



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH BASKETBALL PARENT HANDBOOK

2023

YMCA of the Foothills



Revised: 6/30/2023



FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

Dear Parents and Coaches,

Thank you for choosing the YMCA of the Foothills Youth Basketball Program. We're looking forward to a fun season and we hope your child has a great time.

Our goal is for each child to learn the fundamentals of the game, develop self-esteem, and see the value of teamwork and good sportsmanship...all while having fun! This is accomplished by emphasizing the YMCA Core Values of Caring, Honesty, Respect, and Responsibility. Every Coach and Parent is asked to sign a Code of Conduct prior to the season. Please use this handbook as a tool to help make your season the best possible experience for you and your athlete(s), and do not hesitate to ask YMCA staff any questions you may have.

The YMCA recognizes that volunteers are an integral part of any youth sports program, and we wish to recognize our coaches for their hard work and dedication. We are grateful that you give your time to mentor youth through basketball.

We look forward to a great basketball season! Thank you again for your time and commitment.

Sincerely,

**Lori Durbin
Branch Director
Crescenta Cañada Family YMCA**



YMCA of the Foothills RULES, POLICIES, PROCEDURES AND ELIGIBILITY AGE DIVISIONS

AGES 5-6
AGES 7-8
AGES 9-10
AGES 11-13

OUR MISSION

The mission of the YMCA of the Foothills is to organize, develop, finance, and conduct programs for an association of persons of all ages that will, by putting Christian principles into practice, enrich the quality of their lives spiritually, mentally, physically, and socially.

OUR CAUSE

At the Y, strengthening community is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health, and our neighbors. That is why we focus our work in three areas:

- **YOUTH DEVELOPMENT:** Nurturing the potential of every child and teen.
- **HEALTHY LIVING:** Improving the nation's health and well-being.
- **SOCIAL RESPONSIBILITY:** Giving back and providing support to our neighbors.

FACILITIES & EQUIPMENT

- **GAMES & PRACTICES** will be played at the Crescenta-Canada Family YMCA at 1930 Foothills Blvd. No drop-offs, parents must remain onsite with their children.
- **BASKETBALL SIZE** will be 27.5 for ages 5-6, size 28.5 for ages 7-10 and size 29.5 for ages 11 and up.
- **BASKET HEIGHT** will be eight (8) feet for ages 5-6, and ten (10) feet for ages 7 and up.

UNIFORMS

- All participants must wear tennis or basketball shoes for all games and practices, **NO BLACK SOLED SHOES.**
- All must have a YMCA uniform. A t-shirt may be worn under the jersey.
- Participants are **NOT** allowed to wear earrings, watches, casts, or other objects that might constitute a hazard during games and practices. Participants will not be allowed to participate in games or practices until such items are removed.
- The first team listed is the "Home" team and wears **WHITE.**
- The "Home" teams sit on the left side of the court.
- Before the start of the game, teams will warm-up on the same court of which they are sitting on.



GENERAL RULES

- 1. SUBSTITUTIONS:** will be made at the 5, 10, and 15 minute mark of each half. Free substitution will be allowed the final 5 minutes of the game. A referee may ask a player to sit out if he feels that player is getting too physical. The referee/lead staff will decide when the player can return into the game. Each player is required to play at least 20 minutes each game. If each player does not play for 20 minutes, the team will forfeit the game. This rule will not apply for injuries, illnesses, or if there are not enough players to sub.
- 2. GAME TIME:** will be two (2) – twenty (20) minute running clock quarters for each division. There will be approximately three (3) minutes between halves if time permits. In the **7 and up divisions**, if the score in the 2nd half is ten (10) points or less in the final two (2) minutes, then the clock will go to stop clock. Once the stop clock is started it will not go back to running time.
- 3. PLAYERS:** A team must have four (4) players to start the game. A team can finish with as few as three (3) players if they lose players due to disqualifications, injury, or some other unforeseen circumstance.
- 4. TIME OUTS:** Each team receives 3 time outs per game and can use only 2 timeouts per half. Time outs do not carry over into overtime.
- 5. OVERTIME:** There is no overtime in the **5-6 division**. If the score is tied at the end of regulation, the game is a tie. In **7 and up divisions** there will be one 2-minute overtime with “stop clock” during the final minute.
- 6. BONUS RULE (1 + 1) 9 and up divisions:** shall be in effect in on the 7th team foul and two (2) shots on the 10th team foul per half.
- 7. FOULING OUT:** In **7 and up divisions** when a player receives their 5th foul of the game, that player must sit for the remainder of the game, including overtime. If a team only has (5) five players a player cannot foul out, but two free throws plus the ball will be awarded for each foul committed after their 5th foul. In **5-6 divisions** a player cannot foul out. However, a referee may ask a player to sit out if the foul is excessive or reoccurring. The calling of fouls is completely at the discretion of the referee.

REMEMBER THIS LEAGUE IS A DEVELOPMENTAL LEAGUE AND WAS CREATED AS AN INSTRUCTIONAL LEAGUE, SO REFEREES CAN STOP THE GAME ANYTIME TO CORRECT PLAYER BEHAVIOR AND MAY NOT CALL ALL FOULS. REFEREES AND YMCA STAFF HAVE THE RIGHT TO SUSPEND A PLAYER AT ANY TIME.

- 8. BACK COURT PRESS:** will not be allowed in the **5-6 division**. In the **7-8 division**, back court press is only allowed in the final 2 minutes of the 4th quarter and only if the game is within 10 points. Backcourt press is allowed in the last two minutes of each half for the **9 and up divisions**.
- 9. KEY VIOLATION 9 and up divisions:** The key violation for is five (5) seconds.
- 10. JUMP BALL:** For **5-6 division**, the home team decides if they want the ball in the first or second half. In **7 and up divisions** jump ball will start all games and overtime periods. All other jump ball situations will be resolved by alternate possession. The possession arrow will also determine what team has the ball at the beginning of the quarter. If a team is winning by twenty (20) points or more the possession arrow will remain in the direction of the trailing team until the score drops below 10.
- 11. FREE THROWS: 5-8 divisions** shoot from the modified free throw line. The **9 and up divisions** shoot from the regulation line.
- 12. GOOD SPORTSMANSHIP RULES:** A coach will be allowed to stand only if he/she is coaching their team, making substitutions, calling a time-out, or cheering for their team. All other action must come from a seated position including all assistant coaches. Coaches will also be held responsible for their fans' action, via a technical foul assigned to the coach & team. Two technical fouls to the coach or the bench will result in the ejection of the coach.
- 13. THE CLOCK WILL STOP FOR ALL INJURIES.**
- 14. THE HEAD REFEREE AND THE YMCA EMPLOYEE SUPERVISING THE GAME, IF THEY FEEL IT'S NECESSARY, CAN ADJUST ALL RULES.**

NOTE: ALL OTHER RULES ARE HIGH SCHOOL FEDERATION (CIF) RULES

COACH GUIDELINES AND EXPECTATIONS

Coaches are expected to show up to all practices and games. Coaches must promote good sportsmanship, and Y values; caring, respect, responsibility, and honesty during all interactions with the players, referees, parents, and staff. Furthermore, coaches must always display these same character traits and commit themselves to being positive role models.

REQUESTS

Due to the amount of requests received, the number of participants in the program and in order to do our best to keep the teams as balanced as possible, requests can be made, however there is *no guarantee* that they will be accommodated. This includes player, coaches, and practice day/time requests. Siblings that are in the same age division can be requested to be on the same team.

TEAM ROSTERS

Once the rosters are created and distributed, we are unable to make changes or move players around. The only exception will be if the YMCA has made an error.

COACHES BACKGROUND CHECK

All coaches must complete a complete a volunteer packet (background check) and an online child abuse training before the season. Volunteer packets and online training must be completed prior to the start of practices.

CONTACTING YOUR TEAM

All coaches are responsible for contacting their team throughout the season. In coordination with the Sports Coordinator, coaches will be given a parent and player roster with contact information and emails.

REFEREES

Referees facilitate fair play during games by giving each team equal opportunities within the limits of the rules of the game. Please cooperate with them in creating and maintaining an environment in which participants have fun and learn good sportsmanship. Referees may stop play on occasion for instructional purposes and give allowance for violations based on the ability of the group. If there are any major concerns about a referee, please discuss them with the sports department. All officiating is conducted by Hoopapalooza Officiating.

UNSPORTSMANLIKE CONDUCT

Good sportsmanship is expected of all players, coaches, and parents at all times. No “trash talking” or name calling will be tolerated. In addition, please line up for handshakes after the game to encourage good sportsmanship and positive attitudes. Individual players with unsportsmanlike conduct will be asked to sit out for one full quarter. If the issue reoccurs within the same game, that player may be asked to leave the game. If the entire team displays unsportsmanlike conduct, they will forfeit the game and be asked to leave the gym. Players shall not engage in any form of intentional physical aggression, regardless of the circumstances or provocation. Failure to comply may result in suspension from game or the season.

PARENT CODE OF CONDUCT

Please arrive on time for all practices and games. Remain in the spectator area during practices and games. Let the coaches coach. Keep comments positive to players, parents, officials, and coaches. Cheer for all players and encourage good sportsmanship. Show interest, enthusiasm, and support for your child. any issues may arise, please contact the Sports Department by email or at 818-790-0123. By coming to games and/or practices, all Parents and Spectators agree to the Code of Conduct.

SUMMARY OF PRINCIPLES

YMCAs provide sports programs that:

- emphasize sportsmanship, fair play, and teamwork.
- emphasize the values of caring, honesty, respect, and responsibility.
- keep winning in perspective.
- enable all participants to play in every game.
- include family involvement.
- emphasize safety and age-appropriate progressive skill development.
- emphasize using volunteers as coaches.
- are open to all segments of the community.

CHARACTER DEVELOPMENT

The YMCA believes that character development is an essential element of its sports programs.

• CARING	To love others and be sensitive to the well-being of others involved in the sports program
• HONESTY	To have integrity, making sure that one's actions match one's values through participation in sports
• RESPECT	To value the worth of every person, including oneself, one's teammates, opponents, and officials
• RESPONSIBILITY	To be accountable for one's behavior and obligations

YMCA YOUTH SPORTS PHILOSOPHY

The philosophy of YMCA Youth Sports embodies the mission of the YMCA and provides the framework and foundation on which YMCAs can build their sports programs. What we in the YMCA want youth sports to be is stated in these **SEVEN PILLARS OF YMCA YOUTH SPORTS:**

- 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 make sure 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 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 your 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. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson in life. These are the lessons we want to teach through YMCA Youth Sports.

- 5. FAMILY INVOLVEMENT.** YMCA Sports encourages parents to be involved appropriately along with their child's participation 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. To help parents get involved appropriately, YMCA Youth Sports offers parent-orientation programs.
- 6. SPORT FOR ALL.** YMCA Youth Sports is an *inclusive* 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.
- 7. SPORT FOR FUN.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, 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; let them have fun.

THE Y: SPECTATOR'S CODE OF CONDUCT

1. Remember participants play organized sports for recreation and enjoyment.
2. Refrain from using profane language.
3. Do not harass any staff, players, parents, coaches, officials, and/ or spectators.
4. Show respect for all opponents and applaud efforts for all.
5. Never ridicule or scold participants for making a mistake during a game or practice.
6. Violence in any form will not be tolerated.
7. Respect for officials' decisions.
8. Encourage players to follow rules.

WE EXPECT ALL PERSONS USING THESE FACILITIES TO ACT IN A MANNER CONSISTENT WITH THE FOUR CORE VALUES OF THE YMCA: CARING, HONESTY, RESPECT, AND RESPONSIBILITY. THE ABOVE RULES LISTED ARE NOT AN ALL-INCLUSIVE LIST OF BEHAVIORS CONSIDERED INAPPROPRIATE IN OUR FACILITIES OR OUR PROGRAMS

YMCA of the Foothills Youth Sports Child Abuse Prevention Parent & Coaches Guide

As a YMCA Youth Sports Coach our #1 priority is to keep both our kids and volunteers safe. That is the reason the following policies are in place surrounding child abuse prevention. As a YMCA Volunteer it is required that each of the following policies are followed.

BEING ALONE WITH KIDS

Any one-on-one situations with a child must be avoided at all times. Keep in mind that you are required to have a witness present at all time when you're interacting with a child.

DRIVING PARTICIPANTS

YMCA staff and volunteers are not permitted to drive participants in their personal vehicles. This is a liability for the YMCA and you personally, but something that comes up frequently in our program. If you are put in an uncomfortable situation, please talk with our staff so we can deal with this. Parents should not ask you to drive their children.

IF you have a preexisting relationship with a participant, you *may* be permitted to transport the child. Should a situation like this exist the preexisting relationship must be documented by the YMCA prior to any transport occurring. Please let the Sports Department know so it can be properly recorded.

ELECTRONIC MEDIA

YMCA staff and volunteers are not permitted to have contact with YMCA minor participants outside of the YMCA. This includes contact through electronic media (Facebook, texting, etc.) Any use of electronic media must be with the parents (practice schedules or game time changes, etc.) Failure to comply with this policy may lead to disciplinary action including but not limited to administrative leave or immediate termination.

EXTRA PRACTICES

All practices must take place at the YMCA of the Foothills. Due to the high demand for our basketball courts, we are unable to accommodate additional practice times.

PREFERENTIAL TREATMENT OR OUTSIDE OF THE PROGRAM ACTIVITY

No actions should happen which could be viewed as showing favoritism towards a particular participant. This could include but is not limited to: invitations for extra workouts that are not open to the rest of the team, invitations to outside events or activities, and include gift giving.

END OF YEAR PARTIES

All parties should take place at the YMCA of the Foothills or at a public offsite location. No parties should take place at a coach or parents' house. Any parties held outside the premises of YMCA of the Foothills are not affiliated with the YMCA and the YMCA will not be held liable for any damages, injuries, or other forms of loss associated with such events.



Respect for the Game Guidelines



For all the leagues and tournaments, it services, *Hoopapalooza* will enforce standards of sportsmanship consistent with the *Respect/or the Game* principles of the NBA. Officials will recognize and address through the use of an appropriate warning and/or immediate Technical Foul, the following **five behaviors** that players and coaches display in their interactions with officials:

1. Comments that undermine the integrity of an official.
2. Profanity usage.
3. Demonstrative acts in resentment to a call or no call.
 - This includes, but is not limited to, waiving the arms, inappropriate gesturing, or clapping at an official.
4. Continuous or continual complaining/criticism directed to or about an official.
5. Excessive inquires.

Restatement: Players and coaches can react to calls with which they disagree, provided the reaction is not overly demonstrative, disrespectful, or prolonged. Heat of the moment reactions by players that are not demonstrative, and dissolve quickly are **not** to be penalized with a technical foul.

Assistant Coaches Standard of Conduct:

No assistant coach may direct comments to an official during live and/or dead ball play. The only exception is that during a time-out, an assistant coach may ask an official for a rule interpretation. Technical fouls are to be assessed if an assistant coach's behavior does not comply with this directive. If assistant coaches are given defensive or offensive responsibilities which necessitate their standing up at times, this is now and always has been permissible, so long as they return to their seats within a reasonable amount of time.

Parent/Fan Standard of Conduct:

Similar to assistant coaches, parents may ask an official for a rule interpretation before or after the game, if the officials make themselves available for such interaction at the scorer 's table. If after a game, the officials refuse to talk to parents or fans, or if they remain at center court, they have the right to be left alone. During the game, parents and fans can react to calls with which they disagree, provided that their reaction does not include the use of profanity or personal attacks against a referee's judgment or integrity, nor it be deemed against the principles of appropriate sportsmanship that we require of the players and coaches. Under no circumstances are parents/fans allowed to approach a referee, scorekeeper, or player *during the game*.

In the case of an overtly disrespectful fan, a warning may be issued to the corresponding coaching staff in attempts to give them every opportunity to address the situation. The officials are then directed to instruct a site director/

tournament staff member to help eject the fan if they continue to be a distraction.