions shall occur at dead ball situations during the game. Desired substitutions are to be presented and recognized by an official prior to their occurrence.

E. Defense/Violations

Division C (8/9 yr olds)

1. "Man-to-man" defense only. Players should remain an arms length away.
2. Wristbands will not be worn.
3. Switching and screening is allowed.
4. Each team must be allowed to move the ball unhindered past half court.
5. No pressing or trapping.
6. Shot blocking and steals are allowed.
7. Double-teaming will not be allowed at any time.
8. Defenders must yield at least 3ft to the offensive player on throw-ins.
9. Double dribble and traveling will be called progressively throughout the year. A player's first violation will result in a warning while maintaining possession. A player's second violation will result in a turnover.

Division D & E (10/11, 12-14 yr olds)

1. "Man-to-man" or zone defense.
2. Switching and screening is allowed.
3. Double teaming on the ball allowed within the lane.
4. Once a team or player gains control of the ball in the backcourt, the ball must be brought into the frontcourt within 10 seconds.



5. A player has 5 seconds to put the ball into play on all throw-ins.
6. A player has only 3 seconds in the lane before stepping out or a violation occurs.
7. Shot blocking and steals are allowed.
8. Teams may run $\frac{3}{4}$ court man press. If up by 10 points or more teams must allow opponent to move ball to half court unhindered.
9. Double dribble and traveling will be called as it occurs and will result in a turnover.

F. Time-outs

Division C, D & E (8/9, 10/11, 12-14 yr olds)

1. Two time-outs per half.
2. Time-outs shall last 1 minute.
3. Unused time-outs will be lost. They do not carry over.

G. Special Rules

Division C (8/9)

1. Personal fouls will be called but only team fouls will be recorded. Players cannot foul out.
2. Free throws will be administered on all shooting fouls and when the defending team is in the penalty - Players will shoot 1 and 1 at 7 team fouls and 2 free throws at 10 team fouls per half.

Division D & E (10/11, 12-14 yr olds)

1. Personal fouls will be called and recorded.
2. A player will be disqualified following their 5th foul.
3. Free throws will be administered on all shooting fouls and when the defending team is in the penalty - Players will shoot 1 and 1 at 7 team fouls and 2 free throws at 10 team fouls per half.

**** The official reserves the right to warn and/or eject a player at any time if he or she continues to commit contact fouls against the other team.**



H. End of the season/Awards

Division C (8/9 yr olds)

1. All participants will receive a medal

Division D & E (10/11, 12-14 yr olds)

1. The top 2 teams from each division (determined by season standings) will receive trophies.
2. The top 2 teams from each division (determine by season standings) per branch will be invited to participate in a city wide tournament the Saturday following the final Saturday of the season. Specifics released prior to the end of the season.

I. Officials

1. In all divisions, the YMCA will provide trained basketball officials to run each game.
2. Coaches will remain on the sidelines in all age divisions during play.
3. The official will be in charge of the game and will have the authority to remove, at their discretion, participants or spectators who exhibit poor sportsmanship.

J. Score/Clock

1. The home team is responsible for providing a volunteer parent to run the clock and keep track of score and fouls (if applicable for that division).

K. Youth Sports Pledge

1. At the start of each game, all players, coaches, and referees will meet at the center circle to recite the Youth Sports Pledge and address any rule clarifications.

Please remember that by volunteering to be a coach, you have chosen to be a role model for all participating children, and that you represent yourself and the YMCA at all games and practices throughout the year

YOUTH SPORTS PLEDGE

**I PLEDGE TO PLAY THE GAME,
THE BEST THAT I CAN,
TO BE A TEAM PLAYER,
TO RESPECT MY OPPONENTS,
THE RULES AND OFFICIALS,
AND IMPROVE MYSELF IN MIND,
BODY, AND SPIRIT.**
