YOUTH

BASKETBALL

LEAGUE MANUAL

pARENT/cOACHES HANDBOOK

corona-norco FAMILY YMCA

Ryan Serna

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Dear Parents and Coaches,

Thank you for choosing the Corona-Norco Family YMCA Youth Basketball Program. We’re looking forward to a fun season that we hope your child enjoys and uses to learn and grow.

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

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

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

Sincerely,

Ryan Serna

Program Director

Serna@ymcacornor.org

**CORONA-NORCO FAMILY YMCA**

# RULES, POLICIES, PROCEDURES AND ELIGIBILITY

**AGE DIVISIONS**

|  |  |
| --- | --- |
| ITTY BITTY | AGES 4-5 |
| ROOKIES | AGES 6-8 |
| CHAMPIONS | AGES 9-11 |
| ALL STARS | AGES 11-13 |

# OUR CAUSE

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

* YOUTH DEVELOPMENT: Nurturing the potential of every child and teen
* HEALTHY LIVING: Improving the health and well-being of families’ in our community
* SOCIAL RESPONSIBILITY: Giving back and providing support to our neighbors

# FACILITIES & EQUIPMENT

* GAMES & PRACTICES will be at the Corona-Norco Family YMCA’s Main Y location: 1331 River Road, Corona, CA 92880 for all divisions. No drop offs, parents must remain onsite with their children.
* BASKETBALLSwill be size 28.5 for the Rookies division. Basketballs will be size 29.5 for the Champions and All Stars divisions.
* BASKET HEIGHTwill be eight (8) feet for the Rookie division, and ten (10) feet for Champions, and All Stars divisions.

### UNIFORMS

* All participants must wear tennis or basketball shoes for all games and practices.
* All team members must purchase a jersey, or use a purchased uniform from a previous season. Only a white/black t-shirt may be worn under the jersey.
* Participants are **NOT** allowed to wear earrings, watches, casts or other objects that might constitute a hazard during games and practices.
* The first team listed is the “Home” team and wears **lighter color jersey**.The “Home” teams sits on the left side, of the score keeper.

#### GENERAL RULES

1. SUBSTITUTIONS:There will be mandatory substitutions at the half way mark for each quarter. The second half, substitutions will be made at the discretion of the coach, but EVERY child must play at least half the game. Parents, please communicate with your coaches in the event you are unable to attend a scheduled practice or game.
2. GAME TIME:will be four (4) – eight (8) minute running clock quarters for the Rookie division. Game time will be four (4) – ten (10) minute running clock quarters for the Champions division and above. There will be approximately one (1) minute between quarters and two (2) minutes for half time, if time permits. IN CHAMPIONS DIVISION AND ABOVE: If the score in the fourth quarter is within ten (10) points or less in the final two (2) minutes, then the clock will go to stop clock. Once stop clock is started it will not go back to running time.
3. PLAYERS: A team must have four (4) players to start the game. A team can finish with as few as three (3) players if they lose players due to disqualifications, injury or some other unforeseen circumstance.
4. TIME OUTS: Each team receives 1 time outper half for the Rookies Division. IN CHAMPIONS DIVISION AND ABOVE: Each team receives two (2) full time outs (1) minute per half. Unused time outs do not carry over into the other half. Time outs do not carry over into overtime. Each team will receive one (1) time out for overtime. There are no time outs during sudden death.
5. OVERTIME: There is no overtime in the Rookies division. If the score is tied at the end of regulation, the game is a tie. IN CHAMPIONS DIVISION AND ABOVE: There will be one (1) 2-minute overtime with “stop clock” during the final minute. During the regular season, if the game is still tied after the overtime period, the game is considered a tie.
6. BONUS RULE (1 + 1) (CHAMPIONS AND ALL STARS DIVISIONS): shall be in effect on the 7th team foul and two (2) shots on the 10th team foul per half.
7. FOULING OUT: When a player receives his 5th foul of the game, that player must sit for the remainder of the game, including overtime. If a team only has (5) five players a player cannot foul out, but two free throws plus the ball will be awarded for each foul committed after his/her 5th foul. IN ROOKIES DIVISION a player cannot foul out. However, Y Staff Scorekeepers will ask a player to sit out if the foul is excessive or reoccurring. Calling of fouls is completely at the discretion of the referee. **REMEMBER THIS LEAGUE WAS CREATED AS AN INSTRUCTIONAL LEAGUE, SO REFEREES CAN STOP THE GAME ANYTIME TO CORRECT PLAYER BEHAVIOR AND MAY NOT CALL ALL FOULS. REFEREES AND YMCA STAFF HAVE THE RIGHT TO SUSPEND A PLAYER AT ANY TIME.**
8. REFEREE WHISTLES (CHAMPIONS DIVISION AND ABOVE):Because this is a developmental league, it’s important that the players understand what certain calls are. For the first two games, the referees will call all travels, double dribbles, etc. and can stop the game, and explain what the player did wrong. AFTER THE 2ND GAME, the refs will not stop the game to explain. It is expected that all players will learn proper game play during their practices.
9. BACK COURT PRESS:Will not be allowed in the Rookies Division. Backcourt press is allowed in the Champions and All Stars divisions only if the game is within 10 points. If the game is not within 10 points, teams can no longer press.
10. KEY VIOLATION (CHAMPIONS AND ALL STARS DIVISIONS):The key violation for Champions and All Stars divisions is three (3) seconds. This is for offense only.
11. JUMP BALL (CHAMPIONS DIVISION AND ABOVE): Jump ball will start all games and overtime periods. All other jump ball situations will be resolved by alternate possession. The possession arrow will also determine what team has the ball at the beginning of the quarter. If a team is winning by twenty (20) points or more the possession arrow will remain in the direction of the trailing team until the score drops below fifteen.
12. FREE THROWS**:** Rookies division shoots from the modified free throw line. Champion and All Stars divisions shoot from the regulation line.
13. GOOD SPORTSMANSHIP RULES:A coach will be allowed to stand only if he/she is coaching their team, making a substitution, calling a time-out, or cheering for their team. All other action must come from a seated position including all assistant coaches. Coaches will also be held responsible for their fans action via a technical foul assigned to the coach & team. Two technical fouls to the coach or the bench will result in the ejection of the coach.
14. THE CLOCK WILL STOP FOR ALL INJURIES**.**
15. **THE HEAD REFEREE AND THE YMCA EMPLOYEE SUPERVISING THE GAME, IF THEY FEEL IT’S NECESSARY, CAN CHANGE ALL RULES.**

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

COACH GUIDELINES AND EXPECTATIONS

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

COACHES BACKGROUND CHECK

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

CONTACTING YOUR TEAM

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

REFEREES

Referees facilitate fair play during games by giving each team equal opportunities within the limits of the rules of the game. Please cooperate with them in creating and maintaining an environment in which participants have fun and learn good sportsmanship. Referees may stop play on occasion for instructional purposes and give allowance for violations based on the ability of the group. If there are any major concerns about a referee please discuss them with the sports director. Referees, with the approval of the YMCA Lead Staff, will have the ability to shorten and lengthen quarters to maintain the schedule for the entire game day.

UNSPORTSMANLIKE CONDUCT

Good sportsmanship is expected of all players, coaches, and parents at all times. No “trash talking” or name calling will be tolerated. In addition, please make sure that both teams recite Sportsmanship Creed before the game and lineup for handshakes after the game to encourage good sportsmanship and positive attitudes. Individual players with unsportsmanlike conduct will be asked to sit out for one full quarter. If the issue reoccurs within the same game, that player may be asked to leave the game. If the entire team displays unsportsmanlike conduct they will forfeit the game and be asked to leave the facility.

END OF SEASON AWARD DAY

The End of Season Award’s will take place on the last day of the season. Each awards ceremony will take 10 minutes after each game. The YMCA Sports Staff will be leading the awards ceremony and the coaches will pass out the trophies/medals to their players. If players are absent, awards can be picked up from the front desk during operating hours.

PARENT CODE OF CONDUCT

Please arrive on time for all practices and games. Remain in the spectator area during practices and games. Let the coaches coach. Keep comments positive to players, parents, officials, and coaches. Cheer for all players and encourage good sportsmanship. Show interest, enthusiasm, and support for your child. YMCA Sports Staff will supervise all practices and games to provide equipment, assist coaches, provide first aid, and answer any sports questions. If any issues may arise, please contact the Sports Staff Lead or Sports Director at serna@ymcacornor.org or 951.736.1415. All parents are required to sign a Spectators Code of Conduct before the start of the season. (last page in packet)

REFUND POLICY

After the first week of games, we will not offer refunds for the program. Under extreme circumstances, if a refund request is made, the program director has the discretion to be able to offer a system credit. If a refund is requested prior to the first game, a 20% administrative fee will be applied to the refund

MINIMUM PARTICIPATION POLICY

We will not start a league if we do not have a minimum of 8 players per team and a minimum of two teams in an age group.

WEATHER POLICY

Our sports are outdoors, and we can not control the weather. Due to our seasons being on a fixed schedule, we apologize but can not offer an extension of the season due to weather cancellations. We will make our best effort to reschedule to a different day that week or schedule a double header to make up for the weather cancellation.

CHARACTER DEVELOPMENT

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

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

Parent’s Printed Name Parents Signature Date

Supervisor’s Printed Name Supervisor’s Signature Date

YMCA YOUTH SPORTS PHILOSOPHY

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

1. EVERYONE PLAYS.We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. Due to the high volume of participants, there will be no special requests for team placements.
2. SAFETY FIRST.Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to make sure the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.
3. FAIR PLAY.Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about your being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.
4. POSITIVE COMPETITION.We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. These are the lessons we want to teach through YMCA Youth Sports.
5. FAMILY INVOLVEMENT.YMCASports encourages parents to be involved appropriately along with their child's participation in our sport programs. In addition to parents being helpful as volunteer coaches, officials and timekeepers, we encourage them to be at practices and games to support their child's participation. To help parents get involved appropriately, YMCA Youth Sports offers parent-orientation programs.
6. SPORT FOR ALL.YMCA Youth Sports is an ***inclusive*** program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same.
7. SPORT FOR FUN.Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, of playing with their friends, and of competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; let them have fun.

**THE Y: SPECTATOR’S CODE OF CONDUCT**

1. Remember participants play organized sports for recreation and enjoyment

2. Refrain from using profane language

3. Do not harass any staff, players, parents, coaches, officials, and/ or spectators

4. Show respect for all opponents and applaud efforts for all

5. Never ridicule or scold participants for making a mistake during a game or practice

6. Violence in any form will not be tolerated

7. Respect for officials’ decisions

8. Encourage players to follow rules

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

Corona-Norco Family YMCA Youth Sports

Child Abuse Prevention

Parent & Coaches Guide

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

BEING ALONE WITH KIDS

Any one-on-one situations with a child should be avoided at all times. Keep in mind that you always want to have a witness present whenever you’re interacting with a child.

DRIVING PARTICIPANTS

YMCA staff and volunteers are not permitted to drive participants in their personal vehicles.

This is a liability for the YMCA and you personally, but something that comes up frequently in our program. If you are put in an uncomfortable situation, please talk with our staff so we can deal with this. Parents should not ask you to drive their children. IF you have a preexisting relationship with a participant you *may* be permitted to transport the child. Should a situation like this exist the preexisting relationship must be documented by the YMCA prior to any transport occurring. Please let the Program Director know so it can be properly recorded.

SOCIAL MEDIA

YMCA staff and volunteers are not permitted to have contact with YMCA minor participants outside of the YMCA. This includes contact through electronic media (Facebook, texting, etc.) Any use of social media must be with the parents (practice schedules or game time changes, etc.)

EXTRA PRACTICES

As long as participants are willing, and facilities are available extra practices are permitted, however ALL extra practices need to be cleared with the Program Director and must take place at the YMCA. Offsite practices are not permitted.

PREFERENTIAL TREATMENT OR OUTSIDE OF THE PROGRM ACTIVITY

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

END OF YEAR PARTIES

All parties should be communicated to the Y Program Director, Ryan Serna, so they are aware of the specifics. Parties should never occur at a coach’s home.

RESPECT FOR THE GAME GUIDELINES

Officials will recognize and address through the use of an appropriate warning and/or immediate Technical Foul, the following **5 BEHAVIORS** that players and coaches display in their interactions with officials:

I. Comments that undermine the integrity of an official.

1. Usage of profanity.
2. Demonstrative acts in resentment to a call or no call.
   * This includes, but is not limited to, waiving the arms, inappropriate gesturing, or clapping at an official.
3. Continuous or continual complaining/criticism directed to or about an official.
4. Excessive inquires.

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

ASSISTANT COACHES STANDARD OF CONDUCT:

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

PARENT/FAN STANDARD OF CONDUCT:

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

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

I have participated, read, and understand the following:

PARENT/COACHES HANDBOOK

CHILD ABUSE PREVENTION – PARENTS & COACHES GUIDE

RESPECT FOR THE GAME GUIDELINES

Y SPECTATOR’S CODE OF CONDUCT

Failure to comply with any of the above listed will result in suspension and possible expulsion from the Corona-Norco Family YMCA Youth Sports Programs. Please read, sign, and submit this form upon registration.

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PRINT NAME

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PLAYERS NAME

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SIGNATURE

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DATE