

YMCA OF AUSTIN YOUTH SPORTS PHILOSOPHY

The YMCA of Austin has a responsibility to our community to serve youth and their families through positive experiences that teach them the value of community togetherness.

YMCA of Austin youth sports will focus on the development of the whole child through age-appropriate & character-based curriculum, delivered in a judgement-free environment that allows participants to learn, develop, and be filled with joy.

These recreational youth development programs will produce memorable game-day experiences.

Through purposeful training of staff and volunteers, targeted marketing, and clear communication, the YMCA of Austin can fill the gap in our community and provide non-competitive youth sports leagues, so that young people may:

- Develop youth sports skills & grow into well-rounded athletes and people;
- Realize their potential as active, engaged, and thriving global thinkers; and
- Engage in youth sports for multiple seasons as well as other Y youth programs (camp, swim lessons, afterschool, etc).

Service Principles: Welcome, Connect, Support Invite

Y Personality: Welcoming, Genuine, Hopeful, Nurturing, Determined

Character Values: Respect, Responsibility, Honest, Caring

Megan Gonzalez
Senior Director of Sports
512-236-9622
megan.gonzalez@austinyymca.org

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

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.
- C. UIL rules state that children playing on their high school teams cannot play in another league at the same time.

**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 ensure and promote a culture of celebration. Taunting or otherwise demeaning of others will not be permitted.
 - 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 refrain from using profanities while representing the YMCA.
- B. Coaches and players should learn and work to full understand 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 for 4-5 division may be on the court. Coaches for 6+ divisions will remain on the sidelines during play.
- E. Coaches will complete all aspects of onboarding, including completion of criminal background check, attendance at Y coaches training, and completion of child sexual abuse prevention training.
- 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.

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

III. TEAMS

- A. Teams will be formed with the following taken into account:
 - Age (Participants may play in older division with parent consent)
 - Child/Coach requests
 - Practice day availability
 - Zip code
 - Previous basketball experience
- 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 7 players on a roster.
- D. Five 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. Only players on Y rosters are permitted to participate in practices and games.

IV. PRACTICES

- A. Kinder (4/5) - Teams will be given the first 20 minutes of the scheduled hour each Saturday to practice prior to playing their game.
- B. All other ages (6+) – Teams will be given one (1) practice hour per week at a YMCA gym or Y rented facility

V. PLAYING TIME

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

VI. YOUTH SPORTS PLEDGE

- A. 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.

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.**

YMCA of Austin Youth Basketball Guidelines

| Age Group & Court | Ball Size | Game Length | Defense Allowed | Rim Height | Special Rules | Score |
|---------------------|---------------------------|--|---|------------|---|--|
| 4-5 Cross-court | 27.5 in. Junior | 20 min Practice + 4 X 6 minute quarters No overtime | Man to Man using colored wristbands. Half-court only; no press allowed. | 6 ft. | No steals. No shot blocking is allowed. | No score will be kept |
| 6-7 Cross-court | 27.5 in. Junior | 4 X 8 minute quarters No Overtime | Man to Man using colored wristbands. Half-court defense only; no press allowed. | 8 ft. | No steals. No shot blocking is allowed. Loose balls are free for all. | No score will be kept |
| 8-9 Cross-court | 28.5 in. Intermediate | 4 x 10 minute quarters No Overtime | Man to Man switching or zone is allowed. Half-court defense only; no press allowed. | 9 ft. | Man to Man only. Players may not be double teamed. Steals and blocks are allowed. | Score will be kept. If 15 point lead is attained, score keeping will cease. |
| 10-11 Full court | 28.5 in. Intermediate | 2 X 20 minute halves 3 minute overtime | Man to Man or zone defense. Half-court defense only; no press allowed. | 10 ft. | No press allowed. | Score will be kept Season standings will be kept |
| 12-14 Full court | 29.5 in. Official Size | 2 X 20 minute halves 3 minute overtime | Man to Man or zone defense. | 10 ft. | Full court press allowed. | Score will be kept Season standings will be kept |
| 15-17 Full court | 29.5 in. Official Size | 2 X 20 minute halves 3 minute overtime | Man to Man or zone defense. | 10 ft. | Full court press allowed. | Score will be kept Season standings will be kept |

VII. CLOCK

- A. Ages 4-9: Clock will run continuously except for timeouts.
- B. Ages 10+: Clock will run continuously except for timeouts and the last two minutes of regulation and the last minute of overtime.
- C. Halftime will be three minutes. Quarter breaks will be 1 minute.
- D. At the discretion of the official, time may be stopped for injuries, substitutions, and other delays in the game.

VIII. SUBSTITUTIONS

- A. Substitutions shall occur halfway through the quarter or when there is a dead ball.
- B. Desired substitutions are to present themselves at the scorer's table and be recognized by an official prior to its occurrence.
- C. The player subbing into the game must wait for their teammate to exit the court before entering.

IX. OTHER RULES

- A. Ages 4-7
 - Arm bands will be provided for defensive assignments. Coaches and officials will match-up players based on size and skill level.
 - No double team, pressing, trapping, or steals (players should follow the rule of "hands up, hands out" while on defense – no reaching).
 - Shot blocking is not allowed. Players are to extend their arms straight up while an opposing player is shooting.
 - Defenders must yield at least 3ft to the offensive player on throw-ins.
- B. Double dribble and traveling
 - Ages 4-5: will not be enforced. Officials and Coaches should encourage children to practice these rules correctly throughout the game though.
 - Age 6-7: will be called as season progresses; will be explained each time. Beginning week four of season, will result in a turnover.
 - Ages 8+: will be called and will result in a turnover.

X. TIMEOUTS

- A. Ages 4-5: One timeout per half
- B. Ages 6+: Two timeouts per half
- C. Timeouts shall last 1 minute.
- D. Unused timeouts will be lost. They do not carry over.

XI. FOULS & FREE THROWS

A. Ages 4-7

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

B. Ages 8-9

- Personal fouls will be called but only team fouls will be recorded.
- Players cannot foul out.
- Free throws will be administered on all shooting fouls and when the defending team is in the penalty –
 1. Players will shoot 1 and 1 at 7 team fouls
 2. Players will awarded 2 free throws at 10 team fouls
 3. Team fouls will reset each half.
- While attempting a free throw, all players must wait until the ball leaves the shooter hands.

C. Ages 10+

- Personal fouls will be called but only team fouls will be recorded.
- A player will be disqualified following their 5th foul
- Free throws will be administered on all shooting fouls and when the defending team is in the penalty –
 1. Players will shoot 1 and 1 at 7 team fouls
 2. Players will awarded 2 free throws at 10 team fouls
 3. Team fouls will reset each half.
- While attempting a free throw, all players must wait until the ball leaves the shooter hands.

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

XII. END OF SEASON AWARDS

- ### A. All participants will receive a medal.

XIII. OFFICIALS

- ### A. The YMCA will provide a trained basketball official to run each game.
- ### B. 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.

XIV. SCORE & CLOCK

- ### A. The home team is responsible for providing a volunteer parent to run the clock and keep track of fouls (8+) and score (8+)