

Westside Youth Sports

Rules and Guidelines

3rd, 4th & 5th Grade Basketball League



Westside Youth Sports 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, statistics, 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 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

Westside Youth Sports 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 ensure that athletes remain in the gym.** Children will not be permitted, to wander around unsupervised, run/dribble through hallways, bathrooms, corridors, or classrooms. No running or bouncing balls outside the gym area.
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 is their job!
4. The Gym Monitors will provide **First Aid kits**. 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 they were before the activity.** Please clean up spills, pick up any trash, and replace equipment if necessary. When the last scheduled game is finished, please help pick up chairs and take down basket adapters.
6. **Any damage to the facility must be reported to the YMCA office immediately.** Coaches may leave a voice mail message at 503-644-2191. 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.** Please make sure that any black-soled shoes are non-marking.
8. **No food or drink is allowed inside the school gym.** 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. **Consumption of alcoholic beverages or smoking is prohibited on school grounds. This includes parking lots, playgrounds 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 the practice/game and immediately exit to the parking lot.** The practice/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. **Games are for fun! No official scores, stats or standings!**

THANK YOU FOR YOUR PARTICIPATION!

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



Westside Youth Sports

3rd, 4th & 5th 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 will not be permitted. This includes before, during or after the game for any players, spectators, coaches or referees.
3. Only positive comments are appropriate in a youth sports setting.
4. Vocal instructions during the game from parents or older siblings can be confusing to a child. Please leave the coaching to the coaching staff.
5. Bring a positive attitude and have fun!

The designated officials are in charge of the game and are employees of the YMCA. Any decisions they make will be 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's office at the Beaverton Hoop YMCA. Please remember that negative remarks directed at the officials during the course of play will not help their confidence or 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 action will be taken.

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.
- 3rd, 4th & 5th grade boys and girls will use a regulation size women's ball (28.5")

- 3rd grade girls will play on 9-foot baskets
3rd grade boys and all 4th and 5th 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 \$7.00.
- Players are not allowed to wear anything that could potentially cause injury (rings, watches, earrings, bracelets, etc.). Coaches will need to inspect their 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:** One varsity level official will officiate each game.
- **Matching up Players:** At the start of each game or quarter, five players from each team will line up at half-court. Coaches will match players up for defensive assignments according to height. Players from each team will need to turn around to show their numbers to the other defenders.

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.

- Free throw distances are as follows:
 - 3rd grade = 2 feet in front of free throw line if needed
 - 4th grade = 1 foot in front of free throw line if needed
 - 5th grade = at free throw line
- 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.
- Players will be ejected after two technical fouls and reported to Youth Sports Director.

Jump Balls

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

Substitutions / Playing Time

- 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

- No zone defense allowed. No double-teaming, except inside the key.
- 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.
- A player may not sag off of their offensive player by more than six feet.
- The ball handler/point guard must be able to cross the half-court line completely, with both feet and the ball before the defense can guard the player.
- Full court press is not allowed at any point during the game.

Offense

- After receiving the ball in the backcourt, the offensive team has ten seconds to advance the ball over the half court line.
- “Over and back” will be called as a violation in the 3rd, 4th & 5th grade leagues.
- Players will have 5 seconds in the key vs. the standard 3 seconds in the key.



IDEA:
I= Introduce
D= Demonstrate
E= Explain
A= Attend to each player

Westside Youth Sports Basketball League

Day 1 Practice Outline



It is very important to formulate a practice agenda for each week. A well-organized coach is able to teach more effectively. Organized coaches will have more fun than coaches who are constantly stressed out from trying to think on the spot. The players will definitely appreciate an efficient, well thought out practice. Remember to make it fun!

Remember that children have very short attention spans. Watch your players, their body language will tell you if they're bored, or confused. It is always important to stay flexible with your teaching methods. YMCA players are here to learn the basic fundamentals of the game of basketball. It is very hard to teach the fundamentals during a scrimmage, so make an effort not to spend your entire practice scrimmaging. Focus on explaining and practicing the basic skills.

I. Introduction

10 min

- A. Introduce yourself.** Share a little bit about yourself, as well as your coaching philosophy. Let parents know how you will communicate with them (phone or email). Ask a parent to collect phone numbers/email addresses. Hand out appropriate documents to your parents. The medical authorization form should be returned to you immediately, along with the parent pledge of conduct. Coaches will need to carry these forms for the duration of the season.
- B. Get to know your player's names.** It is always a good idea to write the players names onto sticky name badges for the first couple of practices. Have a coach or parent write the names, so you can read them from afar. Parents will appreciate this.
- C. Ice Breakers.** For example, sit in a circle and ask the players to name their favorite sports team, or kind of ice cream. Pass the ball around the circle so the players can take turns speaking.
- D. Establish a control system.** This will work wonders when there are two teams practicing in the gym at the same time. Raising your voice to compete with bouncing basketballs is not easy. For example, when I say freeze, everyone must freeze and hold the basketball.

E. Give a brief outline of the practice

- II. Stretch-Out** *5 min*
- III. Boundaries and lines** *5 min*
Show the following areas by playing follow-the-leader, (coach should be the leader), stopping on each line. For review each week, call out the name of a line and have the kids run over and stand on it. For emphasis, have them do 5 jumping jacks at each sideline, baseline, key, free throw line, as well as the half court line.
- IV. Offense** *20 min*
Talk to players about the importance of sharing the basketball. Run various ball handling, passing, and shooting drills. Have players focus on B.E.E.F. when shooting.
- V. Defense** *20 min*
Stay between your opponent and the basket, keep your hands up, shuffle your feet, keep the knees bent, low center of gravity. Run defensive drills of your choice
- VI. Wrap up the practice** *5 min*
Talk to your team about what they learned today and suggest a few home practice ideas. Encourage your players and thank them for a great practice.

Remember, each team has only 1 hour in the gym. Please finish up practice on time as a courtesy to the following team. Thank you.



Westside Youth Sports

Basic Offensive Drills for Young Players

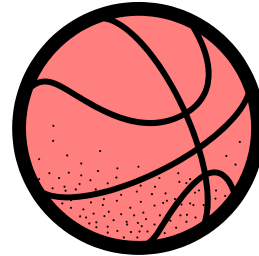
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Dribbling and Ball Handling Drills

1. **Proper Dribbling** - Avoid slapping at the ball. The wrist shouldn't be tight/rigid or loose/floppy; some flex is needed. Push the ball down toward the floor with the forearm; this motion should start from the elbow. The ball should return to the hand while keeping the forearm parallel to the floor 90 degrees. The ball should not meet the palm, but be dribbled only by the fingers. Keep the thumb and pinkie extended wide on each side. The ball should bounce no higher than the belly button.
2. **Red Light/ Green Light** - Players start on one baseline and stop and go to your command or whistle. Have experienced players switch dribbling hands on way back. When players stop, have them go to the triple threat position.
3. **Triple Threat Position** - This stance is a key element to the offensive game. Catch the ball low with strong foot a little in front of the other foot. Both feet and shoulders should be squared to the basket. The strong hand's wrist is cocked and ready to fire. From this stance, you can teach your players to **pivot**.
4. **Dribble Tag** - See Diagram and instructions.
5. **Four Corner Dribbling** - See Diagram and instructions
6. **Finger Grabs** - Hold the ball with the fingertips squeezing it while rotating it back and forth from hand to hand. The ball shouldn't touch palms.
7. **Dribble on a line.** (Younger kids) have kids try dribbling while walking along a line.

8. **Dribble Tag** - See diagram and instructions.
9. **Four Corner Dribbling** - See diagram and instructions
10. **Finger Grabs** - Hold the ball with the fingertips squeezing it while rotating it back and forth from hand to hand. The ball shouldn't touch palms.

Passing Drills

1. **Teammate pass** - Divide the team into two facing lines. Players partner up with player facing them. Pass the ball back and forth with chest passes and bounce passes. Focus on technique. The 3 – 4 year-olds like to call the bounce pass “Smash the Spider”.
2. **Circle Passing** - Have players make a circle (use jump ball circle) and have them pass to someone on opposite side as them. First with bounce passes then chest passes. Add a defender to the middle of the circle (age appropriate). Have them say the person's name they're passing to.
3. **Triangle Passing Drill**

Shooting Drills

1. **BEEF:**
 - a. **B= Balance.** Feet shoulder width apart in a solid, athletic stance.
 - b. **E= Eyes.** Shooter's eyes should be focused on a spot on the rim or backboard, not on the ball!
 - c. **E= Elbow.** The elbow should be at a 90-degree angle and slightly off to one side of the body so the shooter can see the basket and the ball. The elbow should be in line with the predominant foot.
 - d. **F= Follow-through.** The shooting hand should extend up toward the basket and the hand should look like it is taking a cookie from the cookie jar.
2. **Have players focus on using their legs by shooting up against wall.** Work on developing power from the legs to increase shot height.
3. **Dribble length of court and jump stop inside key and shoot.** Have player work on balance and squaring up to the basket before they shoot.
4. **Have players work on shooting after receiving a pass.** Line them up just inside the free throw line and pass the ball to them from the baseline. Players should shoot the ball without taking a dribble.
5. **Stationary Shooting**
6. **Lay-ups**

Westside Youth Sports Basic Defensive Drills

IDEA:

I= Introduce

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1. **“DEFENSE!”** Kids learn through repetition. When you loudly say “DEFENSE!” the kids should automatically drop into the defensive stance (legs apart, sit in a chair, arms spread out and palms up). Make a game of it by yelling “DEFENSE!” when they’re not expecting it, like during a water break or while you’re talking about something unrelated. Once the habit is formed, it will make it easier during games for the players to drop into position when you call out a reminder.
2. **Side-to-side slide** - Have players spread out facing the coach. Have them get in defensive stance (legs apart, bottom down, arms spread out and palms up). Coach will blow whistle and point left, right, forward and back. Players will slide their feet maintaining balance and good position. Make sure that when they shuffle their legs don’t touch or cross over.
3. **Defensive rule** - If your dribbler is going to the right, the right foot should be the back foot in your stance. If the dribbler is going to the left, your left foot is back.
4. **Basic 1-on-1 defensive drill** - Coach will dribble the ball at the top of the key moving around while a player will demonstrate good positioning and sliding their feet between you and the basket (make sure that when they shuffle their legs don’t touch or cross over). When you stop your dribble player can put their hands up in your face. Then you can add shooting and player can turn around to block you out. This is an all around great drill for teaching fundamentals and all ages catch on quick.
5. **Defensive positioning drill** - Have the players pair up. One player is Offense and the other Defense. Coach will have the ball on top of the key. Start with two players first and add groups as they get the hang of the drill. The offensive player will run around trying to get open and the defender will guard him or her. If they get open the coach will pass the ball to them. This drill teaches the offensive player how to work to get open and defensive players how to guard them while maintaining positioning between them and the basket.

6. **Block out drill** - Have players pair up and practice blocking out when coach shoots the ball. You can easily incorporate this drill to the one above.
7. **Zigzag** - Have players pair up on the baseline. One player dribbles the length of the court in a zigzag pattern while the partner tries to pressure the dribbler. Have players switch on the way back. Great defensive and ball handling drill.

Dribble Tag

Skills: Dribbling, control, vision, awareness, agility.

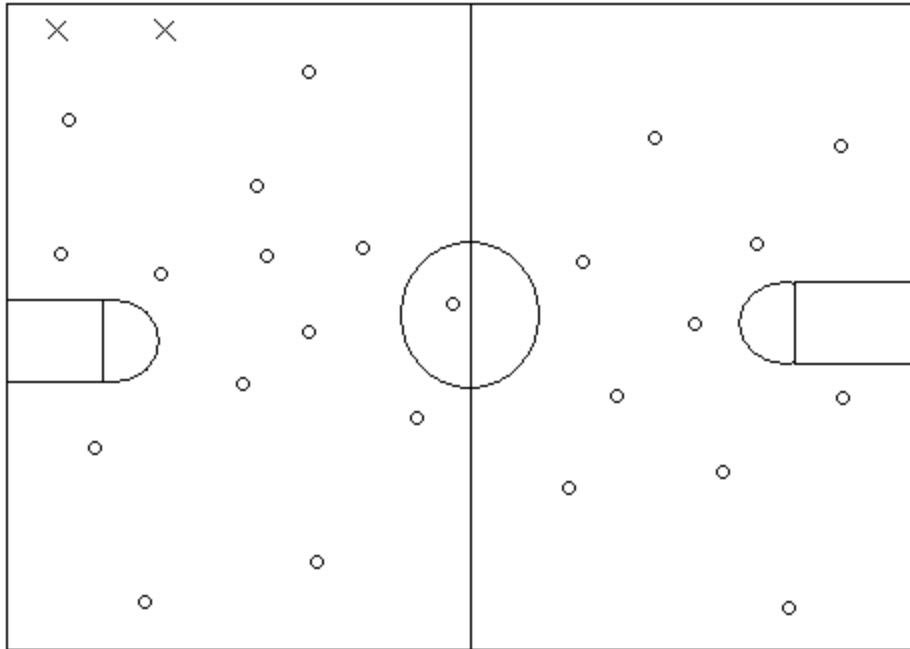
Equipment needed: 1 ball for each child.

Coaching Cues:

- Eyes up on tagger
- Control the ball
- Ball on fingertips and kept at waist level
- Not a race

Directions: Have the players find their own spot in the gym. All players including the coach have a ball. Pick a person to be the tagger, or have a coach take that role. When you say “go” kids dribble freely around the gym. After being tagged, they are out until the game is finished. Have another coach work with those kids passing, ball handling, etc. on the sideline. Coach and teach as you play with the verbal cues above.

X=instructors O=kids



Four Corner Dribbling

Skills - dribbling, control, vision, movement.

Equipment needed - Basketball and 3 volunteers

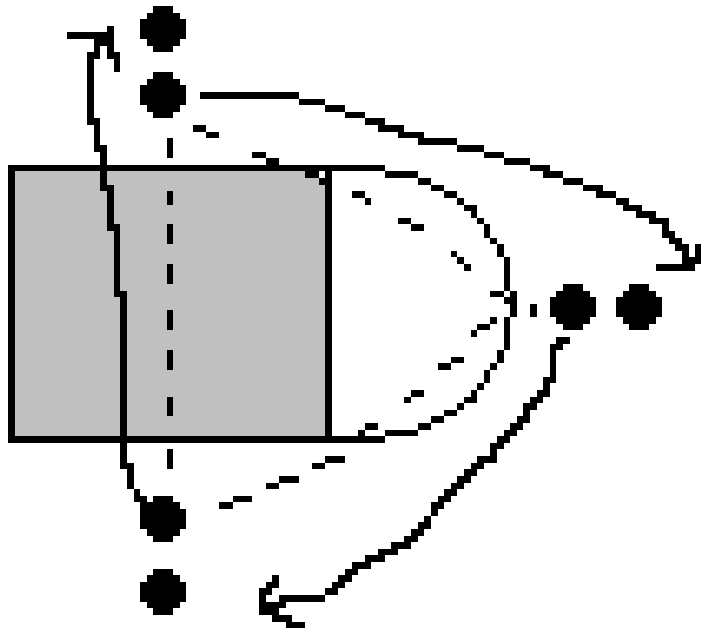
Coaching Cues:

- Eyes up
- Control the ball with your fingertips
- Keep ball at waist level
- Not a race

Variations:

- Dribble with opposite hand
- Dribble while alternating hands
- Change the other direction

Directions: Have all the kids at a baseline sideline intersection. Have a volunteer on the other three corners. Kids dribble around the perimeter on your command one at a time. Allow the first child to get past the first corner before releasing the next. Coaches on corners give positive feedback and remain eye contact with the players as they dribble. This ensures control and that they will be looking up the court. After finishing, they get back in line for the next round or variation.



Stationary Shooting Drill

Skills: Cutting to the basket, making sharp cuts, footwork, balance, receiving a pass, squaring up and proper shooting technique.

Equipment: 1 ball and 1 basket

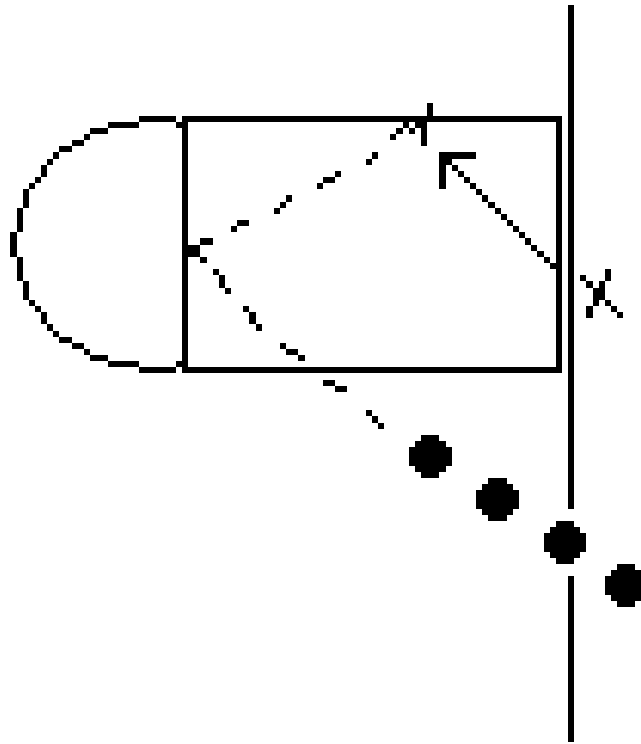
Teaching Cues:

- Make Sharp cuts to the basket
- Square up and get your balance before you shoot
- Use your legs during your shot
- Follow through

Directions: Have players get in a line as seen below and one at a time run up to the free throw line and make a sharp cut to the basket. Coach will make a bounce or chest pass to the player. Once they receive the ball they square up and shoot a lay up or jump shot.

Variations:

- Change the shooting spot further out for jump shots
- Change the pass from bounce pass to chest pass



Suggested Websites for Basketball Drills



GuideToCoachingBasketball.com

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

<http://www.guidetocoachingbasketball.com/>

<http://www.ncaasports.com/>