



WINTER BASKETBALL RULES

1st – 5TH GRADE



2012 Winter Basketball
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YMCA WINTER YOUTH BASKETBALL RULES

1. All players participating in their team's game must play the equivalent of half the game. Failure to comply will constitute a forfeit. If players consistently miss practice (not counting family trips, school trips, illness, etc.), the coach may penalize the player by shortening their playing time accordingly. (It is the coach's responsibility to be sure all their players are aware of this rule.)
2. Players must wear identical uniforms (shirts that are given to them by the YMCA.) This helps the referees call the game more efficiently.
3. No street shoes will be allowed on the gym floor.
4. Games are scheduled every hour, on the hour. A team will be allowed up to 20 minutes to arrive. If a team is late, the first half is shortened by the amount of time that team is late. (If a team is 5 minutes late, then the first half is only 15 minutes long.) If the team is more than 20 minutes late, the game is a forfeit.
5. All Referee decisions are final.
6. Players will remove all watches, chains, rings or earrings prior to the game. Coaches are asked to collect all such items from their players before warm-ups.
7. Coaches must give their lineup to the scorekeeper prior to the start of each game.
8. The head coach is responsible for his/her players' conduct before, during, and after the game. The Head coach is the only person who may talk to the referees during the game.
9. Referees will tend to make "explanation calls" during the first part of the season. The purpose of this is to build confidence and teach skill development.
10. The YMCA will provide the game ball at each game site. 4th & 5th grade games will use a YMCA-issued composite basketball unless both teams agree to use an alternative basketball.
11. In the case of inclement weather (ice, snow, etc.), listen to KUGN AM 590 for cancellation details. Official cancellations/closures are announced each hour. You may also call the YMCA at 686-9622 or go to our webpage at eugeneymca.org. If there is no school on Friday because of bad weather, there will be no games the following Saturday.
12. Basket height: 8'6" for 1st - 3rd grades; 10' for 4th & 5th grades.
13. Free throw line: 10 feet for 1st - 3rd grades; 12 feet for 4th & 5th grades.
14. Ball size: Junior size for 1st - 3rd grades; Intermediate (28.5) size for 4th & 5th grades.

GAME RULES

1. 1st - 3rd grade leagues will play four 10-minute quarters with a running clock. 4th & 5th grade games will consist of two 20-minute halves with a running clock. A running clock stops only for (a) time outs (b) injury or (c) official's request. Each team will have two time-outs per half. Time-outs do not carry over to the second half; if they are not used, they are lost.
2. Players must check in with the scorekeeper before entering the game and may only enter the game with the referee's permission.
3. No score will be kept for 1st - 3rd grade games. The score will be kept for the 4th & 5th grade games, until one team is ahead by 30 points, then the score will be removed from the score clock.
4. Teams must play man-to-man defense, and players must be within 3 to 4 feet of the player they are guarding within 20 feet of the basket. There will be no zone defenses.
5. There is no double-teaming away from the basket (outside the key). Players will be allowed to "help-out" when the offense is driving to the basket inside the key.
6. There is no offensive time limit in the key for 1st - 3rd graders. Five seconds in the key will be allowed for 4th and 5th graders.
7. 4th & 5th grade leagues: If, going into the final two minutes of the game or any time there after, the teams are within eight (8) points of each other; the clock will stop on all whistles. The game will continue to use "stop clock timing" for the rest of the game, even if the score expands to more than eight (8) points. This rule applies with 2 minutes or less left to go in the 2nd half or any overtime.
8. Overtime periods are two minutes of "stop clock timing". Each team may use one time-out during each overtime. If a second overtime is needed "sudden victory" comes into effect. (Jump ball and the first team to score wins)
9. No back-court guarding is allowed.
10. Over-and-back violations will not be called for the 1st - 3rd grade leagues.
11. Scoring for 4th & 5th grade teams will be ONE point for each free throw and TWO points for each regular field goal. (There are no three point shots.)
12. Players may not enter the key on a free throw attempt until the basketball touches the rim. This rule applies to the shooter and the rebounders.
13. All other rules are National Federation.
14. 5th grade teams will be given a choice to play in a league with HS rules before the season starts. HS rules include zone defense, full court press, and double teaming. Three point baskets are also allowed in HS rule leagues. Teams that decide to play with HS rules will be given a different rule sheets before the first games. If there are not enough teams agreeing to play with HS rules, the league will go back to the original winter rules.

SPORTSMANSHIP

Coaches, players and spectators are expected to behave in a sportsmanlike manner.

1. Captains/coaches are responsible for the decorum of their teams. Under no circumstances will the following behavior be tolerated: profanity directed at the officials, excessive profanity in general, fighting, continually complaining about the calls, or endangering/threatening anyone on game premises. If any player receives two technical fouls in a game, he/she is ejected. If a player is ejected from two games during the same season, he/she is eliminated from the league. When ejected, a player must leave the gym area entirely (he/she may not stay in the gym or the hall and support his team). Failure of the ejected player to leave immediately shall result in forfeiture. An ejection equivalent may be issued before, during, or after the game.
2. Spectators are not allowed to harass the referees, dispute calls, or insult any of the players. Spectators are not allowed to verbally attack or rudely confront anyone on game premises, or walk across/on the court to insult/confront/question officials before, during, or after contests. Physical intimidation and threats are also disallowed. If a spectator has concern/complaint about an official, he/she should contact the program coordinator during regular business hours. Officials are allowed to issue spectators technical fouls. A spectator that receives a technical foul will be asked to leave the gym area entirely. The game will not continue until the spectator leaves, otherwise the game will be forfeited.
3. Team technical fouls: If a team receives three technical fouls for unsportsmanlike behavior during a game, that team will forfeit the contest, and the game will be stopped. If a team receives five technicals for poor sportsmanship during a season, that team forfeits the next scheduled game. Team technical's include those given to the team's spectators as well as to its players.
4. A coach that receives two technical fouls during a game will be asked to leave the gym and will be suspended for the next scheduled game. The head coach is charged with technicals that are given to him/her as well as technicals given to the bench as team technicals. Team technicals include those given to bench players, assistant coaches, parents, etc.

KEY POINTS TO REMEMBER WHEN COACHING

1. Establish a routine with practices so that the players know what to expect. Set a few simple rules. Be consistent and fair with consequences.
2. Treat all of your players as individuals. Show respect for them as people.
3. Use positive language in your directions.
4. Make your time with your team fun. Remember that enjoyment and skill learning are very important.
5. Set a good example for your team during practice and at games. They are watching you every minute.
6. Do your best to make sure that every player leaves practices and games feeling good. Encouragement and praise always work better than criticism.
7. Work to build credibility with your team. There are several ways to do this.
 - a. You can establish and maintain your credibility by being a cooperative style coach, being knowledgeable about the sport, being fair and consistent, being friendly and dynamic, and by using a positive approach.
 - b. Being positive means putting emphasis on praise and rewards to strengthen desirable behaviors.
 - c. Use good listening skills. By communicating to your players that you heard and understand what they are saying you are showing them that you care.

YMCA HOUSE RULES

Speak for yourself,
Not for anybody else.

Listen to others
Then they'll listen to you.

Avoid put-downs
Who needs 'em?

Take charge of yourself
You are responsible for you.

Show respect
Every person is important.

By setting simple rules and being consistent and fair with the consequences, you will develop more credibility with your team and the players will know what to expect.

GUIDELINES WHEN COMMUNICATING WITH PARENTS

Coaching Youth Sports is exciting and rewarding. But from time to time, you may experience difficulty with parents. Some may want their children to play more or they might question some of your judgements as a coach. This is normal, so don't feel that you are alone if this happens.

The following are a few tips to remember when dealing with parents:

1. Always listen to their ideas and feelings. Remember, they are interested and concerned because it is their children that are involved. Encourage parental involvement.
2. Express appreciation for their interest and concern. This will make them more open and at ease with you.
3. No coach can please everyone. Don't try.
4. Know what your objectives are and do what you believe to be of value to the team, not the parents.
5. Make certain all parents know *your* ground rules. Have rules, regulations, your philosophy, practice dates and times, etc., printed on a sheet of paper you can pass out to all parents. Have a parent meeting before the season begins to discuss your operating procedures if necessary.
6. Resist unfair pressure. You are the coach and it's your responsibility to make the final decision.
7. Most important, be fair. If you treat all players equally you will gain respect.
8. Be consistent! If you change a rule or philosophy during the season, you may be in for trouble. If you do change something, make sure the parents are informed as soon as possible.
9. Handle any confrontation one-on-one and not in a crowd situation. Don't be defensive. Don't argue with a parent. Listen to their viewpoint, and thank them for it.
10. Don't discuss individual players with other parents. The grapevine will snag you every time.
11. Ask parents not to criticize their children during practices or games. Don't let your players be humiliated, even by their own parents. Explain that you must be under complete control of your team when they are on your "turf."
12. Don't blame the players for their parent's actions, if negative. Try to maintain a fair attitude.
13. Parents must accept the fact that coaches are volunteers and should not be subjected to criticism during practices and games.

Always remember that you will be dealing with all types of children and parents with different backgrounds and ideals. One of your main challenges as a coach is to deal with these differences in a positive manner so the team's season will be an exciting and enjoyable experience for all.

Safety Rules

- *Arrive early so you will be there when the first player arrives. Keep all equipment in one location. **Do not** allow equipment to be scattered in the practice area.*
- ***Do not** permit “Horse Play”.*
- *Keep a copy of each player’s phone number with you all times.*
- *Check equipment periodically to make sure it is safe.*
- *Rings, watches, bracelets, necklaces, pins, etc can not be worn during practice or games.*
- ***Never** leave players alone at the gym or school waiting for parents after practice.*
- ***Never** leave the area during practice without proper supervision remaining during your absence.*
- *Keep a first aid kit with your equipment, including cold packs.*
- *In case of an accident, coaches **are not** to transport any child but their own, in any vehicle. They are to call **911**, then call the parents, notify the YMCA, and write an accident report.*
- *Do not teach players unsafe or unsportsmanlike behaviors.*
- *Never permit a lone, unrelated child to ride in your vehicle without the parent being present (this is for your safety, as well as the child’s)*
- *Make sure the players are wearing the appropriate protective gear as needed.*
- *Look for potential accidents or injuries and do what is necessary to prevent them.*
- *Record injuries and/or accident on the provided accident report form and give report to the YMCA Youth Sports Office.*
- *Encourage hydration (water) during practices and games.*

Eugene Family YMCA Guidelines

Standards of Ethical Behavior

The reported incidents of both physical and sexual abuse have doubled since 1980 and have become a critical national concern. It is a special concern for the Eugene Family YMCA because of our role as an advocate for children and our responsibility for enhancing the personal growth and development for both children and adults in all our programs.

The Eugene Family YMCA has a standards-of-ethical-behavior policy that all staff and volunteers is required to sign and abide by. This policy is intended to clearly define management practices for our YMCA related to the prevention of child abuse. Child abuse is defined as: “The physical or mental injury, sexual abuse or exploitation. Negligent treatment or maltreatment of a child for which there is no reasonable explanation.” Abuse in Oregon is “actual as well as threatened harm.”

This policy obviously applies to all youth sports programs. The following are guidelines that all coaches and parents should be aware of.

Staff Relationships with Children

1. At no time during a YMCA program may a program leader be alone with a single child, unobserved by other staff. This includes transporting a participant.
2. Staff members and volunteers should not relate to children in YMCA programs in non-YMCA activities such as babysitting or weekend trips.
3. Adult YMCA staff and volunteers should not socialize with program participants under the age of 18 outside of YMCA program activities.
4. Young children in YMCA programs should never be left unsupervised in bathrooms, locker rooms or showers.
5. YMCA staff and volunteers will not discipline children by use of physical punishment or failing to provide the necessities of care such as food or shelter.
6. YMCA staff and volunteers will not verbally or emotionally abuse or punish children.
7. YMCA staff and volunteers are to be alert to the physical and emotional state of all children each time they report for a program. They will indicate, in writing, to their direct supervisor and Executive Director any signs of injury or suspected child abuse.

Responsibilities to Parents

1. YMCA staff and volunteers under no circumstances are to release children to anyone other than the authorized parent, guardian or to an individual authorized by parents in writing, including relatives of children.
2. Parents are invited, and encouraged to visit program sites anytime.
3. Parents will be informed regularly about their child’s program participation and general health.
4. Youth Sports staff and program volunteers will be required to wear a staff shirt so that they will be easily identified by the children.

Reporting Procedures

Certain persons and/or groups having frequent contact with children are required by Oregon law to report any suspected cases of child abuse and neglect.

1. The Child Care Department will act as the YMCA’s child abuse coordinator. The Youth Services Director will monitor reports, organize in-service training, and oversee child abuse prevention programs.

If you have questions or concerns about our policy, or would like to report a suspected case of child abuse, contact Robbie Petetit at the Eugene Family YMCA, 686-9622