

TAKE YOUR SHOT

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout their lives. And the benefits are far greater than just physical health. Whether it's gaining the confidence that comes from learning a new skill or building the positive relationships that lead to good sportsmanship and teamwork, participating in sports at the Y is about building the whole child, from the inside out.

BASKETBALL

**KINDERGARTEN-6TH GRADE
PARENT HANDBOOK**

THE FAMILY YMCA OF MARION AND POLK COUNTIES

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Dear Parents and Participants,

Thank you for choosing to participate in the Family YMCA of Marion and Polk Counties programs. We have designed our programming with your family in mind.

The YMCA has identified the character values of Honesty, Caring, Respect and Responsibility as values we incorporate in all of our programs.

Whether you are officiating, coaching, playing, or cheering on your athlete, you have an opportunity to be a role model for someone else. Please use this opportunity and remember — we are here to create an atmosphere where all children can participate, learn and have fun.

In years to come, we will have long forgotten win-loss records, officials' bad calls and minor setbacks; however, we will remember the fun and the character that was developed because we will see it in our everyday lives.

At the Y, we strive to strengthen our community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and provide opportunities to give back and support neighbors. Join our cause and create meaningful change not just for you, but for your community.

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Family YMCA of Marion and Polk Counties Sports Pledge:

Win or lose, I pledge
to play the game the best I can,
to respect my opponents,
the rules and officials,
and to improve myself in spirit, mind, and body.

Season Details

Mission

To put Christian Principles into practice through programs that build a healthy spirit, mind and body.

Game Day Details

Games and tournaments will take place on Saturdays between 8AM and 4PM. Some games and tournaments will be held outside of this community. You will receive a game schedule during your first week of practice. All YMCA property, practices, and games are drug, tobacco, smoke, and alcohol free. Please arrive 15 minutes prior to the start of your scheduled games.

Traditions

Before each game everyone will take part in the YMCA Youth Sports Pledge led by the referee. At the conclusion of each game, athletes high five or shake hands and congratulate each other on a good game played. On a rotating basis, each week, a family will provide an after-game snack. We promote a healthy snack choice for all of the kids.

Character Values

The Y has four core values that we teach and uphold in every program: Caring, Honesty, Respect, and Responsibility. Each week a different core value will be highlighted. All athletes, coaches, officials, and spectators are expected to demonstrate our core values.

Cancellation

We must receive written notification of cancellation no later than 30 days prior to the official start date of the season. Cancellations prior to 30 days before the official program start date may be eligible for a full refund via check or bank card that made the purchase. If cancelling subsequent to 30 days in advanced and prior to the season then participant may be eligible for a system credit that could be used at the Family YMCA of Marion and Polk Counties for up to the full price that was paid. System credits do expire within 180 days of being assigned to the account. No refunds will be awarded after the season has started.

Practice

Practices will be scheduled 1-2 times a week for an hour. Practices will be scheduled by the coach between Monday and Friday in the evenings between the hours of 5:30-8:30PM at local schools and the YMCA.

A parent or guardian must remain on site for the duration of the practice in case of conflict or emergency.

Uniform and Equipment

Coaches will receive the team shirts by the Friday before the first game.

End-of-Season Party

To celebrate the success of the season, we encourage coaches and teams get together and have some fun! Please keep activities within the values of the YMCA.

Special Dates

First week of practices: 10/24/22

First games: 11/5/22

Last game will be 12/17/22

3rd-6th grade will have a tournament the last scheduled day

Special Dates:

NO PRACTICES OR GAMES THE WEEK OF THANKSGIVING 11/20/22-11/27/22



YMCA CHARACTER DEVELOPMENT

Everyone who participates in any aspect of our sports programs (participant, spectator, coach, official, or staff) is expected to adhere to these core values. Coaches are strongly encouraged to work with children in developing these character traits. Please use team huddles, water breaks and other moments to review these values with your players.

Caring

To love others and be sensitive to the well being of others involved in the sports program. Caring is not only reflected in words, but actions as well. Would your players consider you a caring coach? Do you use kind words to express your pleasure and displeasure to others? Are you courteous and sympathetic towards your fellow coaches, officials, participants, spectators and parents?

Honesty

To have integrity, making sure that one's actions match one's values through participation in sports. Can you consider all the facts and then render a final, fair ruling? Are you honest in your dealings with the players and their abilities? Do you play every player equally and give everyone a chance to succeed and learn from others? Can you play by the league rules and not bend them to create an advantage?

Respect

To value the worth of every person, including oneself, one's teammates, opponents, and officials. Do you show respect to the officials and split second decisions, even if the decision might be different than your own? Do you show honor, courtesy and respect to everyone in your daily life?

Responsibility

To be accountable for one's behavior and obligations. Are you responsible in attending practices and games and show up prepared? Do you act as role model for your child and expect them to act as you do? A responsible parent loves, nurtures, disciplines, and guides a child.

VOLUNTEER DESCRIPTIONS

As a parent in the YMCA Youth Sports program there are several ways that you can get involved in your athletes team such as Coach, Co-Coach or several different Team Parent roles. This list isn't all-inclusive, and every parent is encouraged to get involved in their athlete's sports experience.

Coach: All of our YMCA coaches are program volunteers, and most often, they are a parent of the athlete on the team. The main duties of the coach are to organize and lead practices, lead and encourage the team during the game and provide a good role model to the athletes on the team. All coaches attend a coach's meeting at which they will get a chance to ask any questions they have, get an overview of the season, and meet with the Sports Director.

Co-Coach: For volunteers who want to get involved in instruction but are unable to dedicate the time to be the only coach, the co-coach spot is perfect. Co-coaches help with practice and game organization and fill in when the coach is unable to attend.

Team Scorebook Keeper: For each game, the home team will be responsible for providing a scorekeeper for 3rd-6th grade teams. In some YMCA sports such as basketball, a parent volunteer will either keep the scorebook or run the score clock. This is a great chance to get involved with the team as a whole, by learning everyone's name quickly.

YMCA YOUTH SPORTS PRINCIPLES AND PRACTICES

- Stress sportsmanship, fair play and teamwork
- Emphasize the values of trustworthiness, respect, responsibility, caring, fairness, and citizenship
- Keep winning in perspective-child first, sport second
- Enable all participants to play in every game
- Encourage family involvement

YMCA YOUTH SPORTS PHILOSOPHY

YMCA Youth Sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate. Fair play implies respect for oneself, one's opponent and others involved in conducting the competition. Players, coaches, officials and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports program provide an excellent environment for developing sound spirit, mind and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, everyone is a winner.

The YMCA of Marion and Polk Counties Youth Sports Programs is committed to equality; therefore, we reserve the right to confront individuals that do not abide by all philosophies, principles and practices, rules and codes of conduct. These sanctions can range from verbal warnings to suspension from the program.

YMCA Sports Code of Conduct

We believe that sports should offer competitive fun and learning in a healthy environment. We want all players, parents, coaches and referees to read and abide by these codes of conduct. It will make the games more enjoyable for all and help teach our sons and daughters that competition can take place in a fun and friendly atmosphere.

Parents

I will cheer for my child and not yell at him or her.

I will not argue calls with the officials, neither during nor after the game.

I will respect the decision of the coaches, officials and program administrators in all matters.

I will not engage in any negative behavior towards the other team; their players, coaches or parents.

I will refrain from the use of alcohol and tobacco products when in a youth sports environment.

I will stress to my child, and demonstrate in my behavior, the importance of sportsmanship in all areas of play.

I will stay on site on practices in case of conflict or emergency. If I cannot stay, I will appoint another guardian for my child.

Officials

I will remember that these games are for fun and development.

I will learn the rules of the game and know any age-appropriate modifications.

I will apply the rules of the game fairly and impartially.

I will not enter into negative discourse with any player, coach, or parents, during or after the game.

I will see that any disputes are handled calmly and by the proper authorities.

I will not tolerate and abusive behavior on the part of any participant, parent or coach.

I will place the safety of the participant above all else.

Coaches

I will remember I am a youth sports coach and that this experience should be fun for everyone.

I will not engage in negative discussions with any game official, parent or coach.

I will make sure my players shake hands with the opposing team after each game.

I will see that any disputes are handled calmly and by the proper procedures and authorities.

I will abide by all the rules and regulations of the YMCA

I will be knowledgeable of the rules and fundamentals of the game, and do my best to teach them to my players.

I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness, citizenship) through my words and actions.

I will not allow my teams parents to act in a way that demonstrates disrespect for the game officials, opposing team, or parents.



Enjoy the journey!

**Win or lose, enjoy every
moment.**

The Marion and Polk Counties Family YMCA's Healthy Food and Drink Initiative

The Y is a cause-driven organization that is for youth development, for healthy living and for social responsibility. Because of this, the Y has decided to become a leader within our community to encourage parents to bring water and healthy snacks to practices and games throughout our youth sports programs.

Bring water to the games to ensure that your child is hydrated before and after the game. At the Y, we know that water is the most healthful item to drink during and after exercise. We encourage our parents to avoid sugary sports drinks and sodas.

Eating healthy snacks after exercise is also an important aspect of healthy living. Having fruits and vegetables available after practices and games is a good way to build healthy habits and to make sure your child is getting the nutrients they need after exercise. Some good examples of fruits and vegetables are:

Apples

Strawberries

Blueberries

Carrots

Nectarines

Broccoli

Pea pods

Grapes

Bananas

Oranges

Bell Peppers

Cantaloupe

When you registered your child for this program you were offered \$5 off our youth sports programs if you pledged to only bring water and healthy food to games and practices. Advertised prices for YMCA Youth Sports Programs include this discount as we encourage everyone to make this agreement and live a healthy, active life with us!



Family YMCA of Marion and Polk Counties Basketball Guide

KINDERGARTEN – COED BASKETBALL RULES

YMCA Youth Sports rules are designed to give all players an equal opportunity for success.

Play within the spirit of the rule – Don't look for loop holes!

Remember that we are here to teach the players caring, honesty, respect and responsibility.

PLAYING TIME

1. All players must play equally, regardless of ability or position.
2. Substitution is *only* allowed at the start of each quarter and at the designated half-way point of each quarter.

GAME ADMINISTRATION

1. Score will not be officially kept or displayed by the YMCA. Scorekeeping by players, coaches, or parents is strongly discouraged.
2. Games consist of four 8-minute quarters. Players substitute every 4 minutes. Only ONE time-out per team per half.
3. The clock will stop for time-outs, injury, and referee's discretion only.
4. Rock Paper Scissors will take place at the start of the game to decide first possession. Each dead ball will be treated as a jump ball upon resuming the game.
5. Fouls will not be officially recorded and players will not foul out.
6. Each team is allowed one 60 second time out per half. Substitutions may not be made during a time-out
7. The ball may not be stolen from any offensive player. Steals may only be made in the act of passing or rebounding.
8. Defense must play man to man within approximately 3 feet of their player. Switching player assignment is prohibited during play. Stay with your color band.
9. Illegal defense will result in the ball going back to the offense.
10. No backcourt pressure will be allowed.
11. Over and back will not be called.
12. Each team will be allowed one person to be on the floor with the kids to assist the YMCA staff with instruction.
13. A 3-5 foot safety zone (10-foot VB attack line) in front of the half court line will be in effect.
14. Traveling and double dribble will be called if prolonged traveling/dribbling occurs, ball will be returned to player.

SPORTSMANSHIP RULES

1. Unsportsmanlike conduct will not be tolerated.
2. All games will conclude with a sportsmanship line-up
3. The officials have full authority in the Y-Basketball program and reserve the right to modify the interpretation of any rule at their discretion. Any concerns should be take to the Sports Director.

FACILITY USAGE RULES

1. Each coach is responsible for the supervision of all players on the team while in the building for games and practices.
2. Use of YMCA gyms are a privilege that can be revoked. Help us and help your players by respecting property and equipment, and by cleaning up after yourself.
3. At games, children not participating in Y-Ball must remain with their parents at all times. Parents are responsible for their children's actions.
4. Kindergarten hoops will be set to approx. 8ft—9ft or lower if both coaches agree upon it.
5. Ball size is 27.0/27.5.

Family YMCA of Marion and Polk Counties Basketball Guide

1ST & 2ND GRADE – COED BASKETBALL RULES

YMCA Youth Sports rules are designed to give all players an equal opportunity for success.

Play within the spirit of the rule – Don't look for loop holes!

Remember that we are here to teach the players caring, honest, respect and responsibility.

PLAYING TIME

1. All players must play equally, regardless of ability or position.
2. Substitution is only allowed at the start of each quarter and at the designated half-way point of each quarter.

GAME ADMINISTRATION

1. Score will not be officially kept or displayed by the YMCA. Scorekeeping by players, coaches, or parents is strongly discouraged.
2. Games consist of four 8-minute quarters. Players substitute every 4 minutes.
3. The clock will stop for time-outs, injury, and referee's discretion only.
4. A jump ball will take place at the start of the game. Each dead ball will be treated as a jump ball upon resuming the game.
5. Fouls will not be officially recorded and players will not foul out.
6. Each team is allowed one 60 second time out per half. Substitutions may not be made during a time-out.
7. The ball may not be stolen from any offensive player. Steals may only be made in the act of passing or rebounding.
8. Defense must play man to man within approximately 3 feet of their player. Switching player assignment is prohibited during play. Stay with your color band.
9. Defense may apply help-defense (double team) on the player with the ball if and only if the ball is in the key.
10. Illegal defense will result in the ball going back to the offense.
11. No backcourt pressure will be allowed.
12. Over and back will not be called.
13. Each team will be allowed one person to be on the floor with the kids to assist the YMCA staff with instruction. (After week 3 only players are allowed on court with ref)
14. A 3-5 foot safety zone (red line) in front of the half court line will be in effect.
15. Traveling and double dribble will be called with the ball being returned to the player for the first two weeks. A turn-over will occur after that.

SPORTSMANSHIP RULES

1. Unsportsmanlike conduct will not be tolerated.
2. All games will conclude with a sportsmanship line-up
3. The officials have full authority in the Y-Basketball program and reserve the right to modify the
4. interpretation of any rule at their discretion. Any concerns should be take to the Sports Director.

FACILITY USAGE RULES

1. Each coach is responsible for the supervision of all players on the team while in the building for games and practices.
2. Use of YMCA gyms are a privilege that can be revoked. Help us and help your players by respecting property and equipment, and by cleaning up after yourself.
3. At games, children not participating in Y-Ball must remain with their parents at all times. Parents are responsible for their children's actions.
4. 1st/2nd grade hoops will be set to approx. 8 ft- 9ft.
5. Ball size is 27.5.

Family YMCA of Marion and Polk Counties Basketball Guide

3RD/4TH GRADE – BOYS & GIRLS BASKETBALL RULES

YMCA Youth Sports rules are designed to give all players an equal opportunity for success.

Play within the spirit of the rule – Don't look for loop holes!

Remember that we are here to teach the players caring, honest, respect and responsibility.

PLAYING TIME

1. All players must play equally, regardless of ability or position.
2. Substitution is only allowed at the start of each quarter and at the designated half-way point of each quarter. On Week 3 free subs are allowed at a Dead ball (out of bounds, fouls, etc.). Subs NOT allowed after a basket is scored.

GAME ADMINISTRATION

1. Score will be officially kept by the YMCA.
2. Each team is required to provide one person at each game who will help with timing and record keeping.
3. Games consist of four 8-minute quarters. Players substitute every 4 minutes. (This changes to full 8 min quarters after week 2 of games)
4. The clock will stop for shooting fouls, time-outs, injury, and referee's discretion only.
5. All players must check in with the timer at the beginning of the game and each subsequent substituting opportunity.
6. A jump ball will take place at the start of the game.
7. Fouls will be officially recorded and players will foul out upon their 5th foul.
8. Each team is allowed ONE 60 second time out per *half*.
9. Possession arrow will be used to determine ball direction in tie-up situations during the game.
10. Defense must play man to man within approximately 3 feet of their player (as long as the player is within 10ft from the outside of the 3pt line. If offense is outside that 10ft, the defender has a right to have a foot on the 3pt line). Switching player assignment is prohibited during play. Stay with your color band. At week 3 we will eliminate the bands and you will continue man-to-man defense, switching may be allowed at that time also.
11. Defense may apply help-defense (double team) on the player with the ball if and only if the ball is in the key.
12. Illegal defense will result in the ball going back to the offense.
12. Five seconds in the key on OFFENSE will cause a turnover.
13. No backcourt pressure will be allowed. Offensive player has 10 seconds to get the ball to the frontcourt. After week 2 of games, if score is within 6 points in the 4th quarter, in the last 2 minutes, teams may full court press.
14. Over and back will be called.
15. The ball may only be stolen during passing or rebounding, after week 2 of games, players may steal at any time.

SPORTSMANSHIP RULES

1. Unsportsmanlike conduct will not be tolerated.
2. All games will conclude with a sportsmanship line-up
3. The officials have full authority in the Y-Basketball program and reserve the right to modify the interpretation of any rule at their discretion. Any concerns should be take to the Sports Director.

FACILITY USAGE RULES

1. Each coach is responsible for the supervision of all players on the team while in the building for games and practices.
2. Use of YMCA gyms are a privilege that can be revoked. Help us and help your players by respecting property and equipment, and by cleaning up after yourself.
3. At games, children not participating in Y-Ball must remain with their parents at all times. Parents are responsible for their children's actions.
4. 3rd/4th grade hoops will be set to 10ft.
5. Ball size is 28.5.

Family YMCA of Marion and Polk Counties Basketball Guide

5TH/6TH GRADE – BOYS & GIRLS BASKETBALL RULES

YMCA Youth Sports rules are designed to give all players an equal opportunity for success.

Play within the spirit of the rule – Don't look for loop holes!

Remember that we are here to teach the players caring, honest, respect and responsibility.

PLAYING TIME

1. All players must play equally, regardless of ability or position.
2. Free subs at Dead balls (out of bounds, fouls, etc.) Not after a basket is scored or during Time outs

GAME ADMINISTRATION

1. Score will be officially kept by the YMCA. The home team will be responsible for someone to help keep track of score and fouls. Please have a volunteer ready before your scheduled game time.
2. Games consist of four 8-minute quarters. Players may substitute at any dead ball.
3. The clock will stop for shooting fouls, time-outs, injury, and referee's discretion only.
4. All players must check in with the timer at the beginning of the game and each subsequent substituting opportunity.
5. A jump ball will take place at the start of the game.
6. Ball possession will at the beginning of each quarter.
7. Fouls will be officially recorded and players will foul out upon their 5th foul.
8. Each team is allowed one 60 second time out per half. Substitutions may not be made during a time out.
10. Possession arrow will be used to determine ball direction in tie-up situations during the game.
11. Defense must play man to man within approximately 3 feet of their player (as long as the player is within 10ft from the outside of the 3pt line. If offense is outside that 10ft, the defender has a right to have a foot on the 3pt line; still no double team until in the key). Switching is allowed.
12. Defense may apply help-defense (double team) on the player with the ball if and only if the ball is in the key.
13. Illegal defense will result in the ball going back to the offense.
14. Three seconds in the key on offense will be called.
15. No backcourt pressure will be allowed unless 2 minutes are left in the game and the teams are within 10 points of each other.
16. Offensive player has 10 seconds to get the ball to the frontcourt.
17. Over and back will be called.
18. Stealing possession of the ball is allowed.

SPORTSMANSHIP RULES

1. Unsportsmanlike conduct will not be tolerated.
2. All games will conclude with a sportsmanship line-up
3. The officials have full authority in the Y-Basketball program and reserve the right to modify the interpretation of any rule at their discretion. Any concerns should be take to the Sports Director.

FACILITY USAGE RULES

1. Each coach is responsible for the supervision of all players on the team while in the building for games and practices.
2. Use of YMCA gyms are a privilege that can be revoked. Help us and help your players by respecting property and equipment, and by cleaning up after yourself.
3. At games, children not participating in Y-Ball must remain with their parents at all times. Parents are responsible for their children's actions.
4. 5th/6th grade hoops will be set to 10ft.
5. Ball size is 29.5 for boys and 28.5 for girls.