

YMCA OF THE TREASURE COAST YOUTH BASKETBALL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2019 FALL RULES & REGULATIONS

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YMCA OF THE TREASURE COAST

YOUTH BASKETBALL LEAGUE RULES

It is understood that the rules, as stated herein, are in addition to the official playing rules governed by the Florida High School Athletic Association Basketball rules.

I. MISSION STATEMENT

The Y is a cause-driven charitable organization committed to strengthening community through youth development, healthy living and social responsibility. We put Judeo-Christian principles into practice through programs to build healthy spirit, mind, and body for all.

II. CODE OF ETHICS FOR PATRONS AND PARENTS

I hereby pledge to provide positive support, care and encouragement for children participating in youth sports by following this Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or another youth sports event
- I will place the emotional and physical well-being of children ahead of my personal desire to win
- If I have any issues I will discuss with the coach first before I contact League coordinator(s)
- I will insist that children play in a safe and healthy environment
- I will support coaches and officials working with children to encourage a positive and enjoyable experience for all
- I will demand a sports environment for all participants that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sport events
- *I will remember that the game is for youth - not adults*
- I will do my best to make youth sports fun for my child and others
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability
- I fully support a policy of "ZERO TOLERANCE" to violence, abusive language and such matters detrimental to all players, participants and patrons

III. CODE OF ETHICS FOR COACHES

- I will place the emotional and physical well-being of my players ahead of any personal desire to win
- I will remember to treat each player as an individual, remembering the large spread of emotional and physical development for the same age group
- I will do my very best to provide a safe playing situation for my players
- I will do my best to communicate with parents throughout the season
- I will do my best to organize practices that are fun and challenging for my players
- I will lead by example, in demonstrating fair play and sportsmanship to all my players
- I will insure that I am knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players
- I will use those coaching techniques appropriate for each of the skills that I teach
- I will remember that I am a youth coach, and the game is for children and not for adults
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events

IV. PROGRAM LEADERS

The YMCA of the Treasure coast will administer the Youth Basketball Program.

League Staff: Bob Voeller, Sports Director
 Albrey Grimsley, Basketball Coordinator
 Issac Radcliffe, League Staff
 Robert Isles, League Staff

- Will coordinate the program located at the YMCA of the Treasure Coast
- Recommend to the Manager/Supervisor to suspend coaches for any breach in Codes of Ethics
- The League Leaders are responsible for the enforcement of all policies, procedures and rules with regard to coaches and participants within their respective divisions
- Coaches, officials, and other volunteers, serve as an extension of the staff. They provide **recommendations only**. Department staff will take all matters under consideration accordingly.

V. DUTIES OF COACHES

- Will undergo a criminal background check through the Human Resources Department, and ensure that assistant coaches have completed and submitted the necessary paperwork and have been cleared before practicing with a team
- Will be of good moral character and able to deal with children, other coaches, parents, game officials and Program Leaders in a positive and professional manner
- The **CLEARED** head coach and two assistant coaches can coach ONLY from the bench and/or coaches box assigned to their team. During play, FHSAA rules state **only one coach may stand during live ball play**. If there is a technical foul, all coaches must sit for the remainder of the game.
- The Head coach is responsible to keep his/her coaches and teams in the appropriate area throughout the game.
- Responsible for the team's actions, including parents and fans, and will represent the team in communications with the referee and opposing team. The coach may be asked to control parents who are exhibiting poor sportsmanship and who may be breaching the Code of Ethics outlined in the registration packet.
- Responsible to appoint a representative to replace him/her if he/she is unable to be present. This individual must have had a background check through the Human Resources Department and must successfully clear the fingerprint process as dictated by the YMCA of the Treasure Coast.
- Responsible to ensure that his/her assistant coach or designated replacement act in accordance with these rules
- Responsible to ensure that there shall be one mandatory practice per week during the season
- A head coach shall have the responsibility to notify the League Staff of any chronic absenteeism and/or discipline problem before taking any action
- If the League Staff does not have coverage for the scorekeeper or scorebook, the coaches will be responsible to designate two volunteers for each game to sit at the scorer's table and keep the scorebook and operate the scoreboard console. Please note that the scorekeeper and the console operators must be 14 years of age or older. It will be up to the coaches to schedule a scorekeeper who will operate the clock and/or a scorekeeper to record in the scorebook. If indeed the coaches do not provide a scorekeeper, the Assistant Coach will be required to maintain the score. If neither coaches nor assistants are able to provide a scorekeeper, the game will be declared a forfeit. If there are two "Cleared" student volunteer scorekeepers at the scorer's table, the above rule will not be enforced. If there is only one "Cleared" student volunteer at the scorer's table, it shall be the Home Teams responsibility to provide the 2nd person at the scorer's table. If the home team can't provide a scorekeeper, the home team shall forfeit the game.

- No devices to amplify a coach's voice are to be used at any time
- Parents or their designees at the score table must refrain from comments to officials, players and opposing team coach or team members at all times. This is distracting to not only the players & coaches but to the timekeeper and officials as well.
- A coach's tone of voice should be informative and not harassing or intimidating at any time
- Will agree to meet with the League Staff and opposing coach at any time to discuss any issues (except during the play of a game)
- A coach who removes his/her team from the court without the consent of the game official shall receive a forfeit and will be subject to disciplinary action
- *During the game, the Coach or Assistant Coach may not approach the League Staff if he/she feels there is a breach in playing rules. They may ask an official for correct clarification during play. This may be done when there is a dead ball.*
- Any coach displaying behavior that is not within the guidelines of the Code of Ethics for Coaches, FHSAA or as set forth within this rules packet may be subject to review by the League Staff.

VI. IN CASE OF EMERGENCY/INJURY

- Call 911 (if needed)
- Do not move injured person. Stabilize and move everyone away from the injured individual(s)
- Notify or have someone notify parents and league officials. Coaches should have copies of emergency information with them at all times
- Do not treat any injuries unless life threatening and CPR is needed (if coach doesn't know CPR, find someone who does)
- It is more important to treat an injured person than it is to complete a game though we will make every effort to assure progression of the game

Altercations:

- Adults: If a fight occurs between adults, do not attempt to break up the fight. Call 911 and report it. Move everyone out of harm's way and away from the fight area.
- Children: If a fight occurs between children, stop the fight if possible and restrain with care. If you cannot stop the fight, call 911 and move everyone away from the area.
- Inform all involved participants in the altercation that they will receive suspensions based on our disciplinary policy
- Issue a written report of the incident with league officials and include any police or injury report
- Someone on the league staff or their representative will be available every game (a coach is the designated representative at practices)

VII. SELECTION OF PLAYERS**Player Eligibility:**

- Teams will be selected by the Basketball Coordinator
- Only players of eligible age, whose eligibility is determined by the YMCA of the Treasure Coast, shall be active participants in the program
- Birth certificates, or other legal documents, which determine a participant's age must be presented to a league official at the time of registration, shall certify dates of birth of new players, or registration will not be accepted

Replacement of Players:

- Players will be placed on teams by the Basketball Coordinator
- If a team loses one or more players from its roster before the first regular season game through illness, injury, change of address or any justifiable reason, the replacement player will ONLY come from the waitlist in the order that they were placed on the list.
- Coaches cannot refuse players based on their individual assumption of ability. Once assigned, a player is eligible to play in all subsequent games.
- When the first week of the games begins, all rosters will be final and players will not be added to any teams, except under certain circumstances and upon approval from the League Staff.

VIII. PLAYING RULES – All Divisions

- Each team will be allotted **four 30 second timeouts** per game. These timeouts can be utilized anytime during the game.
 - Timeouts that are not used during regulation cannot be carried over to overtime periods. Each team will receive one full timeout for an overtime period.
 - Assistant coaches must remain seated AT ALL TIMES during live game play
 - **Coaches may not approach the score keeper or league officials during live play.** Any questions or concerns must wait until after the game is over.
 - **Coaches must call a timeout by signaling the referee not the scorekeeper.**
 - The clock does not stop when a team scores at any time during the game.
 - Teams need at least 4 players to begin play. If more players arrive after the game starts they may be subbed in at the first dead ball. *The opposing team does not need to play with 4 players. It is up to the coach.*
 - Ties in the final standings will be determined by overall record and by head to head results. If that does not break the tie, the tie will be broken by point differential only in the games that the tied teams played each other (it will not be point differential for the entire regular season).
 - The Youth Basketball Program is for child development. Therefore, it is very important that all children receive playing time. If a child has not attended practices, the parent and coach must bring this to the League Staff attention before the day of a game. Everyone should be in agreement that the child's playing time should be altered.
 - No player may play for the entirety of the game. This rule is in effect unless a team only has 5 or 4 individuals to participate in the game.
 - When a player reaches their point cap, they may remain in the game
 - If a player fouls out, **they will be disqualified from the remainder of the game. The team must make a substitution. If no players are available, the team shall play with four players. The opposing team may continue to play with five players.**
 - **Overtime: All Divisions – Regular season games** will have one overtime period that is two (2) minutes long. If the game is still tied at the end of the overtime period it will remain a tie. Postseason all Divisions - Postseason games will have two (2) minute overtime periods until a winner is declared.
- Video Recording:**
- There will be no video-recording of games unless the game involves a member of the video-recorders household. Coaches must not video-record or have anybody video-record a game that his/her team is not participating in. Coaches shall not view a video-recorded game that his/her team did not participate in.
 - Players shall not scream at an opposing player to make the opposing player miss a shot. The referee shall assess a technical foul to the player whom he/she deemed screamed.

4-7 Division Rules

This will serve as an instructional to teach the players the rules and structure of the game

- 2 halves, 10 minutes in each half
- 1min will be placed on the clock for halftime
- There will be a running clock (except on timeouts)
- **There will be scorekeeping on the scoreboard, however it will not be posted online**
- There will be an official to provide structure for the coaches and players
- Coaches fill free to step on the court as needed to assist your team through the instructional
- **Clock will stop for timeouts ONLY**
- A 28.5 ball will be used for 4-7 division
- Substitutions:
 - ALL Players must report to the scores table to check into the game
 - The game officials will check the players into the game
 - Substitutions will be made ONLY on dead balls, timeouts, or free throws
 - Players will sub in at the 6:30 and 3:30 mark in each half
- Free Throws:
 - Eligible players may enter the lane upon release of the ball by the shooter
 - Free Throw shooter may enter the lane once the ball hits the rim

Defensive Rules

- 4-7 Division:
- Team will ONLY be allowed play defense behind the red line on each half of the court
- When a team is bringing the ball up from their backcourt, they cannot be interfered with at all. Once possession is established, they have the freedom to bring the ball into the frontcourt without any interference (intentional or unintentional).

Playing Time Rules

- 4-7 Division:
- Players that are on the bench at the 6:30 and 3:30 minute mark in the 1st, 2nd half must be substituted into the game to play the next 5 minutes.
- Each player must sit on bench for a minimum of **5 consecutive** minutes during each half. If a team has only 5 or 4 players, this rule is suspended.

Foul Limits

- a. There WILL NOT be any foul limits

8-11 Division Rules

- 2 halves of 12min
- 2min will be placed on the clock for halftime
- **Clock will stop for every dead ball under a minute in the 2nd half ONLY**
- Substitutions:
 - ALL Players must report to the scores table to check into the game
 - The game officials will check the players into the game
 - Substitutions will be made ONLY on dead balls, timeouts, or free throws
- Free Throws:
 - There will be **light blue line** for any players the **officials** think need to use this line to shoot their free throws
 - All other players will shoot from the standard free throw line
 - Eligible players may enter the lane upon release of the ball by the shooter
 - Free Throw shooter may enter the lane once the ball hits the rim

Playing Time Rules

- **8-11 Division:**
- Players that are on the bench at the 8:30 and 4:30 minute mark of each half must be substituted into the game to play the next 4 minutes of the half. Teams will be allowed to sub freely the last 4:30min mark in the 2nd half ONLY.
- Each player must sit on bench for a minimum of 5 minutes during the game. This must be done before the second half. If a team has only 5 or 4 players, this rule is suspended.

Pressing Rules

- 8-11 Division: Full court defense can ONLY be used during the last **4:30 minutes** of the second half.
- There will be a running clock (except on timeouts) and no pressing will be allowed if a team goes up by 20 or more points.
 - Teams up by 20 or more must play defense behind the half court line.
- When pressing is not allowed, the team bringing the ball up from their backcourt cannot be interfered with at all. Once possession is established, they have the freedom to bring the ball into the frontcourt without any interference (intentional or unintentional).

Foul Limits

- b. Each player is allowed **five fouls per game**.

12-17 Divisions Rules

- 2 halves of 12min
- 2min will be placed on the clock for halftime
- **Clock will stop for every dead ball under a minute in the 2nd half ONLY**

There will be a running clock (except on timeouts) and no pressing will be allowed if a team goes up by 20 or more points.

- Each player must sit on bench for a minimum of 5 minutes during the game. These 5 minutes must be consecutive.

Playing Sitting Time Rules

- In the 1st half, coaches will be instructed to send all the players on their bench to the score table to check in at the 8:30 and 4min minute mark of the first half. No other substitutions will be allowed in the first half except for injuries. Coaches will be able to make substitutions as they see fit in the second half. However, each player will be required to play **3 CONSECUTIVE** minutes in the second half. Once again, it is up to the coach to freely sub each player in.

Pressing Rules

- 12-17 Division: Full court defense can ONLY be used during the last **four minutes** of the **first and second period**.
- There will be a running clock (except on timeouts) and no pressing will be allowed if a team goes up by 20 or more points.
 - Teams up by 20 or more must play defense behind the half court line.
- When pressing is not allowed, the team bringing the ball up from their backcourt cannot be interfered with at all. Once possession is established, they have the freedom to bring the ball into the frontcourt without any interference (intentional or unintentional).

Foul Limits

- **Five fouls per game.**

IX. Player/Coaches Conduct:

1. This section will run in conjunction with the *YMCA of the Treasure Coast guidelines* and all violations will come under those specific categories.
2. Technical fouls will be assessed and deemed necessary by officials.
3. Any player or coach who is ejected from a game shall immediately leave the building.
4. Any player or coach who is assessed two technical fouls during play will be ejected from that game. The second time a player or coach receives two technical fouls in a game they will be suspended for a minimum of the next scheduled game.
5. Any player or coach using foul language on the court or bench area will be immediately ejected from the game, and will be subject to suspension
6. Any player or coach using hand gestures or aggressive behavior toward another player or game official will be ejected immediately from the game, and suspended from the next two games.
7. Fighting will result in immediate ejection and a minimum **two game suspension** based on the determination from the League Staff to decide if further action is necessary.
8. A coach suspended from a game will not be permitted on the bench during the suspension and must refrain from all coaching responsibilities including practices until the suspension is lifted.
9. A player suspended from a game must serve his/her suspension on the bench in uniform, or the suspension will not be lifted.
10. Sportsmanship must be displayed before and after games. Any player being disrespectful (i.e. talking trash or foul language) will be assessed a Technical Foul and be subject to league disciplinary guidelines. Actions before or after any league function, games or practices are subject to league policy.
11. Coaches are to be held responsible for conduct of their team and parents of their players. If a parent becomes verbally abusive, a technical foul may be assessed to the coach of that respective team. If a second technical foul is assessed, that parent will be asked to leave the gymnasium.
12. The team coach is responsible to inform parents of the league rules, and explain that their conduct is an important part of the game.
13. The team coach and the players are responsible to be properly dressed for all games by wearing their team game shirt and shirttail tucked in. Should a player not have a league-approved game shirt, a technical foul shall be assessed.

Note: If this game shirt is approved by League Staff before the game the above penalty will not be assessed.

14. Game times are strictly enforced. If a team is not prepared to start a game on time, five minutes will be placed on the time clock. When that time runs out, the game will be a forfeit by the team that is not prepared to play.

X. OFFICIALS

- Referees shall have complete authority over the game, players, coaches and spectators. They may expel any player, coach or spectator for indecent language, unsportsmanlike conduct, or any infraction of the rules. If the expelled player, coach or spectator refuses to leave, this will constitute a forfeit. At this point, 911 will be called by League Staff personnel .

NOTE: League Staff WILL NOT interpret any rule from the time a game begins until the time it ends. They may, however, enforce any and all rules regarding conduct of players, coaches and parents contained herein. This is to include a spouse of a coach, and parents wanting an explanation of rules. Rule packets are available to all coaches prior to the season starting as well as before or after any game.

- Referees are instructed to discuss any matter in question ONLY with the Head Coach
- Coaches and/or parents SHALL NOT demand the removal or the scheduling of a particular referee/official

XI. DIVISION ORGANIZATION

- Birth certificates, passports, or alien registration cards are mandated for participants to register for Youth Basketball.
- Late registrations will be assigned to a waiting list using the date registered and placed on a team if possible by the League Staff.
- Teams will be divided into the following coed age groups:

Divisions:

- a. Ages 4-7 and the player has not reached their 8th birthday before the start of the season.
- b. Ages 8-11 and the player has not reached their 11th birthday before the start of the season. A player can be moved up to the next age group by staff.
- c. Ages 12-17 and the player has not reached their 17th birthday before the start of the season. A player can be down to the next age group by staff.

XII. GENERAL

- It is our mission to have all children enjoy this experience in a fun, safe, and fair environment
- Tobacco products or food of any kind are not permitted at the YMCA of the Treasure Coast.
- All coaches will receive a copy of the Rules and Regulations
- Players are not guaranteed a specific coach when registering their child
- Prior to the start of the season, all coaches, League Staff, and referees participate in a general meeting of questions and answers pertaining to the program
- Persons under the influence of alcohol/drugs or using alcohol/drugs in any form by players or adults are not permitted during games or practices
- All coaches are required to be CLEARED volunteers
- All spectators must view the game from the bleachers.
- No basketballs belonging to players may be brought into the gymnasium on game or practice nights/days.
- All rules contained herein are subject to interpretation and/or change, upon the recommendation of the League Staff.
- All persons that volunteer their time, have the great appreciation of all YMCA employees, and volunteers are an extension of those employees and should at all times conduct themselves in a respectful manner. Likewise, they shall be treated as such and the same conduct rules from parents, fans and coaches apply to volunteers.
- At all times the League Staff, coaches, and officials attempt to be as fair as possible. At times, there are extenuating circumstances that must be reviewed on an individual basis, and decisions are based on the individual cases. By no means does this imply that League Staff are being biased, or treating any one individual unfairly. It has always been our mission to run a fair program and treat all involved with respect.

XIII. BREACH OF PLAYER CODE OF ETHICS

- The Playing Rules, run in conjunction with the Florida High School Athletic Association (FHSSA)
- Violation of these rules will result in the following ramifications:

Offenses:

Offenses deemed severe, violent or a threat to the safety of the league will forgo the First and Second Offense policies and Third Offense ramifications will apply.

First Offense:

A written/verbal warning or suspension, if warranted, under the YMCA of the Treasure Coast Youth Basketball & FHSSA rules and guidelines.

Second Offense

Suspension of game or games depending on the severity of the offense, if warranted, under the YMCA of the Treasure Coast Youth Basketball & FHSSA rules and guidelines.

Third Offense:

Suspension from current league for the remainder of the season, and formal review with the League Staff to determine any further consequences or participation in League activities.

Appeal Process:

Any player that is involved in a suspension may NOT request an appeal.

NOTE: All warnings and/or suspensions will be done in writing and/or email and approved by the League Staff.