



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The YMCA of Greater Dayton

BASKETBALL

PARENT HANDBOOK



YMCA OF Greater Dayton
www.daytonymca.org/sports



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THE YMCA OF GREATER DAYTON

MISSION STATEMENT

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

CORE VALUES OF CHARACTER DEVELOPMENT

1. Caring
2. Honesty
3. Respect
4. Responsibility

YOUTH SPORTS PHILOSOPHY

The YMCA's philosophy is "Athletes First, winning second, everyone is a winner." Please do everything you can to de-emphasize the score.



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LETTER TO THE PARENTS

Dear Parent/Guardian,

The YMCA of Greater Dayton welcomes you and your child to the Youth Basketball Program! A goal of the Dayton YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting, and skill development in a fun, esteem-promoting atmosphere. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

Thank you for volunteering your time to participate in our youth sports leagues! By participating, you are clearly aware of how important the role of sports is to the development of important personal characteristics to children in these programs.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Youth Sports programs are possible because of the dedication of volunteer workers. Many volunteers put in several hours of work to make the YMCA programs a success. Thank you to all of the YMCA volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please let us know!

Thank you and enjoy the season!

Sincerely,

The YMCA of Greater Dayton
Sports Department



7 PILLARS OF YMCA YOUTH SPORTS

The YMCA's philosophy is "Athletes First, winning second, everyone is a winner."
Please do everything you can to de-emphasize the score.

- 1. Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season, everyone receives equal practice time and plays at least half of every game.
- 2. Safety First.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.
- 3. Fair Play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.
- 4. Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.
- 5. Family Involvement.** YMCA Youth Sports encourages parents to be involved appropriately, along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.
- 6. Sport for All.** YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.
- 7. Sport for Fun.** Sports are naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sports, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember that these sports are for the kids; make sure the kids are having fun.



HELP YOUR CHILD ENJOY SPORTS

1. DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based, first, on what is best for the child and then, second, on what may help the child win. Stated in another way, this perspective places emphasis on "Athletes First, Winning Second." We are not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. However, they can turn sour if, through losing, you and/or your child lose the proper perspective. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

2. BUILDING YOUR CHILD'S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It is not easy and it is made even more difficult in sport by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Do not praise dishonestly – children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

3. EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids do not have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win, and when they do not improve or learn skills. Conversely, they do have fun when practices are well organized, when they get to play in games, when they develop new skills, and when the focus is on striving to win.

4. HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals – which emphasize individual skill improvement – are much better than the goal of winning for two reasons:

1. Performance goals are in the athlete's control.
2. Performance goals help the athlete improve.

Performance goals should be specific and they should be challenging but not too difficult to achieve. You (and your child's coach) should help your young athlete set such goals. Help your child focus on performance goals before a game. This focus will help sports be an enjoyable learning experience for your child.



PARENT CODE OF CONDUCT

FOUR CORE VALUES: CARING, HONESTY, RESPECT, RESPONSIBILITY

The YMCA of Greater Dayton, based on Christian principles, is a charitable organization with an inclusive environment driven to enrich the quality of family, spiritual, social, mental, and physical well-being for all.

1. Smoking or use of tobacco products in the YMCA programs or on YMCA property is prohibited.
2. Using, possessing, or being under the influence of alcohol or illegal drugs **WILL NOT BE TOLERATED!**
3. Any form of child abuse **WILL NOT BE TOLERATED** including:
 - Physical Abuse: strike, spank, shake, or slap
 - Verbal Abuse: humiliate, degrade, or threaten
 - Sexual Abuse: including inappropriate touching and exposure
 - Mental Abuse (Self-Esteem): comparison or criticism
4. Spectators must treat everyone of all races, religions, and cultures with respect and consideration.
5. All spectators must remain in the spectator area during competitions.
6. Let coaches coach and let officials officiate.
7. Spectators shall not use profanity in the presence of children or parents. Keep comments positive to all players, parents, officials, staff, and coaches.
8. Pets are **NOT** allowed at practices or games unless they are service animals.
9. Cheer for your team.
10. Show interest, enthusiasm, and support for your child.
11. Help when asked by a coach or an official.
12. Spectators will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact, and maturity. Be in control of your emotions.
13. Thank the coaches, officials, and other volunteers who conducted the event.
14. Ohio State Law requires that all citizens report any suspected abuse or neglect of a child to the Montgomery County Department of Children's Services and the appropriate YMCA Personnel.

BE INVOLVED – BUT NOT TOO INVOLVED

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program, but is also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

1. Be a coach or an assistant coach
2. Be an official or umpire
3. Keep time or score
4. Maintain equipment or facilities
5. Coordinate refreshments

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be – or should be – second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include:

1. You are overly concerned with the outcome of the game.
2. You spend a lot of time talking with the coach about the game plan, player skill levels, and the way the coach conducts practices and coaches games.
3. Your child has stopped enjoying the sport or has asked you to stop coming to games or practices.
4. You require your child to take extra practice.

Be involved, show interest, help the coach where they need help, encourage your child, and enjoy the sport yourself!

PARKING

ABSOLUTELY NO PARKING on the driveways or in any grassy area. All cars are to be parked in designated parking spots. Speed limit on YMCA property or designated game/practice facilities is 5mph.



DOs AND DON'Ts of SPECTATORSHIP

DO

- Shout words of encouragement, not directions, from the sidelines. Keep your comments positive.
- Applaud good plays no matter who makes them.
- Set a good example by showing courteous behavior toward the parents of kids on the other team. Congratulate them when their kids win.
- Remember that it's your kids playing...not you.
- Keep your perspective. It's just a game! Even if the team loses every game of the season, it's unlikely to ruin your child's life or chances of success.
- Look for examples of good sportsmanship in professional or college athletes and point them out to your kid. Talk about the bad examples too!

DON'T

- Coach from the sideline - this is not Alabama football and you are not Nick Saban. We know you have their best interest at heart, but you're not the coach. Sit back, let the coaches coach, and just enjoy the moment of watching your kid play.
- Criticize other players - you wouldn't like another parent criticizing your kid either.
- Harass officials - they're making judgment calls in real time. They'll make mistakes - we all do - but calls tend to balance themselves out.
- Get in fights - we don't care who started it. Don't engage in it. You'll probably end up on YouTube and your kid will be embarrassed.
- Have your child's sports career, scholarship dollars, and endorsement deals on the brain.
 - 2% of athletes will play Division I sports. Of that, only 1%-9% will end up playing professionally. The value of youth sports is NOT about turning kids into the next Michael Jordan or Olympic Gold Medalist. The value is your child's opportunity to have fun, learn life lessons, and make new friends by way of being active. Trust us - you AND your child will appreciate the perspective.



BECOME A VOLUNTEER COACH

Please review the instructions below on how to complete the volunteer application:

1. Visit the YMCA of Greater Dayton website at www.daytonymca.org.
2. Select "Programs and Classes" on the top left of the screen.
3. Under the "Sports" tab on the right side of the screen, select "Apply to Coach" - this is the first option.
4. Under the "Locations" column, find your YMCA program and click "Apply to Volunteer" - this is a yellow/orange tab.
5. On the next page, click the "Register" tab and follow the prompts.

You will be asked to complete the following additional items:

1. Background Check
2. Redwoods Institute Training: Child Sexual Abuse Prevention Training --> <https://redwoodsintstitute.csod.com/selfreg/register.aspx?c=5003>
3. CDC Heads Up Concussion Training --> <https://headsup.cdc.gov/>

Please note, the certifications for Child Sexual Abuse Prevention and Concussion MUST be uploaded onto Playerspace:

1. Log into Playerspace --> leaguemanager.playerspace.com/improved_login.cfm
2. On your profile page, click on the "Coach, Volunteer, and Staff" tab.
3. On this page, you will see a tab titled "Prerequisites".
4. There is an "Upload" tab for Appropriate Touch and Concussion certificates. This is where you will upload a PDF version of your certificates upon completion.



THINGS TO REMEMBER

COMMUNICATION

1. Playerspace is our NUMBER ONE form of communication.
2. Check your email and text messages for any information from the Sports Department or your coach.
 - a. Playerspace will send information via notification in Playerspace itself, to the email linked to your Playerspace account and/or to the phone number linked to your Playerspace account via text message.
3. The Sports Director is always available to answer questions and address any concerns.
4. Player/Coach/Parent communication is extremely important.
 - a. We understand not everyone may be able to make scheduled practice times or games each week. If you are unable to make a practice or game, please let your coach know as soon as possible.

BE HELPFUL

1. Offer your assistance at practice to make the coach's job easier.
2. Come together to assign a parent to be a Team Mom or Team Dad.
3. Assistant coaches are always welcome.

END OF SEASON

1. The YMCA will provide awards for each team. The Sports Director and/or your coach will communicate to you when these are available.
2. An end of season party is voluntary. If you and/or your team decides to have an end of season party, be sure to plan it ahead of time.

SNACKS

1. Team snacks are allowed. How your team handles or assigns team snacks is entirely up to the individual team.

24-HOUR POLICY

1. The YMCA of Greater Dayton Sports Department DOES NOT permit ANY individual to confront a referee or YMCA Sports Official or Employee at ANY time. If a situation arises in which a referee's, coach's, parent's, player's, or employee's actions create a problem, allow yourself 24 hours to cool down.
2. After 24 hours have passed, contact the Sports Director if you still feel strongly that something should be done.

WEATHER

1. If a practice or game is canceled, YMCA Staff will contact all parents and coaches via Playerspace. Coaches are encouraged to follow-up with their team about the cancellation in addition to the YMCA Staff's notification.
2. It is the coach's decision to cancel practice UNLESS the Sports Director determines that the weather is too severe or the court/field is unplayable. The Sports Director's decision supersedes the coach's decision.
 - a. If the coach decides to cancel practice, the coach is responsible for contacting and informing all players and parents immediately. The coach MUST also contact YMCA Staff immediately.



INJURIES

Children are playing at their own risk. There will be physical contact in this game. It will be the intent of the officials and staff assigned to your game to provide a safe level of competition, however, injuries may occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. In the event of a severe injury, the YMCA will follow-up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.

CONCUSSIONS

1. Please refer to the CDC website for further instruction about concussions.
 - a. <https://www.cdc.gov/headsup/resources/index.html>

HEAD INJURY PROTOCOL

1. Assess the athlete and determine if they need removed from play.
2. DO NOT move the athlete if a spinal injury is suspected. Call EMS immediately. If the athlete goes unconscious at ANY time (even if only for a few seconds), EMS should be called.
3. Ensure the athlete is evaluated as soon as possible by an appropriate healthcare professional. If a Certified Athletic Trainer is on site, allow them to do the evaluation.
4. Accident report should be filled out by either staff or volunteer and given to the Sports Director the same day.
5. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussions.
6. If a concussion is suspected or the athlete is showing any concussion-like symptoms, the athlete should not return to play until symptom free and cleared by a healthcare professional including a Physician or Certified Athletic Trainer.

SUDDEN CARDIAC ARREST AND LINDSAY'S LAW

1. Please refer to the information sheet on the following pages.

Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
 - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
 - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
 - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
 - 1) Structural heart disease. This may or may not be present from birth
 - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
 - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- Warning signs in your family that you or your youth athlete may be at high risk of SCA:
 - o A blood relative who suddenly and unexpectedly dies before age 50
 - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- Warning signs of SCA. If any of these things happen with exercise, see your health care professional:
 - Chest pain/discomfort
 - Unexplained fainting/near fainting or dizziness
 - Unexplained tiredness, shortness of breath or difficulty breathing
 - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
- Lindsay's Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone's best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term "Chain of Survival." The Chain of Survival helps anyone survive SCA.
- Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
- If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
 - ❖ Link 1: Early recognition
 - Assess child for responsiveness. Does the child answer if you call his/her name?
 - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help "someone dial 911"
 - ❖ Link 2: Early CPR
 - Begin CPR immediately
 - ❖ Link 3: Early defibrillation (which is the use of an AED)
 - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
 - If an AED is not available, continue CPR until EMS arrives
 - ❖ Link 4: Early advanced life support and cardiovascular care
 - Continue CPR until EMS arrives
- Lindsay's Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.



PRACTICES

U4 practices should not exceed 45 minutes.

U6, U8, U10, U12, Jr. High, and High School practices should not exceed one hour.

Arrive early and prepared for practice. If practice is scheduled for 6:00pm, you should aim to arrive by 5:45pm.

If you are able to stay for practice, we invite you to do so. However, if you must drop your child off, please be on time to pick your child up. If practice is scheduled to end at 7:00pm, you should aim to arrive by 6:45pm for pick-up.

Always be positive, encouraging, and constructive.

Players should be dressed to participate.

Be willing to help the coach if asked.

Leave the gym, court, field, and/or facility better than you found it.

- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately



GAME DAY

Encourage all players on the court

Arrive early and prepared for your game. If your game is scheduled to start at 10:00am, you should aim to arrive by 9:45am.

Players should be dressed to participate. Don't forget your jersey!

Leave the gym, court, field, and/or facility better than you found it.

- Double check that you have all of your personal belongings
- Make sure there is no trash left behind
- If there is a spill, tell a YMCA Staff member immediately

REMEMBER: Players, coaches, and families are here to HAVE FUN!



RULES ALL DIVISIONS

The Y believes in its philosophy of "Athletes First, Winning Second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Basketball Program.

SECTION A: GENERAL LEAGUE RULES

1. The score will be kept for divisions U6 and older, but should not be emphasized.
2. League standings will not be kept for divisions U4 and U6. The only time standings will be kept is if there is an end of season tournament for divisions U8 and older.
3. Any concerns about the league by coaches or parents should be discussed with the Sports Director.
4. A team must start and finish a game with no less than four players for the game to count toward standings.
5. Number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach **MUST** relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
 - a. Players are not required to sit at least half of the game.

SECTION B: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
3. Official YMCA jerseys must be worn during play.

SECTION C: SPORTSMANSHIP

1. Any act of unsportsmanlike conduct, including the use of profane language may cause the removal of the offending player, coach, or spectator. Continuing abuse may cause dismissal from the league.
2. Violations and fouls will be called by the official. Their judgment is final.
3. YMCA CORE VALUES (Caring, Honesty, Respect, and Responsibility) should be evident at all times by all in attendance including players, parents, friends, family, coaches, staff and officials.



RULES U4 DIVISION (AGES 3-4)

All games are governed by OHSAA
Rules and Regulations unless
otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 6 feet
2. Ball Size: Rookie
3. Short Court

SECTION B: TIME

1. Four 6-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per quarter per team. Time-outs do not carry over.

SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
3. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. No scores or standings will be kept
3. The "Away Team" will receive the ball first. Possession will alternate at each quarter. The offensive team will receive the ball out of bounds in backcourt. The defensive team must get into their frontcourt and await advance of the ball.
4. Number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach **MUST** relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
 - a. No substitutions. Players should play at least one complete uninterrupted quarter in each half.
 - b. Players are not required to sit at least half the game.
5. Coaches can be on the court during the game to help direct players, but they must remain out of play.
6. Only background checked coaches can be on the court or bench.
7. No stealing, no pressing, and no backcourt defense.
8. No free throws.
9. Double dribble and traveling will be called OR instruction will be given.
10. Fouls will be called upon contact. Opposing team will receive the ball from inbounds play from half court.
11. Man-to-Man defense only.
 - a. Use colored wristbands to help kids identify who to guard.
 - b. Players must be within arm's reach of opponent.
12. All players should have the chance to bring the ball down the court.



RULES

U6 DIVISION (AGES 5-6)

All games are governed by OHSAA
Rules and Regulations unless
otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 7 feet
2. Ball Size: 27.5
3. Short Court

SECTION B: TIME

1. Four 6-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
3. One time-out per quarter per team. Time-outs do not carry over.

SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
3. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept. Standings will not be kept.
3. The "Away Team" will receive the ball first. Possession will alternate at each quarter. The offensive team will receive the ball out of bounds in backcourt. The defensive team must get into their frontcourt and await advance of the ball.
4. Number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach **MUST** relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
 - a. No substitutions. Players should play at least one complete uninterrupted quarter in each half.
 - b. Players are not required to sit at least half the game.
5. One (1) coach per team can be on the court during the game to help direct players, but they must remain out of play.
6. Only background checked coaches can be on the court or bench.
7. Stealing on passes **ONLY**. No steals allowed on inbound passes.
8. No pressing or backcourt defense.
9. No free throws.
10. Double dribble and traveling will be called OR instruction will be given.
11. Fouls will be called upon contact. Opposing team will receive the ball from inbounds play from half court.
12. Man-to-Man defense only.
 - a. Use colored wristbands to help kids identify who to guard.
 - b. Players must be within arm's reach of opponent.
13. All players should have the chance to bring the ball down the court.



RULES U8 DIVISION (AGES 7-8)

All games are governed by OHSAA
Rules and Regulations unless
otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 9 feet
2. Ball Size: 28.5
3. Short Court

SECTION B: TIME

1. Four 8-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
 - a. Clock will stop in the last 2 minutes of each half per OHSAA rules.
3. Overtime will be played. All overtime periods will consist of 2 minutes (running clock) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
4. Two 60-second time-outs per half. One 60-second time-out per overtime period.

SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
3. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept. Standings will be kept if there is an end of season tournament.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.
4. Number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach **MUST** relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
 - a. Substitutions are allowed.
 - b. Players are not required to sit at least half the game.
 - c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
6. Stealing on passes **ONLY**. No steals allowed on inbound passes.
7. No pressing or backcourt defense.
 - a. Offensive team has 10 seconds to bring the ball across half court.
8. Free throws will be shot from two feet in front of the foul line. Therefore, the first player on the lane will line up below the block.
9. Double dribble and traveling will be called.
10. Fouls will be called upon contact. Each player is permitted 5 fouls before fouling out. Opposing teams will receive the ball from inbounds play from half court, unless it is a shooting foul.
 - a. The one-and-one bonus will be awarded on the offending teams 7th foul. Two shot bonus will be awarded on the 10th team foul.
11. Man-to-Man defense only.
 - a. Use colored wristbands to help kids identify who to guard.
 - b. Players must be within arm's reach of opponent.
12. All players should have the chance to bring the ball down the court.



RULES

U10 DIVISION (AGES 9-10)

All games are governed by OHSAA
Rules and Regulations unless
otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 10 feet
2. Ball Size: 28.5
3. Full Court

SECTION B: TIME

1. Four 8-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
 - a. Clock will stop in the last 2 minutes of each half per OHSAA rules.
3. Overtime will be played. All overtime periods will consist of 2 minutes (running clock) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
4. Two 60-second time-outs per half. One 60-second time-out per overtime period.

SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
3. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept. Standings will be kept if there is an end of season tournament.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.
4. Number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach **MUST** relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
 - a. Substitutions are allowed.
 - b. Players are not required to sit at least half the game.
 - c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
6. No pressing or backcourt defense until the fourth quarter.
 - a. Offensive team has 10 seconds to bring the ball across half court.
 - b. Pressing is only permitted if the score is within 10 points. If more than 10 points, only the trailing team can press.
7. Free throws will be shot from two feet in front of the foul line. Therefore, the first player on the lane will line up below the block.
8. Double dribble and traveling will be called.
9. Fouls will be called upon contact. Each player is permitted 5 fouls before fouling out. Opposing teams will receive the ball from inbounds play from half court, unless it is a shooting foul.
 - a. The one-and-one bonus will be awarded on the offending teams 7th foul. Two shot bonus will be awarded on the 10th team foul.
10. Man-to-Man or Zone defense is permitted.
11. All players should have the chance to bring the ball down the court.



RULES

U12 DIVISION (AGES 11-12)

All games are governed by OHSAA
Rules and Regulations unless
otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 10 feet
2. Ball Size: 28.5
3. Full Court

SECTION B: TIME

1. Four 8-minute quarters with one 2-minute halftime.
2. Running clock except for injuries or officials' time out.
 - a. Clock will stop in the last 2 minutes of each half per OHSAA rules.
3. Overtime will be played. All overtime periods will consist of 2 minutes (running clock) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
4. Two 60-second time-outs per half. One 60-second time-out per overtime period.

SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
3. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept. Standings will be kept if there is an end of season tournament.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.
4. Number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach **MUST** relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.
 - a. Substitutions are allowed.
 - b. Players are not required to sit at least half the game.
 - c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
6. No pressing or backcourt defense until the fourth quarter.
 - a. Offensive team has 10 seconds to bring the ball across half court.
 - b. Pressing is only permitted if the score is within 10 points. If more than 10 points, only the trailing team can press.
7. Free throws will be shot from the normal free throw line. Therefore, the first player on the lane will line up above the block as normal.
8. Double dribble and traveling will be called.
9. Lane violation (3 seconds) will be called.
10. Fouls will be called upon contact. Each player is permitted 5 fouls before fouling out. Opposing teams will receive the ball from inbounds play from half court, unless it is a shooting foul.
 - a. The one-and-one bonus will be awarded on the offending teams 7th foul. Two shot bonus will be awarded on the 10th team foul.
11. Man-to-Man or Zone defense is permitted.
12. All players should have the chance to bring the ball down the court.



RULES

**JR. HIGH DIVISION (AGES 12-14) AND
HIGH SCHOOL DIVISION (AGES 14-18)**

All games are governed by OHSAA
Rules and Regulations unless
otherwise specified below

SECTION A: SIZES AND DIMENSIONS

1. Basket Height: 10 feet
2. Ball Size: Jr. High = 28.5, High School = 29.5
3. Full Court

SECTION B: TIME

1. Jr. High = Four 8-minute quarters with one 2-minute halftime
2. High School = Four 10-minute quarters with one 2-minute halftime
3. Running clock except for injuries or officials' time out.
 - a. Clock will stop in the last 2 minutes of each half per OHSAA rules.
 - a. If a timeout is called during a free throw attempt, the clock will resume once the free throw has ended following resumption of play procedures.
4. Overtime will be played. All overtime periods will consist of 2 minutes (running clock) and start with a jump ball. Consecutive overtimes will be played until a winner is declared. All personal fouls will carry into overtime.
5. Two 60-second time-outs per half. One 60-second time-out per overtime period.

SECTION C: ATTIRE

1. All players must wear comfortable clothing (no jeans, etc.) and comfortable shoes.
2. Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.
3. Official YMCA jerseys must be worn during play.

SECTION D: GAME PLAY

1. A team must start and finish a game with no less than four players for the game to count toward standings.
2. Scores will be kept. Standings will be kept if there is an end of season tournament.
3. Official will do a jump ball to start the game. The defensive team must get into their frontcourt and await advance of the ball once possession is established.

Number of Players on the Court: 5 players. Every player must play at least half of the game unless there are issues with the player's attendance or attitude. The coach **MUST** relay any playing time adjustments and the reason to YMCA Staff, the player, and the player's parent(s) before the start of the game.

- a. Substitutions are allowed.
 - b. Players are not required to sit at least half the game.
 - c. Equal playing time is not enforced during the tournament, but all players must get playing time in the game. If any player does not get playing time, the opposing team has up to 5 minutes after the game ends to protest. The protest must come from the coach and, if confirmed, will result in a forfeit.
5. Only background checked coaches can be on the court or bench.
 6. A team leading by more than 15 points can no longer press.
 7. All players should have the chance to bring the ball down the court.
 8. Each player is permitted 5 fouls before fouling out. Technical, Intentional, and Flagrant fouls result in a team foul and a personal foul.
 - a. The one-and-one bonus will be awarded on the offending teams 7th foul. Two shot bonus will be awarded on the 10th team foul.
 - b. 1st Technical Foul = Sit out the remainder of the half
 - c. 2nd Technical Foul = Ejection from current game and the next game. Coach/Player must meet with their Y's Sports Director before being eligible to return to play.
 - d. 3rd Technical Foul = Ejection from league and meeting with their Y's Sports Director