



“SPORTS DO NOT BUILD CHARACTER. THEY REVEAL IT.”

2020 YMCA YOUTH BASKETBALL LEAGUE GAME RULES

YMCA MISSION:

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

The YMCA is a Christian organization. Good sportsmanship and positive character values are expected by all participants, including: players, coaches, parents, siblings, and fans. We emphasize our mission, goals, core values, and methods as a basis for all decisions about this program – from how it is led, whom it serves, what is taught, and how it is managed. Y sports are about children and giving boys and girls the chance to succeed and reach their highest potential.

GREENE COUNTY YMCA YOUTH SPORTS' PHILOSOPHY (The Right Approach at the Right Time)

At a time when much of our society seems to have lost the true meaning and spirit of athletic competition and what it can be for the development of a healthy mind, body, and spirit, it is refreshing to know the YMCA sports' programs in practice, as well as philosophy keep these fundamental principles at the forefront of their efforts. Our programs strive to build good character, improve self-image and self-worth, and give young people an opportunity to experience being a team member as they develop an appreciation and understanding of sports. We strongly believe these efforts and principles are needed now, more than ever in our republic. An emphasis on individual accomplishment at the expense of team effort and the common good permeates our society and unfortunately manifests itself frequently in athletic competition. We believe emphasis on winning and individual achievement at the expense of the above-mentioned ideals is unfortunate. The YMCA remains committed to insuring that its programs reflect its mission statement and philosophy. Toward that end, the following guidelines are in place for all YMCA Youth Sports:

- The sizes of teams are limited so that all players play a minimum of one-half of each game.
- Team rosters are developed with the goal of making team ability as even as possible.
- We strive to teach that winning is good, but that learning how to lose and handle it appropriately is equally as important.
- Lots of fun, improved skills, and good sportsmanship are the results the YMCA is seeking.

YMCA CHARACTER DEVELOPMENT

The YMCA believes that character development, focusing on the values of caring, honesty, respect, and responsibility is an essential element of all its programs. Everyone who participates in any aspect of our sports' programs (participants, spectators, coaches, officials, or staff) is expected to adhere to these core values. Coaches are strongly encouraged to work with children in developing these character traits. Please use team huddles, water breaks, and other moments to review these values with your players.

Caring

To love others and be sensitive to the well-being of others involved in the sports program. Caring is not only reflected in words, but actions as well. Would your players consider you a caring coach? Do you use kind words to express your pleasure and displeasure to others? Are you courteous and sympathetic towards your fellow coaches, officials, participants, spectators, and parents?

Honesty

To have integrity, making sure that one's actions match one's values through participation in sports. Can you consider all the facts and then render a final, fair ruling? Are you honest in your dealings with the players and their abilities? Do you play every player equally and give everyone a chance to succeed and learn from others? Can you play by the league rules and not bend them to create an unfair advantage?

Respect

To value the worth of every person, including oneself, one's teammates, opponents, and officials. Do you show respect to the officials and split-second decisions, even if the decision might be different from your own? Do you show honor, courtesy, and respect to everyone in your daily life?

Responsibility

To be accountable for one's behavior and obligations. Are you responsible in attending practices and games and show up prepared? Do you act as a role model for your child and expect them to act as you do? A responsible parent loves, nurtures, disciplines, and guides a child.

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

"WINNERS AND LOSERS"

A **LOSER** says, "Nobody Can."

A **WINNER** says, "Let's give it a try."

When a **LOSER** makes a mistake they say, "It wasn't my fault."

When a **WINNER** makes a mistake they say, "I was wrong."

A **LOSER** is always too depressed to do what is necessary to overcome adversity.

A **WINNER** works harder than a loser and tries again, learning from their mistakes.

A **LOSER** says, "I'm not as bad as a lot of other people."

A **WINNER** says, "I'm good, but not as good as I should be."

A **LOSER** resents those who are more successful than they are and tries to find things wrong with them.

A **WINNER** respects those who are superior to them and tries to learn something from them.

PARENT'S CODE OF CONDUCT

1. Don't force an unwilling child to participate in sports.
2. Remember children are involved in organized sports for **THEIR** enjoyment, not yours.
3. Encourage your child to always play by the rules.
4. Teach your child that honest effort is as important as victory so that the result of each game is accepted without undue disappointment.
5. Turn defeat into victory by helping your child work toward skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing a game.
6. Remember that children learn best by example. Applaud good plays by your team and by members of the opposing team. Only do or say things that you would want your child to say or do. Do not publicly question the official's judgment and never their honesty. Keep comments positive!
7. Keep winning in perspective and help your child do the same. Don't be overly concerned with the outcome of the game.
8. Support all efforts to remove verbal and physical abuse from children's sporting activities. Be in control of your emotions.
9. Recognize the value and importance of volunteer coaches. They give of their time and resources to provide recreational activities for your child. Leave coaching to the coaches; turn your child over to the coaches at practices and games. Don't meddle or coach from the sidelines.
10. Take any constructive comments regarding the game or practice to the head coach. **AFTER** the game or practice. Do not interrupt practices or games.

HELPFUL HINTS FOR PARENTS OF CHILDREN PARTICIPATING IN YOUTH SPORTS

1. Encourage your child to play sports, but don't pressure.
2. Understand what your child wants from sports and provide a supportive atmosphere for achieving these goals.
3. Set limits on your child's participation. Don't make sports everything in your child's life; make it a part of their life.
4. Help your child set challenging but realistic performance goals rather than focusing only on, "winning the game."
5. Help your child understand the valuable lessons sports can teach.

SPECTATOR, PARENT, AND COACH BEHAVIOR

1. Decisions by YMCA referees and/or staff are final.
2. YMCA Youth Sports' Coaches have the potential to influence a great number of people. We want coaches to be a positive role model for youth by maintaining an attitude of RESPECT, RESPONSIBILITY, HONESTY, and CARING.
3. YMCA volunteer coaches are expected to adhere to the YMCA Philosophy, codes of conduct, and YMCA Coaching guidelines. The YMCA will not tolerate unsportsmanlike behavior.
4. All coaches will be responsible for their players and parents conduct at all times i.e. before, during, and after every game and practice.
5. Only the coach has the authority to consult with a referee.
6. Parents, spectators, players, and coaches are expected to be examples of good sportsmanship. If a situation arises where an individual(s) are being verbally abusive, they will be warned. If the behavior persists, they will be asked to leave. The YMCA reserves the right to terminate any game in progress.
7. Any type of fighting or instigation (taunting) will result in the guilty party being ejected immediately and possibly not be allowed to attend future games.
8. The Greene County YMCA has zero tolerance for unsportsmanlike behavior from coaches, players, parents, and spectators. We would encourage all participants to let us know if such behavior is occurring in our youth basketball program.

ELIGIBILITY

YMCA Youth Basketball is for all boys and girls in Grades: Pre-Kindergarten (3s) through 8th Grade. Teams could be COED (depending on the numbers) and divisions will be age/grade-appropriate as numbers allow.

PRACTICES AND GAMES

No practices or games will be scheduled on Wednesdays or Sundays. Teams are allowed one practice per week. Practice Sessions will last 1.5 hours. No more than 2 games per week will be scheduled per team unless weather forces to miss games and schedule make-up games.

PLAYING TIME

Each player present at the game will play at least half of every game, following the substitution pattern below:

Substitutions: Each player will play at least half of every game unless they are hurt, injured, sick, or for disciplinary reasons. Any sickness / injury or discipline issues must be documented and prior to the benching of a player and communication must be made to the player's parent, Scorekeeper, Head Referee, and opposing coach in order to avoid confusion and provide complete transparency.

A team's failure to comply with a player's participation mandate could result in the forfeiture of the game, including playoff and championship games.

At the halfway point of each half (8-minute mark), a mandatory substitution will be held. Any player who started a half on the bench must enter the game at that point and play the remainder of the half with no substitution of that player allowed. Players who remained in the game may be subbed in and out with those who were subbed out during any dead ball situation pending the score keeper's / referee's discretion.

It will be helpful for each coach to have an assistant who not only helps coach, but also keeps track of minutes and substitution. It is also a good idea to vary the starting line-ups from game-to-game. By doing this, it will help to make sure that the all kids get the experience of being a, "starter."

Any substitute who desires to enter the game shall report to the official scorer's table. The substitute shall remain outside the court boundary until an official signals the substitute into the game.

COURT

Games will be played full-court in the YMCA's Youth Gymnasium or side-to-side on a court in the Adult Gym.

DIVISIONS (all COED)

1. 3 Year-Olds
2. 4 Year-Olds and 5 Year-Old Girls
3. 5 Year-Old Boys and Kindergarteners
4. 1st & 2nd Grade
5. 3rd & 4th Grade and 5th Grade Girls
6. 5th & 6th Grade and 7th Grade Girls
7. 7th Grade Boys & 8th Grade

GOAL HEIGHT

The goal height will be set at the following heights

1. 3 Year-Olds (6 feet)
2. 4 Year-Olds & 5 Year-Old Girls (7 feet)
3. Pre-K5s & Kindergarten (7.5 feet)
4. 1st & 2nd (8.5 feet)
5. 3rd & 4th Grade and 5th Grade Girls (9 feet)
6. 5th & 6th Grade and 7th Grade Girls (10 feet)
7. 7th Grade Boys & 8th Grade (10 feet)

FREE-THROW LINE (Adjustments may be made for participants who can't connect with the rim from their specified distance)

1. Adjusted / behind the arc in the lane:
 - a. 3 Year-Olds
 - b. Pre-K5s & Kindergarten
 - c. 1st & 2nd Grade
2. Normal Free-Throw Line: all other divisions.

UNIFORMS

1. No hard-soled shoes.
2. The YMCA will provide numbered jerseys (T-Shirts).
3. Shorts are of individual choosing.

BALL

1. Rookie Size (25.5)
 - a. 3 Year-Olds
 - b. 4 Year-Olds & 5 Year-Old Girls
 - c. 5 Year-Old Boys & Kindergarten
2. Intermediate Size (27.5)
 - a. 1st & 2nd Grade
3. Women's Size (28.5)
 - a. 3rd & 4th Grade and 5th Grade Girls
 - b. 5th & 6th Grade and 7th Grade Girls
4. Regulation Size (29.5): 7th Grade Boys & 8th Grade

STYLE OF PLAY

The Style of play will be 5 v. 5 in all divisions except 3 year-Olds. That division will play 4 v. 4.

BEGINNING A GAME

1. Game time is forfeit time. Forfeits are recorded as a loss (0-2). Not applicable in (3 & 4s and Pre-K and Kindergarten Divisions) since no score is kept.
2. Pre-game warm-ups should take place at the basket on the opposite side of your team's bench.
3. Every game will begin with a prayer led by either a player, coach, and / or official.
4. The official will review sportsmanship with each team.
5. A team must have no less than one fewer eligible participant in relation to the style of play in order to start a game and to avoid a forfeit in divisions where score is kept.
6. The first possession of the game and any overtime (divisions where score kept) will be determined by:
 - a. 3 Year-Old through 3rd & 4th Grade Divisions: a coin flip / Rock-Paper-Scissors.
 - b. 5th through 8th Grade Divisions: an opening tip-off. All other possessions will then alternate.

END OF THE GAME

After the final whistle, both teams will meet at center court (along the sideline in front of the team benches) for a team handshake line.

GAME LENGTH

Regulation Period - Games will consist of two (16-minute) halves and the clock will run continuously (stopping only for injuries, the Primary Substitutions, and time-outs) until the last two minutes of the game. Please note that a made basket is not a dead-ball situation and the clock will continue running after a made basket. During the last two minutes of the second half, the clock will stop for any dead ball situation. Half Time will begin with all players (in divisions where score is kept) shooting free throws. Once this is complete, teams will be allotted three minutes before the third period begins. Regular Season games may end in a tie.

Overtime Period (Tournament Only) - During the tournament any game tied at the end of regulation will have a two-minute overtime period. During this period, the clock will stop during dead ball situations in the last minute of overtime. Should a game remain tied at the end of the overtime period the following will be used to decide the outcome:

- One-Minute Overtime Period with clock stopping during dead ball situations.
- Five Free Throws (similar to Penalty Kicks in Soccer): any player whether in the game or on the bench may shoot the free throws, however no one can shoot twice. Players who will not be shooting will remain at their team's bench.
- Golden Shot (similar to Golden Goal Kicks in Soccer): Each player in the line-up will shoot until one player makes and the other misses. The players who shot the first five Free Throws are not eligible to shoot until all other players present on the roster have taken their shots. Players may not shoot twice until everyone has shot once. Players will remain at their team's bench.

TIME-OUTS

Each team is allowed two time-outs per game. If unused, those time-outs will not carry over to overtime. Each team is awarded one time-out in the overtime period. Time-Outs will last approximately 60 seconds. A horn will sound followed by a whistle indicating both teams should be ready for play. Teams must be ready for play when signaled by the referee. One warning will be given then the ball will be put in to play regardless if the team delaying the game is ready or not.

PENALTIES

Floor violations (traveling, double dribble, fouls, 10-second rule, etc.) will be called but will be modified for the younger divisions where score is not kept. The official will briefly explain to the player what he or she did wrong (if time and situation allow) and award possession to the other team. Aside from issues addressed specifically in these rules, normal basketball rules will be in effect.

FOULS (In divisions where score is kept)

1. Individual Fouls are not logged, only team fouls.
2. Fouls will be called by the referees and logged by the official scorer.
3. Technical fouls count towards the team's total number of fouls.
4. When a behavioral technical foul is called, three free-throws will be awarded to the offended team and that team will retain possession of the ball. Anyone receiving a behavioral technical foul will be required to leave the YMCA Facility and may be suspended from YMCA Activities.
5. Beginning with the sixth team foul of each half, the team that was fouled will receive one point plus possession of the ball. If a player is fouled in the act of shooting and the shot was made, their team will be awarded credit for the basket plus one point. Possession will then alternate. This will apply up until the last two minutes of the game.
6. Beginning with the 10th team foul of each half, the team that was fouled will receive two points plus possession of the ball. If a player is fouled in the act of shooting and the shot was made, their team will be awarded credit for the basket plus an additional point. Possession will then alternate. This will apply up until the last two minutes of the game.
7. During the last two minutes of the game:
 - a. Free Throws will be attempted in the normal procedure with both teams on the foul lines.
 - b. Players fouled in the act of shooting will receive two free throws unless they were fouled while attempting a 3-point shot.
 - c. A Player fouled while not in the act of shooting will shoot one and one (bonus) or two shots (double bonus) depending on the total foul situation of the other team.
8. If a player is intentionally fouled from behind on a breakaway lay-up or drive to the basket, that player will be given credit for the basket plus his team will retain possession of the ball.

DEFENSE

1. Man-to-Man and zone defenses are allowed.
2. The defense may not pick up the offensive player until the ball crosses half half-court unless it is a legal full-court press. If after the offense has crossed half-court, they throw the ball or dribble into the backcourt (as there are no backcourt violations), the defense may follow the ball and / or player.
3. Trapping and double-teaming are **not** allowed outside the paint in the following divisions:
 - a. 3 & 4 Year-Olds
 - b. PK5 and Kindergarten COED
 - c. 1st & 2nd Grade COED
 - d. 3rd & 4th Grade COED (exception: full-court press)

In the 5th through 8th Grade Divisions, trapping and double-teaming are allowed anywhere inside half-court (dribbler must be allowed to cross half court) with the exception being when full-court press is allowed. During that time, defense may be applied full court.

4. Full-Court pressing is only allowed in the 3rd through 8th Grade Divisions. Full Court Pressing is allowed during the last two minutes of regulation and during any overtime period. A team is not allowed to full-court press if they are 15 or more points ahead. The first offense for an illegal full-court press is a warning followed by an illegal defense technical foul on all other violations.

5. The defense may not guard in the backcourt on throw-in attempts unless it is a legal full-court press situation.

OFFENSE

1. Teams will have 10 seconds to advance the ball beyond the half-court line. This is not applicable in divisions where no score is kept.
2. There are no backcourt violations. However, once the offense crosses half-court and sets up in a half-court set, the defense may guard the offense if the offensive player retreats into the back-court
3. All out-of-bounds throw-ins will be made from the spot where the ball went out-of-bounds if space allows. If throw-in occurs near mid-court, guarding in the back-court is not allowed.
4. Teams will have 5 seconds to inbound the ball. This will be applied more leniently in divisions where no score is kept.
5. Offensive players are allowed five consecutive seconds in the lane. After 5 seconds, a lane violation **may** be called depending on whether the violator was taking advantage of the rule or simply was unaware of his / her positioning on the court. This will be applied more leniently in divisions where no score is kept.
6. No score will be kept in the 4 Year-Old through Kindergarten Divisions.
7. Three-point shot attempts are allowed and will be counted should the player be behind the 3-point arc when the shot was attempted. The player attempting the 3-point shot may land in front of the arc as long as they were behind the arc when the shot was attempted. **Three-point attempts are not encouraged in the younger divisions as most players do not have the strength to make a shot from that distance. Usually children will use very improper technique to “heave” the shot towards the basket.**
8. No stalling: there will be a 30-second shot clock in effect the entire game in divisions where score is kept.

SPECIAL RULE (divisions where score is kept)

During half time, each team will line up at the free-throw line and every player will attempt a shot from the free-throw line, which will count towards their team's score. This assures each player is given an opportunity to score in a meaningful way. Should one team have fewer players than the other, the teams will still attempt the same amount of free throws. Any players who have not scored or those who have the least amount of points (should everyone have scored) will be given the extra shot or shots.

FORFEITURE (Divisions where score is kept)

The following situations may result in forfeiture (score 0-2)

1. Violation of playing time rules.
2. Having fewer than the minimum number of players to start the game.
3. Playing with unregistered players or players not on the team's roster.
4. Unsportsmanlike conduct by players, coaches, parents, or spectators.

GREENE COUNTY YMCA

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