

# Westside Family YMCA

## Rules and Guidelines

### 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Grade Basketball League



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We build strong kids,  
strong families, strong communities.

# Westside Family YMCA

## Youth Sports Leagues

### Coach's Information

The most important rule in YMCA Basketball is to have FUN! Our rules are designed to teach the basic fundamentals of basketball like dribbling, passing, shooting and rebounding. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Everyone plays, Everyone wins!

### YMCA Core Values

The YMCA proudly integrates the following five Core Values into all of our programs: Love, Honesty, Respect, Responsibility and Service. These Core Values are what sets the YMCA leagues apart from all the other leagues offered in our community. We expect our coaches, participants and families to embrace these values and encourage good sportsmanship.

### Use of School Facilities

The Westside Family YMCA uses elementary school gyms in the Beaverton Public School District for our Youth Basketball Leagues. **Use of these facilities is contingent upon good conduct and cooperation by our basketball teams.** The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. **There must be adult supervision at all times.** Coaches are responsible for supervising the activity of their players. Children should be dropped off on time, not early, and they should be picked up on time. Do not leave a child alone if no one has come to pick them up. The YMCA Child Abuse Prevention standards specify that a YMCA volunteer coach should never be alone one-on-one with a player (of either sex) ~ there should always be two adults waiting with a child. By no means should you ever drive one of your players home if it's only the two of you in the car.
2. **Coaches must insure that athletes remain in the gym.** Children will not be permitted, under any circumstances, to wander around, run or dribble through hallways, bathrooms, corridors and/ or classrooms.
3. There will be a **Gym Monitor** at each school whenever YMCA teams are present. The Gym Monitors are YMCA employees and should be treated with respect. The Gym Monitors will be stationed in a visible location, either right outside the gym or right inside the gym. It is their job to ensure the schools and people are safe. Gym Monitors are NOT responsible for the behavior of the players or their siblings; they are not babysitters. Please listen to them when they ask you to remember a rule; it's their job!
4. **First Aid kits** will be carried by the Gym Monitors for the entire season. The kits will be stocked with band-aids, ice, gauze, and rubber gloves.

5. **Facilities will be left in the same or better condition than which they were found before the activity.** Please clean up spills, replace equipment, etc. Last game of day, please help pick up chairs and take down basket adapters. No running or bouncing balls outside the gym area.
6. **Any damage to the facility must be reported to the YMCA office immediately.** Coaches may leave a voice mail message at 503-644-3900. Please leave a detailed message as to when the damage occurred. (i.e. before your practice, on what day, time, what you saw occur, etc.)
7. All participants must wear laced-up gym shoes. Make sure that black-soled shoes are non-marking.
8. **No food or drink is allowed inside the school building. This includes coffee and water bottles!!** (Baby bottles are ok). Players may line their water bottles outside the gym door for easy access. After-game snacks are to be served outside the gym.
9. **Use of any type of alcoholic beverages or smoking is prohibited on school grounds. This includes parking lots, play grounds and fields.**
10. Please **park in designated parking areas.** Parking in the yellow painted fire-lane may result in a ticket.
11. If the fire alarm goes off, the coaches will stop practice or the game and exit to the parking lot. The practice or game will not resume until the Fire Marshall has arrived and given approval. Individuals remaining in the gym will be fined \$1,000 each.
12. **Remember, games are for fun! No official scores, stats or standings!**

**THANK YOU FOR YOUR COOPERATION!**

***Did you know that the YMCA  
invented the game of basketball in 1891?***



# Westside Family YMCA

## 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Grade League Rules and Guidelines

### Conduct and Sportsmanship

**Coaches, please remember: You are responsible for the behavior of your players, your parents, your fans, and yourselves.**

1. All coaches, parents, siblings and spectators shall remain outside the basketball court.
2. Dunking or pulling on the basket adapter nets is not allowed before, during or after the game by players, spectators, coaches or referees.
3. Only positive comments are appropriate in a youth sports setting.
4. Vocal instructions during a game from parents or older siblings are confusing to a child; leave the coaching to the coach.
5. Be positive and have fun!

The designated officials are in charge of the game and proceedings as employees of Westside Family YMCA. Their decision is final. In the interest of the children's enjoyment of the youth sports program it is requested that any complaints or concerns regarding the officials be directed in writing to the Youth Sports Director at the Westside Family YMCA Office. Please remember that remarks directed at the officials during the course of play does not help their performance.

### **The official's course of action for a disruptive player, coach, or spectator is:**

1. The official will stop the game and approach the coach. The official will ask the coach to control themselves, their players, their parents, and their fans.
2. The game will continue after the coach has addressed the situation.
3. If the negative behavior continues, the other referee might choose to give the coach a technical foul.
4. The disruptive person will be asked to leave the building for the rest of the day.
5. Refusal of the request to leave will result in forfeiture of the game. The offending individual/ team will be reported to the Youth Sports Director and appropriate actions will be taken.



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## **Equipment and Uniforms**

- ?? Each team needs to supply practice equipment as needed (basketballs, cones, pennies). Coaches should ask each player to bring a ball every week.
- ?? All grades 1<sup>st</sup> – 4<sup>th</sup> will use a Junior size ball (27.5”).  
5<sup>th</sup> graders will use a regulation size ball.
- ?? 3<sup>rd</sup> grade girls will play on 9-foot baskets  
3<sup>rd</sup> grade boys and all 4<sup>th</sup> & 5<sup>th</sup> graders will play on standard 10-foot baskets
- ?? Players must wear flat-sole, non-marking, laced-up basketball or tennis shoes.
- ?? Game shirts will be provided for all players and the head coach. This is the official uniform and must be worn during games. Game shirts for the assistant coaches are available for \$6.00. No advertising permitted on game shirts.
- ?? Players must not wear anything that is dangerous to another player or themselves (rings, watches, earrings, friendship bracelets, etc.) The referees will inspect players before the game starts.

## **Game Rules**

In general, the games will be governed by the OSAA Basketball Rules.

- ?? Eligibility: Players must be paid in full before they are permitted to participate
- ?? Referees: Two officials will officiate each game.
- ?? Matching up Players: At the start of each game and to begin each quarter, five players from each team line up at half-court and get “matched up” by the coaches according to height. Each team turns around to show their numbers to the other team. Play begins with a jump ball to start the game and an inbound pass to start each quarter.



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## Time

1. Teams have one-hour total to warm-up and play the game.
2. Games will consist of four quarters, each ten minutes in length.
3. Every five minutes the official or volunteer will stop the clock for substitutions.
4. There will be a one-minute break between quarters and a 2-minute halftime.
5. The clock will run except for time outs or injuries. The official may also call time out if necessary to control the clock.
6. Each team is allotted one thirty-second time out per half.
7. Teams must be ready to play at the scheduled time with a minimum of four players. Failure to field four players will result in forfeiture. An unofficial game of mixed teams may be played if time permits.
8. There will be no overtime periods.

## Fouls

1. All non-shooting fouls result in the ball taken out of bounds by the non-offending team.
2. Free throw distances are as follows:

3 <sup>rd</sup> grade	= 2 feet in front of free throw line if needed
4 <sup>th</sup> grade	= 1 foot in front of free throw line if needed
5 <sup>th</sup> Grade	= Regulation line
3. Technical fouls are awarded at the discretion of the official. All technical fouls will result in two free throws and possession of the ball to the non-offending team.
4. Players will be ejected after two technical fouls and reported to Youth Sports Director.

## Jump Balls

1. A jump ball will be used to start the game.

## Substitutions / Playing Time

1. Each team member must play a minimum of two quarters (20 minutes) when the roster indicates ten or less players. Any roster with more than ten players must adjust accordingly to provide equal playing time for each member of the team.

## Defense

1. No Zone Defense Allowed. No Double Teaming, **except in the key area.**
2. In man-to-man defense a teammate may help a player who has been clearly beaten to the basket by an opposing player. This call is at the discretion of the official.
3. A player may not sag off their offensive player by more than **six feet.**
4. The ball handler / point guard must be able to cross the half-court line completely (both feet and the ball) before the defense can guard the player.
5. There is no full court press at any time during the game.

## Offense

1. After receiving the ball in the backcourt, the offensive team has ten seconds to advance the ball over the half court line.
2. "Over and back" will be called as a violation in the 3<sup>rd</sup> and 4<sup>th</sup> and 5<sup>th</sup> grade leagues.
3. Players will have 5 seconds in the key vs. standard 3 seconds.

# Suggested Websites for Basketball Drills



**GuideToCoachingBasketball.com**

Tips on offense, defense, the fundamentals,  
and teaching the game of basketball for the player or coach

[www.guidetocoachingbasketball.com](http://www.guidetocoachingbasketball.com)

**Tommy`s Basketball Playbook ©**

[www.angelfire.com/nc/ezyduzits12steptools/bball\\_playbook.html](http://www.angelfire.com/nc/ezyduzits12steptools/bball_playbook.html)

**Golden Aura's  
Nitty-Gritty Basketball Where Results Count**

[www.mrbasketball.net](http://www.mrbasketball.net)

**coachesclipboard.com**

All the best resources on the net

[www.coachesclipboard.com](http://www.coachesclipboard.com)



[www.infosports.net](http://www.infosports.net)



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