



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING SKILLS DEVELOPING CHARACTER

Youth Basketball
Pre-K - 7th Grade
Greater Wichita YMCA

Updated 09/2024



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Questions?

WICHITA YMCA SPORTS PLEDGE

Win or lose, I pledge before GOD...
To play the game as well as I know how
To obey the rules of the game
To be a good sport at all times; and
To improve myself in Spirit, Mind, and Body

YOUTH SPORTS MISSION STATEMENT

The purpose of the YMCA Youth Sports Program is to provide area kids an opportunity to participate in various physical activities and to:

- Have Fun
- Develop Sportsmanship

- Make New Friends
- Promote Teamwork
- Establish Lifetime Fitness Habits
- Strengthen Self-Confidence
- Learn Skills

YMCA STAFF

YMCA personnel shall be present and visible at all games. If you encounter any problems or have suggestions, please contact the supervisor. If you have a question or suggestion concerning the game or league, please present it before or after the game to the supervisor, not during the game. Site supervisors have the final decision at all sites.

YMCA COACHES' CODE OF CONDUCT

1. MODEL & TEACH THE YMCA CORE VALUES TO YOUR PLAYERS

- Caring – YMCA coaches will provide positive support, care and encouragement for all athletes that play YMCA sports.
- Honesty – YMCA Coaches will be honest with players, parents, and YMCA officials in all situations.
- Respect – YMCA Coaches will respect the game by never cheating. YMCA Coaches will respect the decision of the officials and will never display demeaning or derogatory actions.
- Responsibility – YMCA Coaches will be responsible by showing good communication with their parents, players, and YMCA league officials. YMCA Coaches will be organized and follow through with their responsibilities to the end of the season.

2. FOR YOUTH DEVELOPMENT

- Build kids up through positive feedback and support.
- Reward effort not just good outcomes.
- Teach strong fundamentals of the game.
- Playing all kids 10 minutes each game with the intent of trying to play each player 50% of the game overall.
- Continue to learn as a coach.

3. FOR HEALTHY LIVING

- Encourage parent involvement with their child and with the team.
- Encourage healthy snacks

4. FOR SOCIAL RESPONSIBILITY

- Team huddles required every game and practice to talk about core values and sportsmanship.

- YMCA Sports Pledge to be said with players before the game.
- Drinks and Snacks provided to the officials after the game.

PARENT INFORMATION

REGISTRATION: All sport seasons will have a registration begin and end time. Refer to the registration form to see the specific dates/times of each season. Each YMCA will continue to accept registrations until teams are full.

WEATHER POLICY: In case of bad weather, we will update this line to inform you of game status. For games, a decision will be made one hour prior to game time. You will receive updates via text through twitter by texting "follow "your branch sport" to 40404. Example: eastysport. You will also receive text & email updates via your Team Sideline account.

INCOME-BASED PRICING: Calculate your rate online at ymcawichita.org/rates or contact your YMCA for more information.

YMCA WEBSITE: <https://www.teamsideline.com/sites/ymcawichita/home>

REFUND: Participants dropping a class/league prior to the first class/game may request a credit or refund. No credit/refund will be given after the first class/game, unless the class is cancelled. CREDIT MUST BE USED WITHIN ONE YEAR OF REQUEST DATE. Refund will require multiple approvals, available on a limited basis, and may take up to 30 days for processing.

GENERAL LEAGUE RULES – All Divisions

League Information

- Each team will play eight (8) season games.
- Each team, grades Kindergarten and above will be provided with one (1) hour practice each week.
- Director has authority to bump teams up a division based on previous season performance or if the team is a transfer from an intermediate or advanced league.

League Criteria - factors that determine a team's eligibility in that current league

- If a team has an undefeated season
- If a team has the best record two consecutive seasons
- If a team's average margin of victory is 20 points
- Note: A team that moves down a league (advanced to intermediate or intermediate to recreation) will be required to play up one age/grade division.

Game Day Operations

- Each team will provide one adult table volunteer to keep score or the clock. ○ Home (White Jersey) team = Book | Visiting (Blue Jersey) Team = Clock
- YMCA Sports Pledge will be read by of officials or player volunteer before every game.

Equipment

- All players are required to wear the YMCA reversible jersey for games. Grades 1st and above must have a number on the jersey. Jerseys must be tucked in.
- Athletic shorts and court/tennis shoes are recommended.
- No jewelry can be worn or taped **Gameplay**
- Timeouts
 - Each team will receive four (1) minute timeouts per game
 - The first whistle will be blown at the 45-second mark.
 - The second whistle will be at 1-minute.
 - Teams need to be ready to play at the second whistle.
 - 1st grade division only – Officials timeout may be taken to help kids get lined up during free throw attempts for the first two weeks.
- Running Clock
 - While all divisions do have a running clock the clock will stop for free throws with 1 minute left in games where the score differential is less than 10 points (1st -7th)
- Halftime
 - 3 minutes in length
- Substitutions
 - Each player will play 50% of every game
 - Free substitutions
 - Players must check in at the scorer's table and wait to be called in by an official.
- Coaching Protocol
 - Head Coach
 - Allowed on the floor for the following grade divisions: Pre-K & Kindergarten (Must stay along the sidelines and out of the lane)
 - One head coach and one assistant coach will be allowed on the bench during games.
 - The head coach may stand in the designated coach's box during the game. If at any time the officials and/or staff feel that the privilege to stand has been misused the coaches' box will be taken away and the head coach must be seated.
 - Head coach is the only coach allowed to address the officials before, during, or after the game.

- Assistant Coach
 - May confer with players and table personnel during dead ball situations
 - Must remain seated during the game.
- Officials will call coaches on the floor for injuries when necessary.
- Under no circumstances shall any coach confer with another player, coach, or parent unexpectedly.
- Technical Fouls
 - Player
 - Upon receiving one (1) technical foul, the player will be subbed out of the game to discuss actions with coach and/or staff on site.
 - Coach
 - 1st technical results in a meeting with the Sports Director to discuss his/her actions.
Coach must also remain seated on the bench for the remainder of the game.
 - 2nd technical results in suspension. Suspension to be determined by Sports Director. If it is the 2nd technical of any given game the coach will need to leave the premises.
- Overtime
 - No overtime periods will be played.
- Free Throw Administration
 - Players in marked spaces may enter the lane upon the shooters release of the ball. The Shooter and players beyond the 3-point arc may not enter the lane until the ball hits the rim.

Crowd Warnings

- Any unsportsmanlike behavior as outlined will result in a crowd warning. Unsportsmanlike behavior that includes but not limited to the "Unsportsmanlike Conduct" description towards YMCA Staff, Game Officials, Players and/or opposing coach is considered unsportsmanlike.
- Officials and/or staff may issue a crowd warning for unsportsmanlike behavior. Continued behavior may result is a Team Forfeit for the current and following game.

GRADE SPECIFIC RULES

Pre-K

- **Ball Size:** Rookie (25.5)
- **Goal Height:** 6ft and 6 inches
- **Clock:** Four (5) minute quarters (running clock) following the 30 minute pre-game practice session
- **Score:** No score will be kept
- **Fouls:** Will be called but not recorded.
- **Numbers:** NOT required on jerseys

Offensive Regulations

- **Throw in:** No time limit.
- **Closely guarded:** Does not apply.
- **Backcourt:** No background violation. Over and back will also not be called.
- No free throws.
- **Lane violations:** No restrictions.
- **Traveling:** More than 4 steps without dribbling.
- **Double dribble:** picking up the ball more than 2 times.
 - Officials will blow the whistle, instruct the error, and give the ball back to the player.

Defensive Regulations

- Any type of half-court defense is allowed. No full court pressure.
 - No more than one defender is allowed above the 3 point arc (or other designated line) until the ball-handler has crossed half-court. (Excludes fast-break situations)
- No steal rule in effect: Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the player passes the ball to another player. They may also steal the ball if a player loses control of the ball (loose ball).

Kindergarten

- **Ball Size:** Rookie (25.5)
- **Goal Height:** 6ft and 6 inches
- **Clock:** Four (6) minute quarters (running clock)
- **Score:** Score will be kept but standings will not. Should a 10 point margin be reached, the score will be reset to 0-0.
- **Fouls:** Will be called but not recorded.
- **Numbers:** NOT required on jerseys

Offensive Regulations

- **Throw in:** 10 seconds
- **Backcourt:** No violations will be called – 10 seconds nor player position on the court – front or back.
- No free throws.
- **Traveling/Double dribble:** Violations will be called but player will be instructed/coached on violation and will receive possession back.
 - Players must be attempting dribble with movement

Defensive Regulations

- Any type of half-court defense is allowed. No full court pressure.
 - No more than one defender is allowed above the 3 point arc (or other designated line) with the exception of fast breaks.
- No steal rule in effect: Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the player passes the ball to another player. They may also steal the ball if a player loses control of the ball (loose ball).

1st Grade

- **Ball Size:** Junior (27.0)
- **Goal Height:** 8ft
- **Officials:** YMCA
- **Clock:** Two (2) 15 minute halves (running clock)
- **Score:** Will be kept but standings will not. Should a 20 point lead be obtained by a team the scoreboard will be reset to 0-0. If the margin goes under 20, the score will be placed back on the scoreboard.
- **Fouls:** Will be recorded. Players will foul out after 5 fouls. One and one shots will be taken after 7th team foul. Double bonus once team foul count has reached 10 team fouls.
- **Numbers:** Are required on jerseys
- **Tip Off:** All games will begin with a tip off in center court.

Officials

- Officials' timeout may be called prior to free throw attempts to help get kids lined up

Offensive Regulations

- **Throw in:** 5 seconds
- **Backcourt:** Violations do apply. A player will have 10 seconds to cross half court and may not return to the back court unless team possession is lost and re-established. A player is established in front court when both feet and the ball have crossed the line.
- **Free throws** will be shot (12 foot free throw line).
- **Traveling/Double dribble:** Violations will be called
 - Players must be attempting dribble with movement

Defensive Regulations

- Any type of half-court defense is allowed. No full court pressure.
 - No more than one defender is allowed above the 3 point arc (or other designated line) until the ball-handler has crossed half-court. (Excludes fast-break situations)
- **No steal rule in effect:** Players may not steal the ball if the opponent is dribbling or holding the basketball. They may steal the ball if the player passes the ball to another player. They may also steal the ball if a player loses control of the ball (loose ball).

2nd/3rd Grade

- **Ball Size:** Women's (28.5)
- **Goal Height:** 8ft and 6 inches
- **Officials:** YMCA
- **Clock:** Two (2) 20 minute halves (running clock)
- **Score:** Will be kept but standings will not. Should a 10 point lead be obtained by a team they will follow the "**no steal**" rule (Pre-K-1st grade rules). Should a 20 point lead be obtained by a team the scoreboard will be reset to 0-0. If the margin goes under 20, the score will be placed back on the scoreboard.
- **Fouls:** Will be recorded. Players will foul out after 5 fouls. One and one shots will be taken after 7th team foul. Double bonus once team foul count has reached 10 team fouls.
- **Numbers:** Are required on jerseys

Offensive Regulations

- **Throw in:** 5 seconds
- **Backcourt:** 10 seconds. Over and back will be called.
- **Free throws** will be shot (12 foot free throw line).
- **Lane violations:** 5 seconds
- **Traveling:** Regular violation.
- **Double dribble:** Regular violation.

Defensive Regulations

- Any type of half-court defense is allowed. No full court pressure.
 - No more than one defender is allowed above the 3 point arc (or other designated line) until the ball-handler has crossed half-court. (Excludes fast-break situations)
- Players may steal the ball but should be encouraged to play defense with their feet and their primary concern being to protect the basket.

4th-7th Grades

- **Ball Size:** Women's (28.5)
- **Goal Height:** 10 feet
- **Free Throw Line:** 12ft (4th/5th); 15ft (6th/7th)
- **Clock:** Two (2) 20-minute halves (running clock)
- **Score:** Will be kept but standings will not. Should a 20-point lead be obtained by a team the scoreboard will be reset to 0-0. If the margin goes under 20, the score will be placed back on the scoreboard.
- **Fouls:** Will be recorded. Players will foul out after 5 fouls. One and one shots will be taken after 7th team foul. Double bonus once team foul count has reached 10 team fouls.
- **Numbers:** Are required on jerseys

Offensive Regulations

- **Throw in:** 5 seconds
- **Closely guarded:** 5 seconds
- **Backcourt:** 10 seconds. Over and back will be called.
- Free throws will be shot: 12ft (4th/5th); 15ft (6th/7th)
- **Lane violations:** 5 seconds (6th/7th will be 3 seconds)
- **Traveling:** Regular violation.
- **Double dribble:** Regular violation.

Defensive Regulations

- 4th/5th
 - Any type of half-court defense is allowed. No full court pressure.
- 6th/7th
 - Any type of defense is allowed. Teams may press until they are up by 10 points. After a 10 point lead they must pull the full court press off.