



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

4-5 Yr 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. UIL RULES STATE THAT CHILDREN PLAYING ON THEIR HIGH SCHOOL TEAMS CANNOT PLAY IN ANY OTHER LEAGUE.

C. 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 play all players on their roster an equal share of the game.

D. Coaches will be required to have filled out and return a background check form no later than one week prior to the season.

E. 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.

F. 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
- B. Players will remain on the same team throughout the entire season.
- C. Teams shall have no more than 10 players and no less than 5 players on a roster.
- D. 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.
- E. Teams are not allowed to play players not on the rosters.
- F. Teams will be given the first 20 minutes of the scheduled hour each Saturday to practice prior to playing their game.

IV. GAMES

- A. Court and equipment modifications.
 - 1. All games will be played cross-court.
 - 2. Games will be played with a
 - 3. Junior ball (25.5 in.).
 - 4. Games will be played on a regulation goal set at 8 ft.
 - 5. No score will be kept.
- B. Duration of games.
 - 1. 4 X 6 minute quarters, no overtime.
 - 2. Clock will run continuously except for timeouts.

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

***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

1. "Man-to-man" defense only. Players should remain an arms-length away.
2. Arm bands will be provided for defensive assignments. Coaches and officials will match-up players based on size and skill level.
3. No switching and no screens.
4. Each team must be allowed to move the ball unhindered past the centerline.
5. No double team, pressing, trapping, or steals (players should follow the rule of "hands up, hands out" while on defense – no reaching).
6. Shot blocking is not allowed. Players are to extend their arms straight up while an opposing player is shooting.
7. Defenders must yield at least 3ft to the offensive player on throw-ins.
8. Double dribble and traveling will not be enforced. Officials and Coaches should encourage children to practice these rules correctly throughout the game though.
9. Out of bounds will be enforced loosely. Play will continue "close" to the court boundaries until the official deems play has become unsafe or a stoppage is necessary.

***Play is to be stopped and the offensive team is to retain possession in situations which, a violation of the rules by the defensive team occurs.**



F. Time-outs

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

G. Fouls/Free Throws

1. Individual fouls may be called but will not be recorded
2. Players cannot foul out.
3. Players will not attempt free throws.

**** 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

1. All participants will receive a medal and a certificate

I. Officials

1. The YMCA will provide a trained basketball official 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.

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.**
