



YMCA of Metropolitan Fort Worth



Basketball Coaches Manual

Purpose of YMCA Sports

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not a building, athletic fields or just sports. It is an association of people, a fellowship of people united by a common loyalty to Jesus Christ for the purpose of developing Christian personalities and building a Christian society. The YMCA is not just a sports association; however, the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletic skills and the winning of games, though important, are secondary- the molding of future men and women is the goal.

Purpose of YMCA Basketball

The activities around basketball are merely a vehicle by which we as concerned adults utilize Christian models to work with young people. The program purpose is:

1. Develop and build self-esteem;
2. Develop and teach physical skills, fitness, and health;
3. Develop social skills and relationships among participants;
4. Support and strengthen family life;
5. Develop responsibility, decision making, and leadership;
6. Create a unique and enjoyable leisure family activity.

YMCA Pledge and Procedures

Teams may warm up prior to the start of the game. Before each game, the official will instruct each team to line up shoulder-to-shoulder facing the opposing team. The official will then ask the teams to repeat the YMCA pledge after reciting one line at a time.

Win or lose, I pledge before God,
To play the game as well as I know how,
To obey the rules,
To be a good sport at all times,
And to improve myself
In spirit, mind and body.

The official will then thank the team, give them any pre-game instructions, and be able to inform the coaches of any necessary information. When this is done, the teams may move to their bench area and take their position on the court.

Now You're a Coach

For your players, you, the coaches are the single most important adult leader. You will help the players have fun, learn skills, develop sportsmanship, and discuss values in a meaningful way.

You Will:

- Contact parents and players.
- Conduct parent/players meeting.
- Look at yourself and explore your own motivations, values and goals.
- Listen to and share with other adult leaders.
- Recruit players through your children to complete your roster, if needed.
- Explain your discipline procedures for behavior problems, missed practices, etc.
- Stress parental and player conduct while at the field.
- Require clean uniforms for every game.
- Stress the need for players to maintain good school grades.
- Verify your roster, making sure all player information is correct; notify the YMCA Sports Department of any corrections.
- Question and answer period.

Conduct Practice Sessions:

- Get to know your players personally.
- Help them set goals and work towards them.
- Lead discussions by asking questions and introducing problems and situations for players.
- Build teamwork.
- Enjoy yourself and let your players know it.

Game Responsibilities:

- See that your players are present and ready to play.
- Pre-game warm ups.
- Introduce yourself to the game official and the opposing teams coach.
- Control yourself, players and parent behavior during and after the game.
- Coach and encourage your team during the game. **DO NOT** try and officiate the game from the sideline! If you would like to officiate, please contact your local YMCA.

YMCA of Metropolitan Fort Worth Mission Statement

The YMCA of Fort Worth is a human care organization which puts Christian values into practice, through programs and activities that encourage the development of a healthy body, mind and spirit of individuals of all religions, races, ages and communities.

YMCA of Metropolitan Fort Worth Coaching Philosophy

As the coach, forget the professional and college coach models and the win at all cost approach. Do not try to get your feeling of self-worth from your team's win-lost record. Coaching youth sports calls for teaching the fundamentals properly, developing the basic team concepts, working on fair play values and encouraging all players to participate and enjoy the sport. The most important element is the relationship between the coach and the team. The coach is a leader, role model, teacher and friend. This relationship is far more significant than runs scored or the games won. The quality of the coach-team relationship is the ultimate measure of success for youth sports coaches.

YMCA of Metropolitan Fort Worth Coaching Philosophy (continued)

- Keep it simple:
 - Most sports are relatively simple to play and can be enjoyed by all ages. Overcomplicated formations, plays and strategies tend to confuse and frustrate youth. By keeping it simple, it will build self-esteem and confidence.
- Work on basic skills:
 - Younger teams especially should concentrate on fundamentals. Teach skills and concentrate on the basic. Help players become conscious of the importance of proper execution. Stop the action often to help individual players improve, but don't interfere excessively.
- Work with every player on your team:
 - The most highly skilled and least skilled players on your team should be given equal attention. Every player should be helped to improve in ability and to enjoy the game. It is important that every player participates and has fun, rather than just a few good players dominating the action.
- Teach Fair Play:
 - Playing fair is an essential part of youth sports. Respect for oneself, teammates, the other team, the rules and the officials who uphold them.
- Keep winning in perspective:
 - Winning games is only one of the many goals that are important in sports. Help players and their parents become aware of other important goals: learning skills, becoming better physically fit, being a good leader and a good follower, dealing with the emotions of sports and having fun.

Parents Need to be Good Sports!

YMCA of Fort Worth Spectator's Code

1. Remember that children play organized sports for their own fun. They are not there to entertain you, and they are not miniature pro athletes.
2. Be on your best behavior. Do not use profane language or harass players, coaches or officials.
3. Applaud good plays by your own team and the opposing team.
4. Show respect for your team's opponents, without them, there would be no game.
5. Never ridicule or scold a child for making a mistake during a competition.
6. Respect the official's decision.
7. Condemn the use of violence in all forms.
8. Encourage players to always play according to the rules.

Professional athletes are not always good role models for our children. The good sportsmanship and healthy lifestyles gained in our gymnasiums and playing fields can make our children good role models for each other, for us and for future generations. But first, adults have to let them play and send them the right messages.

First Parent Meeting

- 1) Welcome
 - a) Introduction
 - b) Coaches/Assistants
 - c) Player information
- 2) YMCA Philosophy
- 3) Practice schedule
 - a) Parent involvement in practices
 - b) Equipment, YMCA provided or approved
 - c) When and where- all public schools and parks are a first come basis
- 4) Games
 - a) Hand out schedule, specify location (with map, if necessary)
 - b) Length of games
 - c) Rules
 - d) Scorekeeper (if applicable)
 - e) Clean up after your game
- 5) Game Day
 - a) Arrive early for warm-ups
 - b) Parent and player behavior
 - c) Rainout policy
 - d) Drinks/Snacks (see next page)
- 6) Picture Day
 - a) Have team ready at scheduled time
 - b) Stay together as a team
 - c) Parents complete picture forms
 - d) Do not be late for your game!
- 7) Season ending party
 - a) Trophies (awards) - to be handled individually by each team

Team Snack Schedule

In the event you are unable to bring snacks on your assigned day, please contact our team's Snack

Chairperson _____ Phone number _____.

On your assigned day, you will need to bring _____ snacks and a bag for trash.

PLEASE CLEAN UP YOUR BENCH AREA AND STANDS AFTER YOUR GAME!

Parent's Name	Player's Name	Game Date

YMCA of Metro Fort Worth Basketball Rules

The objectives of the YMCA Basketball Program are to develop character, good sportsmanship, physical skills and coordination. The program is devised in order to:

Players – Make the game fun and develop basketball skills;

Parents – Be convenient and minimize expense;

Coaches – Be convenient and economize time commitment.

Protest: NO protest will be accepted. Any disagreement made during a game must be corrected on the spot. Show respect for each other and let's make this a positive experience for the kids.

I. Rule Administration

- A. The YMCA Sports Department will have jurisdiction over all rules and regulations to govern any youth basketball situation herein not covered. The decisions of the Sports Department are final.
- B. Each team has one volunteer coach and no more than two assistant coaches. All persons accepting responsibility in this program must accept and carry out the rules and regulations of the program strive to teach good sportsmanship, health, habits and citizenship. Exercise the type of personal behavior that will set a good example for children. Every safety precaution must be observed at all times. Abuse or embarrassment of any player or team will not be tolerated.

NOTE: Penalty for failure to abide by these standards may make it necessary that the person or persons involved be relieved of their responsibilities in the program.

II. Game Conduct

- A. Spectators at games must be kept under control by the coaching staff of the team. Harassing of officials and/or players must be prevented. Failure to maintain control of players and spectators may result in suspension of the game.
NOTE: Coaches who fail to abide by this shall be subjected to the same disciplinary action as those actually involved in the disruptive behavior.
- B. No smoking on school property. Food and beverages are not allowed in the gym area.
- C. All school owned equipment and apparatus stored around the gym are off limits to participants, family, spectators and children.
- D. If school games are still in progress, please remain out of the way and refrain from bouncing balls or shooting at side baskets until their game is over. In school facilities, please go quickly and quietly to and from the gym area.
- E. Damages incurred to playing and practice facilities due to improper use will be the

responsibility of the individual causing the damage.

III. Team Organization

- A. Player limit – Each team will have a maximum of 10 players on the roster. Coaches may not limit their rosters to less than 10 players. However, some teams may end up with less than 10 players.
- B. Registration – Each player must complete and turn in their registration by his/her parent or legal guardian to the YMCA prior to participation in any practice session or game.

IV. Player Eligibility

- A. Any Jr. High player who wants to play for the YMCA and their school team simultaneously may do so, but only after receiving permission from the YMCA Sports Director. Playing for church leagues and any other leagues approved by the Sports Director will also be allowed.
- B. Players may play on multiple YMCA teams for the same sport but that player must pay the full registration fee for two teams. If a player is on the roster of two teams playing each other, that player may only play on one of the two teams for that game.
- C. The playing of an ineligible player and/or players may cause suspension of the player and coach/coaches involved.
- D. All other player eligibility decisions will be at the discretion of the Sports Director.

V. Coaching Information

- A. Game Schedules – All scheduling of league games are done by the Sports Department. **No changes in dates or times shall be permitted.**
- B. Practices
 - 1. Please try and limit to two per week. The YMCA will provide one practice and the coach has the option to schedule a second practice if he/she so desires. The coach may arrange the second practice and it must be understood that the school facilities are not available for this, the second practice cannot be charged to the parents as an additional fee.
 - 2. Only Fort Worth YMCA Basketball players on teams assigned to practice during scheduled time slots are permitted to practice in the gym. No younger siblings or other friends should be allowed in the gyms! Observing parents must keep their non-participating children off and away from the court during the entire practice. This information is to be communicated to all parents by the head coach.
 - 3. Coaches are responsible for their team and the gym during their scheduled practice. When coaches let players take a restroom or water break an adult must accompany them.
 - 4. No food, drinks, gum, tobacco products, skateboards, roller blades or bicycles are allowed in the gyms.

5. Incoming teams to practice – Please do not enter the court until your designated time, do not dribble or shoot until you have the court.
6. Outgoing teams from practice – Please exit the court before or exactly at your official quitting time. Do not take advantage by running “just one more play” or “just one more shot.”
7. All gyms should be “picked up” and cleaned as you exit.

GAME RULES – ALL AGE DIVISIONS

The playing rules for the YMCA Basketball Program will be the National Federation of State High Schools Associations (NFHS.org). Only additions or modifications will be listed in the following rules section.

I. The Uniform

- A. All YMCA players must wear the jersey provided by the YMCA Sports Department. Undershirts, if worn, shall be of the same solid color front and back. Undershirts shall be similar in color to the jersey and shall not be frayed or have ragged edges. If the undershirt has sleeves, they shall be the same length. The player's shirt shall be tucked inside the shorts and the shorts shall be above the hips and worn properly. A player not conforming to this uniform policy shall be directed to leave the game.
- B. Only non-marking, non-cleated athletic shoes may be worn at practice and games.
- C. None of the following may be worn or displayed at games: any type of jewelry, watches, earrings, hair bows, clips or casts.
 - 1. No headgear of any kind, except plain colored headbands, may be worn during the warm up and game.
 - 2. Radios or any other noise making device which officials may deem as taunting or unsportsmanlike.

II. Maximum number of players

Every attempt will be made to limit teams to 10 players.

III. Starting the Game

- A. Coaches must have last names and jersey numbers of all players listed in the official scorebook by game time.
- B. **Each team will be responsible for furnishing one parent volunteer to work at the scorer's table.** Volunteer's will either keep the book or work the scoreboard. Scorebook volunteers will be responsible for recording the quarters played for each player.
- C. There must be five players on the court at game time in order to start the game. If a team does not have five roster players at game time, alternatives may be used to allow a game to be played. Only registered players may participate. Coaches allowing non-registered players to participate in any game or practice may be subjected to dismissal.

IV. Bench Personnel

Only the head coach, one assistant coach and team players are allowed on the bench. To be sitting on the bench a coach must be wearing the Kelly Green coach's shirt provided from the Y after an approved background check. All others must remain in the stands. All teams must have a head coach 21 years of age or older on the bench at all times (unless approved by the YMCA Sports Department). **Only one coach may be standing at any given time. All other coaches must remain seated on the bench.**

V. Participation and Substitutions

- A. Every player that shows up for the game **on time** shall play a minimum of two quarters per game. Those players not playing in the 1st or 2nd quarter must play the 3rd and 4th. If a team has seven or more players, no player will be allowed to play four (4) quarters. If a team has only six players, everyone must play a minimum of three (3) quarters. Coaches should always have your players check in at the scorers' table prior to the beginning of every quarter played.
- B. Substitution is allowed in the 9 & 10 year old division and up. No substitutions in any other division will be allowed except in cases of injury, sickness or disqualification.

VI. Alternating Possession

Alternating possession begins after the jump ball, which begins the game. The team that does not gain possession on the jump ball will get the next change of possession. Possession will then alternate throughout the game and carry over from period to period.

VII. Legal Screening

- A. A screen is a legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position.
- B. The player positioning the legal screen may face any direction.
- C. When screening an opponent from behind, the player positioning the legal screen must allow the opponent one normal step without contact.

**YMCA of Metro Fort Worth
Division Rules**

I. Double Dribblers – 3 & 4 year olds and 5 & 6 year olds

The 3&4 year old division will play on a goal height of 6'(note some gyms may be a few inches off). The 5&6 year old division will play on a goal height of 8' (note some gyms may be a few inches off). The game will begin with the visiting team inbounding for the first procession.

A. Score

1. No score will be displayed during the game.

B. Length of Quarters

1. Playing time for teams of 3 & 4 year olds shall be four quarters of six minutes each with intermission of one minute after the first and third quarters and five minutes between halves.
2. Playing time for teams of 5 & 6 year olds shall be four quarters of eight minutes each with intermission of one minute after the first and third quarters and five minutes between halves.
3. Teams will not switch baskets at halftime for the 3&4 and 5&6 age divisions.

C. Time-out/Stopping Play

1. Time-out occurs and the clock, if running, shall be stopped when an official:
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, etc.

D. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.
2. A time-out shall not be granted until after the ball has become live to start the game.

E. Time Violation

1. There will be no time violation of any kind.

F. Throw-Ins

1. Throw-in violations will not be enforced. Violators may be instructed and throw-in retaken.

G. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A

personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.

2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

H. Free Throws/Bonus

1. There will be no free throws or bonus situation.

I. Defense

1. "Man to man" defense is mandatory.

2. Teams will not be allowed to have all five players sag back into the lane. This could be viewed as a zone defense.

3. No defense in the back court. The defense must allow ball and player to cross mid court line before pressure is applied.

4. Defenders need to be in a vertical defensive position.

5. **Defense will not be allowed to steal the ball from the ball handler while he or she is dribbling or possessing the ball. Defense may block shots and steal passes.**

J. The Ball

The 3&4 year old division will use a mini ball. The 5&6 year old division will use a junior ball (27.5).

II. Passers – 7 & 8 year olds

Game will be played using a goal height of 8'(note some gyms may be off by a few inches)

The game will begin with a jump ball.

A. Length of Quarters

1. Playing time for teams of the Passers Division shall be four quarters of eight minutes each with intermission of one minute after the first and third quarters and five minutes between halves. There shall be no overtime periods for the Passers division.

B. Time-out/Stopping Play

1. Time-out occurs and the clock, if running, shall be stopped when an official:
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.

C. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.

D. Time Violation

1. A player will violate time violation if they take longer than 10 seconds to throw the ball in and 10 seconds to get across mid-court. There will be no violation for time in the lane, the referee will instruct that they need to leave the lane.

E. Throw-Ins

1. Throw-in violations will not be enforced. Violators may be instructed and throw-in retaken.

F. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

G. Free Throws/Bonus

1. Free throw line will be two feet in front of the standard free throw line,

approximately 13 feet.

2. The first marked lane space will not be used. Not more than one player may occupy any part of a marked lane space.
3. Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.
4. Any player, other than the free thrower, who does not occupy a marked lane space, must be behind the free-throw line extended and behind the three-point line.
5. No bonus free throws.

H. Defense

1. "Man to man" defense is mandatory. Man to man defense shall be identified by game officials as a defensive strategy which puts reasonable pressure on the ball, has at least one on one coverage of any player driving the lane or making a move to get open near the lane.
2. Zone defense is not permitted. **Defensive players must show obvious attention to one player.**
3. No defense in the back court. The defense may not start playing defense on any offensive player until the ball reached the 3-point arc, extended.
4. Double-teaming will be permitted in the lane only.
5. **Defense will not be allowed to steal the ball from the ball handler while he or she is dribbling or possessing the ball. Defense may block shots and steal passes.**

I. Backcourt

1. Once the offense advances the ball in the front court, the player may not go back across the mid-court line; this is a back court violation.
2. Teams will not be allowed to play defense in back court.

J. Ball Size

1. The Passers boys and girls divisions will use a woman's ball (28.5).

III. Dribblers – 9 & 10 year olds

Games will be played on regulation 10' goals. The game will start with a jump ball.

A. Length of Quarters

1. Playing time for teams of the Dribblers Division shall be four quarters of ten minutes each with intermission of one minute after the first and third quarters and five minutes between halves. There shall be no overtime periods for the Dribblers Division.

B. Time-out/Stopping Play

1. Time-out occurs and the clock, if running, shall be stopped when an official:
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Time-Outs
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter, the clock shall stop on every whistle unless one team is leading by more than 20 points.

C. Time-outs

1. Two 30-second time-outs may be charged to each team during a regulation half. Unused time-outs will not accumulate and may not be used.
2. A time-out shall not be granted until after the ball has become live to start the game.

D. Time violations

1. The violations for the Dribblers division will be five-second lane violation. A player shall not remain in the "paint" for five seconds while the ball is in control by his/her team in the front court. Also, players have 10 seconds to advance the ball to the front court (over mid-court), and a player will have 5 seconds to throw the ball in.

E. Throw-Ins

1. The designated throw-in spot is defined as one step to either side of the player's position when the ball is received from the referee. Throw-in violations will be enforced.

NOTE: The thrower must keep one foot on or over the spot until the ball is released. Pivot-foot restrictions and the traveling rule are not in effect for a throw-in.

F. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls

or a flagrant foul.

G. Free Throws/Bonus

1. Free throw line will be two feet in front of the standard free throw line, approximately 13 feet.
2. The first marked lane space will not be used. Not more than one player may occupy any part of a marked lane space.
3. Marked lane spaces may be occupied by a maximum of four defensive and two offensive players.
4. Any player, other than the free thrower, who does not occupy a marked lane space, must be behind the free-throw line extended and behind the three-point line.
5. No bonus free throw.

H. Defense

1. Man to Man defense is only allowed. **NO zone defense**
2. No defense in the back court. The defense must allow ball and player to cross the mid court line before pressure is applied.
3. Once the ball is in the paint double teams are allowed.
4. Trap defenses will not be permitted
5. No "Sagging" defense will be allowed

I. Back Court

1. Once the offense advances the ball in the front court, the player may not go back across the mid-court line, this is a back court violation.
2. Teams will not be allowed to play defense in back court, however the offense only has 10 seconds to advance to the front court or it is a time violation.
3. During the last minute of the 2nd and 4th quarters teams will be allowed to full court press. ***if a team is winning by 10 points they are not allowed to full court press.**

J. Ball Size

1. The Dribblers boys and girls division will use a women's ball (28.5).

IV. Shooters – 11 & 12 year olds

Game will be played on a 10' goal and it will begin with a jump ball.

A. Length of Quarters

1. Playing time for teams of the Shooters shall be four quarters of ten minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

B. Time-out/Stopping Play

1. Time-out occurs and the clock, if running, shall be stopped when an official:

- a) Stops play because of an injury.
- b) For any other situation or any emergency.
- c) Grants a player/head coach's oral or visual request for a time-out, such request being granted only when:

(1) The ball is in control or at the disposal of a player of his/her team.

(2) The ball is dead.

2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.

3. The last minute of the 4th quarter the clock shall stop on every whistle unless one team is leading by more than 20 points.

C. Time Violations

1. All time violations stated in the National Federation of the State High School Association Rule Book will be enforced.

D. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.

2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

E. Free Throws/Bonus

1. Free throw administration and bonus situation will be as stated in the National Federation of State High School Association Rule Book.

F. Defense

1. There are no defensive restrictions for this age group.

2. Man-to-man or zone full court press will be allowed. **Full court press will not be permitted by teams leading by 15 points.**

G. The Ball

The Shooters division will use a regulation ball, gender specific.

V. Juniors — 13-15 year olds

A. Length of Quarters

1. Playing time for teams of the Juniors division shall be four quarters of ten minutes each with intermission of one minute after the first and third quarters and five minutes between halves.

B. Time-out/Stopping Play

1. Time-out occurs and the clock, if running, shall be stopped when an official:
 - a) Stops play because of an injury.
 - b) For any other situation or any emergency.
 - c) Grants a player/head coach's oral or visual request for a time-out, such request being granted only when:
 - (1) The ball is in control or at the disposal of a player of his/her team.
 - (2) The ball is dead.
2. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4th quarter and the last minute of the extra period the clock shall stop on every whistle unless one team is leading by more than 20 points.

C. Time Violations

1. All time violations stated in the National Federation of the State High School Association Rule Book will be enforced.

D. Foul/Disqualified Player

1. A foul is an infraction of the rules which is charged and is penalized. A personal foul is a player foul which involves illegal contact with an opponent while the ball is live, which hinders an opponent from performing normal defensive and offensive movements.
2. A disqualified player is one barred from further participation in the game because of committed his/her fifth foul (personal and technical), two technical fouls or a flagrant foul.

E. Free Throws/Bonus

1. Free throw administration and bonus situation will be as stated in the National Federation of State High School Association Rule Book.

F. Defense

1. There are no defensive restrictions for this age group.
2. Man-to-man or zone full court press will be allowed.
3. There are no restrictions limiting a team's ability to play a full-court press defense.

RULES YOU THOUGHT YOU KNEW

From the Federation Case Book

Traveling

1. Rule 4, Sec. 4.42B. PLAY: A1 attempts a shot after ending the dribble. The try does not touch the backboard, the rim or any other player. A1 runs and is able to catch the ball before it strikes the floor. Is this traveling? RULING: NO! When A1 recovered his/her own try, A1 could either dribble, pass or try again. There was no team control when the ball was released for the try.
2. Rule 4, Sec. 4.42.5B. PLAY: A1 dives for a loose ball and slides after gaining control. A1 is in a position either on his or her back or stomach. What can A1 do without violating? RULING: A1 may pass, shoot or start a dribble. Once A1 has the ball and is no longer sliding, he or she may not roll over. If flat on his or her back, A1 may sit up without violating. Any attempt to get to the feet is traveling unless A1 is dribbling.
3. Rule 4, Sec. 4.42.5C. PLAY: A1 touches a knee to the floor while holding the ball, it would be traveling as A1 has touched the floor with something other than a hand or foot.

Out-of-Bounds

1. Rule 7, Sec. 7.1.1B. PLAY: A1 blocks a pass near the end line. The ball falls to the floor inbounds, but A1 who is off balance, steps off the court. A1 returns inbounds, secures control of the ball and dribbles. RULING: Legal A1 did not leave the court voluntarily and did not have control when he or she did. This situation is similar to one in which A1 makes a try from under the basket and momentum carries A1 off the court. If the try is unsuccessful, A1 may come back onto the court and regain control.
2. Rule 7, Sec. 7.1.2A. PLAY: The ball strikes the side edge or top of the backboard or passes over the top backboard and the ball: (a) came from a throw-in from behind the plane of the backboard; or (b) from a pass or try from the front or back of the plane of the backboard. The ball does not touch any supporting brace. RULING: If a rectangular backboard is being used in (a), the ball remains live after touching the side edge but it is a violation if it passes directly over the backboard. In (b), the ball remains live if it touches a side edge, or the top edge if it rebounds and comes down in front of the backboard. The ball becomes dead if it passes over the top of a rectangular backboard regardless of the action that causes it to pass over or whether it comes from the front or back of the plane.

From the Federation Rule Book, Rule 9, Sec. 4: Travel, Kick, Fist

A player shall not run (travel) with the ball, intentionally kick it, strike it with the fist or cause it to enter and pass through the basket from below.

NOTE: Kicking the ball is a violation when it is a positive act; accidentally striking the ball with the foot or leg is not a violation.

From the Federation Rule Book, Rule 4, Sec. 41: Throw-In

The designated throw-in spot is 3 feet wide with no depth limitation and is established by the official prior to putting the ball at the thrower's disposal.

NOTE: The thrower must keep one foot on or over the spot until the ball is released. Pivot-foot restrictions and the traveling rule are not in effect for a throw-in.

Disciplinary Actions

The YMCA understands the necessity of a coach being permitted to discipline a player, typically by limiting playing time. The YMCA will allow this only in regards to disruptive behavior and practice absences. If the coach elects to utilize a disciplinary option as a teaching method, he/she must abide by the following procedures:

NOTE: This action is to deter a habitual action, not a single unavoidable circumstance.

1. Clearance with the Sports Director at the YMCA;
2. Discuss the situation with the child's parents;
3. Notify the opposing coach prior to commencement of the game in question;
4. Clearance is for one game only. Each offense must be processed.

Also, any player arriving late for the game may lose their right to play two quarters. This is the coach's decision.

Suspension Policy

If a player/coach/fan is ejected from the game, they will be placed on probation for the remainder of the season and will receive a TWO GAME SUSPENSION (not allowed in the gym) to be served at the next two games. In the event a team has less than two games remaining on their schedule, immediate suspension of their season may result. If the same player, coach, or fan receives a second ejection during the season, he/she may face the possibility of being suspended for the remainder of the season, depending on the nature of the offense. The YMCA Sports Department **will not** issue refunds to any player, coach or fan ejected from a game, or anyone involved in a suspended game or season.