

ALAMANCE COUNTY COMMUNITY YMCA
YOUTH BASKETBALL LEAGUE
2020-21 RULES

YMCA MISSION:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

A. ORGANIZATION

1. The Leagues' purpose shall be to promote safe, clean, amateur basketball, recreation and sportsmanship in a Christian valued atmosphere.
2. The Youth Basketball League Teams are supported by the Community YMCA, churches, Sunday schools, and other organizations with similar missions.
3. The Leagues are supervised by the YMCA Sports Director.
4. If any vote is taken, each team shall have one vote. The majority of votes cast will decide.
5. Decisions made by each league shall not be contrary to YMCA Policies and are subject to final approval by the League Director, Executive Director and/or YMCA Sports Committee.

B. QUALIFICATIONS OF PLAYERS

1. Each player/parent must fully complete registration, including fees, before being placed on a roster.
2. Biddy (Boys) Must turn 7 years old prior to Feb. 1, 2017.
Cannot have reached 9th birthday prior to July 1, 2020.
Pee Wee (Boys) Cannot have reached 11th birthday prior to July 1, 2020.
Cadet (Boys) Cannot have reached 13th birthday prior to July 1, 2020.
Junior (Boys) Cannot have reached 15th birthday prior to July 1, 2020.
Senior (Boys) Cannot have reached 18th birthday prior to July 1, 2020. However, under the discretion of the YMCA Sports Director, eighteen year olds may be eligible.
Mite (Girls) Must be in the 1st, 2nd or 3rd Grade.
Midget (Girls) Must be in the 4th or 5th grade
Monarch (Girls) Must be in the 6th or 7th grade.
Medallion (Girls) Must be in the 8th – 12th grades.
3. New players may not be added to the rosters after January 7th except by the Sports Director.
4. No player may transfer from one team to another without the approval of the Sports Director.
5. The use of an ineligible player will result in a forfeit for every game which that player participates.
6. Any "at-large" players have the right to play for the team he/she was originally drafted - as long as there is space on the roster.
7. Under the direction of the Sports Director, the YMCA reserves the right to reclassify a participant to another team/league for purposes of parity, team/league needs and/or team/league justification, etc.
8. In order for a player to participate in the Post-Season Tournament (Cadet, Junior, Senior, Monarch and Medallion), a player must have participated in 50% of the games played in the season. Special circumstances for medical/other reasons may be considered by the Sports Director.
9. Players must be enrolled full time in elementary, middle or high school. See Sports Director for clarification.

C. TEAM ORGANIZATION

1. Each team will be comprised of church members, coaches' children, team members from the previous season and new players.
2. Players may not be added after the draft date, except by the Sports Director.
3. All teams must participate in the Player Draft. (Provided rosters are not *completely filled*.)
4. Draft and player placement procedures will be as follows:
 - a. Teams with fewer players will draft until all teams have an equal number of players.
 - b. All teams will then draft until all remaining players have been placed on a team.
 - c. Coaches in all leagues will work together to achieve *parity* while conducting the player draft.
 - d. The Sports Director will oversee the draft/player placement process.
 - e. The Sports Director reserves the right to deny, place, classify/reclassify any player(s).
 - f. The draft placement process is founded and facilitated based on the principles and integrity of all involved.
5. Completed rosters must be submitted to the Sports Director immediately following the player draft.

6. The draft date is the entry deadline for new teams unless a team must split its roster because of too many players.
7. Teams should have no more than two (2) coaches listed on the roster.
8. All players must complete registration before the draft date.
9. Each team must have one of its regular coaches (as listed & signed on the roster) present at all games and practices. Substitute coaches must be approved, by the Sports Directors, 24 hours prior to the game/practice.
10. Only two (2) coaches & players are permitted on the bench during games.
11. **All teams will consist of 10 players maximum. "Full Teams" will be disallowed from joining the league. Teams may consist of 5 "pre-set" players and 5 "at-large" players. No Travel/AAU teams will be permitted.**

D PLAYING RULES

- Official National Federation of High School rules will govern play. YMCA rules will impede where applicable.
- The Sports Director reserves the right to make revisions to groups, ages, teams and rules.
- Coaches are responsible for making sure all players are familiar with and abide by the rules.
- All coaches, teams and leagues shall strive for equal playing time based on the number of participants.
- There is no dunking allowed in the YMCA Youth Basketball Leagues. This includes grabbing the rim in anyway.
- Please see Chart and "General & Additional Rules"

| LEAGUE | GOAL HT | BALL SIZE | TEAM PLAY | QTR. Time | LANE | Player Time | Rules | Court Size | Score |
|----------------|---------|-----------|-----------|-----------|-------|--------------------------|------------------|------------|----------|
| Biddy/ Mite | 8' | 27.5 | 4 on 4 | 8 min | - | Equal time | Adjusted | Cross | Not kept |
| Pee Wee/Midget | 9' | 28.5 | 5 on 5 | 7 min | 5 sec | 3 of 4 qtrs.(equal time) | Adjusted | Cross | Regular |
| Cadet/Monarch | 10' | Reg/28.5 | 5 on 5 | 6 min | 3 sec | 3 of 4 qtrs.(equal time) | High School Fed. | Cross | Regular |
| Medallion | 10' | 28.5 | 5 on 5 | 8 min | 3 sec | 3 of 4 qtrs.(equal time) | High School Fed. | Full | Regular |
| Junior | 10' | Reg. | 5 on 5 | 7 min | 3 sec | 3 of 4 qtrs.(equal time) | High School Fed. | Full | Regular |
| Senior | 10' | Reg. | 5 on 5 | 8 min | 3 sec | 3 of 4 qtrs.(equal time) | High School Fed. | Full | Regular |

Half Time: 4 minutes (May be reduced if needed)

Time Outs: 2 per half; do not "carry over". Coach or "active player" may call timeout. A referee may call the desired timeout, if he/she visually makes contact with the person requesting one. For this reason and many others, only coaches/players are allowed on the bench. Players on the bench may not call time out. Spectators should refrain from calling timeouts.

Coaches: Each team will be allowed only two coaches on their bench (head & assistant). The head coach is the only coach allowed to stand and talk to the referees. The assistant coach may encourage and instruct players but must remain seated. The referee will issue two verbal warnings if this rule is not followed. On the third warning, the bench will be issued a technical foul and the coach will be asked to leave the gym.

Overtime: Two minute overtime periods will occur if needed. :30 second intermission, if Double OT's, etc. needed. 1 T/O added.

"20 Point No Press Rule": At any point during the game, no team may "full court press", if the lead is 20 points or more. If the lead falls below 20 points, both teams may resume a full court press. Coaches, players and teams should exercise good judgment!

Forfeits: A coach must notify the Sports Director 24 hours prior to game time if the team intends to forfeit their contest. If a team commits a no call/no show forfeit, the team will be placed on probation. If a team does not have enough players to play a game 5 minutes after their scheduled game time, it will count as a no call/no show forfeit. Coaches and parents will receive notification via email of their team being placed on probation. Once a team is placed on probation, another no call/no show forfeit will cause that team to be dismissed from the league. Participants of said team will not have the capability to receive a refund. Notifying the Sports Director 24 hours

before game time will not cause a team to be placed on probation, but an excessive amount of forfeits throughout the season will cause a team to be placed on probation.

Technical: Technical Fouls are listed as two types: Rules violation or Misconduct.

Rules Violation Technical: Example: Too many players on the court; Omission of a player on official score sheet.
[Penalty]: Free throws & ball awarded.

Misconduct Technical: A player or coach shall not commit an unsportsmanlike foul. This includes, but is not limited to acts or conduct such as: profanity; disrespectfully addressing, contacting an official, or gesturing in such a manner as to indicate resentment; disrespectfully addressing/baiting an opponent; attempting to influence an officials' decision, dunking or grabbing the rim in anyway, etc.

All participants should strive for exemplary sportsmanship!

[Penalty]: Any coach or player receiving a *misconduct technical foul* must sit out the remainder of that game and must also sit out the next game, including postseason play. He/she must leave the gym immediately and meet with the Sports Director.

Two (2) *misconduct technical fouls* (in a single season) will result in the expulsion from the remaining season. Emphasis must be placed on playing...not inappropriate behavior! Leaving the gymnasium is in effect to protect the player from obtaining another technical foul-which would result in expulsion for the remainder of the season.

"WARNING": Under the Officials' discretion, a warning may be given to both teams including coaches, players and spectators. This warning may be issued if an official believes a person(s) demeanor or conduct is approaching a "grey" area that soon would result in a misconduct technical foul being called. "Grey" areas may include, but not limited to: mild taunting or behavior/conduct the official believes is becoming unsportsmanlike. At that time, BOTH TEAMS will be advised of this warning. There will be no second warning given! Any further actions would result in a Misconduct Technical Foul, as stated above. However, conduct such as profanity and those listed under "Misconduct Technical" as stated above, will result in an immediate "Misconduct Technical Foul" without any warning given. An official is not required to issue a warning, but may do so at his/her discretion. Emphasis should be placed on playing...not inappropriate behavior!

Biddy/Mite:

Palming: Not called.

Traveling, Double Dribble, Backcourt, Ten second violations will be called, but will be lenient and called in a "teachable" format.

Fouls: Fouls will be called.

Free throws: (Attempted from 12' line) may be taken by discretion on referee for teaching purposes. (1-2 times per game.)

Clock: The game clock is declared a "running clock", with several exceptions.

Clock stops: Stop at 4 minute mark for substitutions, foul shots, time outs and injuries.

Pressing: Not allowed in back court or front court. Please see Defensive focus below.

Offense: Shall not "stall" or "hold" the ball. Offensive movement with some plays implemented, court awareness.

Defense: Zone. The defense shall play defense only in "the lane" in an effort to allow the offensive team to enter frontcourt.

Substitution: If possible, each player should play continuously until the substitution time out.

Note: The 4:00 substitution mark is for substitutions ONLY! This is not a time out.

Pee Wee/ Midget:

Palming: Called to a minimum with lenience.

Traveling, Double Dribble, Ten second violations will be called with "slight lenience".

Fouls: Fouls will be called.

Free throws: Attempted from 12' line.

Clock: The game clock is declared a "running clock", with several exceptions.

Clock stops: 3:30 mark (for subs), foul shots, injuries and time outs. Every "dead ball situation" during last 2 minutes of each half.

Pressing: There will be no pressing allowed in Pee Wee/ Midget leagues.

Score: Shall be kept for duration of the game (be mindful of point differential).

Offense: Offensive movement with some plays implemented, court awareness.

Defense: Court awareness, zone defense, helping out others, the defense shall not extend beyond the half court line on their side (offensive teams may not stall in the "safe zone" – called at referee's discretion)

Substitution: Sub @ the 3:30 mark and time outs.

Note: The 3:30 substitution mark is for substitutions ONLY! This is not a time out.

Cadet/Monarch: (Official rules govern play with some intervention.)

Pressing: Allowed in the backcourt during the last 2 minutes of each half only.

Offense: Court awareness, plays, movement, passing, assists,

Defense: Court awareness, zone, man to man, some traps, presses, anticipation, self control

Medallion: (Official rules govern play with some intervention.)

Pressing: Allowed in the backcourt during the last 2 minutes of each half only.

Offense: Court awareness, plays, movement, passing, assists,

Defense: Court awareness, zone, man to man, some traps, presses, anticipation, self control

Junior & Senior: (Official rules govern play with some intervention.)

Offense: Court awareness, plays, movement, passing, assists,

Defense: Court awareness, zone, man to man, some traps, presses, anticipation, self control

H. COVID-19 RULES

Season:

- 8 games allowed in the season with 2 weeks of practice prior to the first game. Only one weekly practice will be permitted and it must take place at the YMCA.
- A 45-minute gap between each game to allow for cleaning and teams to warm up prior to next game.
- All games will be played on Saturday-Unless number of teams does not allow. In that case older teams (Junior, Senior, and Medallion) will be played on Sunday afternoons.
- All divisions will allow registrations. (Boys-Biddy, Pee-Wee, Cadet, Junior and Senior and Girls-Mite, Midget, Monarch, Medallion) In the event of low registration in certain younger divisions (Biddy/Mite & Pee-Wee/Midget)-teams play coed.

Player/Parent Safety:

- Players may not share basketballs when practicing or warming up for games. Players will have to bring their own water bottles
- All players will be screened with Temperature checks and COVID questions upon entry. And required to wash hands/use sanitizer.
- All parties except for players actively in the game or practice must wear masks at all times of the game. This includes coaches and referees. Electronic whistles will be provided.
- All Cross-Court Games (Biddy, Mite, Pee-Wee, Midget, Cadet) will be played on courts 2 and 5. Courts 1 and 4 will be set up for spectators with seats placed 6 feet apart. Only one spectator per child will be allowed entry.
- All Full Court Games (Junior, Senior, and Medallion) will be played without spectators.
- All games will be Live Streamed and broadcast for parent viewing.
- All seating, benches, balls, floor, door handles, and high touch areas will be cleaned/sanitized during 45 minute break between games.
- A staggered schedule and set traffic flow patterns will allow players/spectators to enter and exit the building with little to no contact with other teams/families
- Staff will be responsible for controlling time clock and keeping score book instead of volunteers.
- Players/coaches/referees will wear mask during pregame devotion, warm ups, and between games while cleaning and exit/enter the gym.
- Regular communication with parents via email will be used to keep everyone up to date with any program changes related to safety procedures and expectations