



## 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

## 10/11 Year Old Division

### I. GENERAL

- A. Except where otherwise noted in these rules, National Federation Rules (High School) shall govern competitions in YMCA youth basketball leagues.
- B. Divisions are determined by the player's age entering into the season.

**\*The Y reserves the right to adjust divisions based on player enrollment.**

### II. PARTICIPANT EXPECTATIONS

- A. Coaches, parents and players are expected to uphold YMCA values in both victories and in defeat.
  - 1. Coaches and parents will police team celebrations and not allow any players to taunt an opposing team.
  - 2. Coaches and parents will be expected to address the Referees of the game in a respectful and professional manner. Coaches must hold all questions about calls until a stoppage in play.
  - 3. Coaches will never use profanities while representing the YMCA.
- B. Coaches and players in these age groups will be expected to have a full grasp of both standard basketball and specific Y league rules.
- C. Coaches will be responsible for verifying their team's standings every week following their most recent game and alerting league officials of any errors.
- D. Coaches will play all players on their roster an equal share of the game.
- E. Coaches will be required to have filled out and return a background check form no later than one week prior to the season.
- F. Coaches shall be volunteers and will be required to attend/complete any provided certifications and training. Administrative support and equipment will be offered by the YMCA of Austin.
- G. Coaches will be responsible for assisting league officials in evaluating YMCA referees.



### III. TEAMS

- A. Teams will be formed with the following taken into account:
  - Age (Participants may play in older division with parent consent)
  - Previous Experience/Player Ratings
  - Child/Coach Requests
  - Player Evaluation Ratings
- B. Players will remain on the same team throughout the entire season.
- C. 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 official game will be played with fewer than 4 players per team.
- D. Teams are not allowed to play players not on the rosters.
- E. Teams are granted one hour of practice per week.

### IV. GAMES

- A. Games will be played against other teams within the same age division.
- B. Court and equipment modifications.
  - 1. All games will be played full court
  - 2. Games will be played with an Intermediate ball (28.5 in.).
  - 3. Games will be played on a regulation goal set at 10 ft.
  - 4. Games Scores and season standings will be kept.
- C. Duration of games.
  - 1. 2 x 20 minute halves, 3 minute overtime if necessary
  - 2. Clock will run continuously except for timeouts and the last two minutes of regulation and the last minute of overtime.
  - 3. Each team will have a 3 minute halftime and 1 minute quarter break.

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

D. 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.

#### E. Substitutions

1. All substitutions shall occur at dead ball situations during the game.
2. Desired substitutions are to present themselves at the scorer's table and be recognized by an official prior to their occurrence.
3. The player subbing into the game must wait for their teammate to exit the court before entering.

#### F. Defense/Violations

1. ½ court defense only (defense will start at the mid court line).
2. No defensive restrictions. Man-to-man, zone, double teaming and trapping defenses will be allowed past the mid court line anywhere within the front court.
3. Switching and screening is allowed.
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. Double dribble and traveling will be called as it occurs and will result in a turnover.

#### G. Time-outs

1. Three time-outs per half.
2. Time-outs shall last 30 seconds.
3. Unused time-outs will be lost. They do not carry over.

#### H. Fouls/Free Throws



1. Personal fouls will be called and recorded.
2. A player will be disqualified following their 5<sup>th</sup> foul.
3. If a team only has five players and a player receives their 5<sup>th</sup> foul they will stay in the game but every personal foul that they commit after their 5<sup>th</sup> will be a personal and technical foul.
4. 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
  - Players will awarded 2 free throws at 10 team fouls
  - Team fouls will reset each half
5. While attempting a free throw, all players must wait until the ball has hit the rim before entering the lane.

**\*\* The official reserves the right to warn and/or eject a player at any time if he or she commits unnecessary contact fouls against another player.**

#### H. End of the season/Awards

1. The top 2 teams from each division (determined by season standings) will receive trophies.
2. The top teams (# of teams TBD each season) from 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 during the season.  
*\*Winter season only\**

#### I. Officials

1. The YMCA will provide at minimum 2 trained basketball officials to run each game.
2. 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.
3. Coaches will remain on the sidelines at all times during play in this division.

#### 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\***

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**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.**

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