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## YMCA 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 feelings 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 the points scored or the games won. The quality of the coach-team relationship is the ultimate measure of success for youth sports coaches at the YMCA of Arlington.

Essential points in the YMCA Coaching Philosophy:

- **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 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's more important that every player participates and has fun, than just a few good players dominate the action.
- **Work on basic skills and teach good physical fitness habits:** Younger teams especially should concentrate on fundamentals. Teach skills and concentrate on basics. Help players become conscious of the importance of proper execution. Stop the action often to help individual players improve, but don't interfere excessively.
- **Demonstrate the importance of fitness habits:** Incorporate warm-up and conditioning exercises in your practice. Talk to your players about good eating habits, getting plenty of rest, and involvement on other sports and activities.
- **Teach fair play:** Playing fair is an essential part of youth sports. It is a set of attitudes which include:
  1. Respect for one, taking responsibility for one's own behavior and learning.
  2. Respect for one's teammates; working to become a team player that unselfishly contributes to the good of the whole team.
  3. Respect for the other team; considering the other team as an essential partner in competition.
  4. Respect for the rules and the officials who uphold them.
- **Help players set and evaluate individual goals:** Competing against oneself is perhaps the best way to improve skills, help players measure their skills, set goals for the future and work to reach those goals. What is important is not so much how players measure up against each other, but how much each player learns and reaches new levels of skills and enjoyment.
- **Keep winning in perspective:** Winning games is only one of the many goals which 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!
- **Work with the whole person; Spirit, Mind and Body:** Physical fitness is important, but so is attitude and spiritual growth. YMCA sports programs emphasize overall personal development. By working with each person individually to realize his or her physical limits, potentials, ideas and feelings. The YMCA coach has an opportunity to build strong values along with strong bodies.

## YMCA of Arlington Mission Statement

The YMCA of Arlington 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 Pledge and Procedure

Teams may warm up prior to the start of the game. About three minutes before game time the referee will blow the whistle signaling for the teams to line up. Each team will line up shoulder to shoulder and will face the opposing team. The referee will then ask the teams to repeat the YMCA Pledge after reciting one line at a time for them.

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

The referee will then thank the teams, give them any pre-game instructions and inform the coaches of any necessary information. When this is done, the teams may move to their bench area and take their positions for the start of the game.

## **YMCA of Arlington 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 of Arlington 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 AISD 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 or High School player who wants to play for the YMCA and their school team simultaneously may do so. Playing for church leagues and any other leagues will also be allowed. Players may play on more than one YMCA team. Players wishing to do this must register for both teams.
- B. The playing of an ineligible player, not registered, and/or players may cause suspension of the player and coach/coaches involved.

#### **V. Coaching Information**

- A. Game Schedules – All scheduling of league games is 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 Arlington 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, 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. We all know our tax dollars go to build and maintain school property, however that still gives us no right to trash or abuse any part of the school. Please report immediately any sign of abuse by other teams to the Sports Department.

### **Game Rules – All Divisions**

The playing rules for the YMCA of Arlington 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

There shall be no more than 10 players on any team.

## 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. It will be the Home team's responsibility to provide a game ball.
- C. 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.
- D. 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, two assistant coaches and team players are allowed on the bench. All others must remain in the stands. All teams must have a head coach 25 years of age or older on the bench at all times (unless approved by the YMCA Sports Department). All coaches must remain seated on the bench during play.

## 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 1<sup>st</sup> or 2<sup>nd</sup> quarter must play the 3<sup>rd</sup> and 4<sup>th</sup>. 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. Substitutions during a quarter are allowed only in case of an injury or player disqualification. In the event of an overtime (4<sup>th</sup> – 12<sup>th</sup> grade) any player may play in the overtime or sudden death period, except those who have fouled out and any player making the overtime or sudden death their fourth quarter played.

**All exceptions to the participation rule will be dealt with on a game-to-game basis with the above rules enforced.**

## 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.

### YMCA of Arlington Division Rules

#### I. Double Dribblers – Kindergarten

##### A. Score

1. No score will be displayed during the game.

##### B. Length of Quarters

1. Playing time for teams of kindergarten age shall be four quarters of six 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 kindergarten division.

##### 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.
2. The clock shall run continuously in all other situations, time outs, out of bounds, violation, reporting of fouls, etc.

##### D. Time-outs

1. Two 60-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. 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. Defensive players are not required to closely guard offensive players who are not in a potential scoring position.
3. Defensive players will not be allowed to set up in the same defensive

position every trip down the floor. This is a zone defense. Defensive players must show obvious attention to one player.

4. Teams will not be allowed to have all five players sag back into the lane. This could be viewed as a zone defense.
5. No defense in the back court. The defense must allow ball and player to cross mid court line before pressure is applied.

**J. Ball Size**

The Double Dribbler division will use a junior ball (27).

## **Passers – 1<sup>st</sup> and 2<sup>nd</sup> Grade**

**A. Score**

1. No score will be displayed during the game.

**B. Length of Quarters**

1. Playing time for teams of 1<sup>st</sup> and 2<sup>nd</sup> graders 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 1<sup>st</sup> and 2<sup>nd</sup> grade division.

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

**D. Time-outs**

1. Two 60-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. 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. No 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.

**I. 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. Defensive players are not required to closely guard offensive players who are not in a potential scoring position.
3. Defensive players will not be allowed to set up in the same defensive position every trip down the floor. This is a zone defense. Defensive players must show obvious attention to one player.
4. Teams will not be allowed to have all five players sag back into the lane. This could be viewed as a zone defense.
5. No defense in the back court. The defense must allow ball and player to cross mid court line before pressure is applied.
6. Double-teaming will be permitted in the lane only.

**J. Backcourt**

1. There shall be no back court violation enforced, over and back or ten second violation.
2. Teams will not be allowed to play defense in back court. Offensively, teams will not be allowed to stall or delay the game in the back court. If viewed by the official that a team is intentionally stalling or delaying the game by keeping the ball in the back court, the ten second violation will be enforced.

**K. Ball Size**

1. The 1<sup>st</sup> and 2<sup>nd</sup> grade boys and girls divisions will use a woman's ball (28.5).

### III. Dribblers – 3<sup>rd</sup> and 4<sup>th</sup> Grade

**A. Length of Quarters**

1. Playing time for teams of 1<sup>st</sup> and 2<sup>nd</sup> graders 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 3<sup>rd</sup> and 4<sup>th</sup> grade 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.
2. The clock shall run continuously in all other situations, time outs, out of bounds, violation, reporting of fouls, free throws, etc.
3. The last minute of the 4<sup>th</sup> quarter, the clock shall stop on every whistle.

**C. Time-outs**

1. Two 60-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 only time violation for the 3<sup>rd</sup> and 4<sup>th</sup> grade division will be five-second lane violation. A player shall not remain for five seconds in that part of his/her free-throw lane between the end line and the farther edge of the free-throw line while the ball is in control of his/her team in his/her front court. The line is part of the lane.

**E. Throw-ins**

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

**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 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. Defensive players are not required to closely guard offensive players who are not in a potential scoring position.
3. Defensive players will not be allowed to set up in the same defensive position every trip down the floor. This is a zone defense. Defensive players must show obvious attention to one player.
4. Teams will not be allowed to have all five players sag back into the lane. This could be viewed as a zone defense.
5. No defense in the back court. The defense must allow ball and player to cross mid court line before pressure is applied.
6. Double-teaming will be permitted in the lane only.

**I. Back Court**

1. There shall be no back court violation enforced, over and back or ten second violation.
2. Teams will not be allowed to play defense in back court. Offensively, teams will not be allowed to stall or delay the game in the back court. If viewed by the official that a team is intentionally stalling or delaying the game by keeping the ball in the back court, the ten second violation will be enforced.

**J. Ball Size**

1. The 3<sup>rd</sup> and 4<sup>th</sup> grade boys and girls division will use a women's ball (28.5).

**IV. Shooters – 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Grade**

**A. Length of Quarters**

1. Playing time for teams of 4<sup>th</sup>-6<sup>th</sup> grade 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. Extra Period**

1. If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra periods with a one-minute intermission before each extra period.

2. The game ends if, at the end of the extra period, the score is not tied.
3. The length of the extra period shall be three minutes. Extra periods are an extension of the fourth quarter.
4. If the score is tied at the end of the extra period, play shall continue without change of baskets for a sudden death period. The game ends the moment the score is not tied. No clock will be needed for the sudden death period.

**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) 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 2<sup>nd</sup> and 4<sup>th</sup> quarters and the last minute of the extra period the clock shall stop on every whistle.
4. 20-point margin in the fourth quarter clock runs including time-outs. Clock will stop for an injury or any emergency.

**D. Time Violations**

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

**E. 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.

**F. 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.

**G. Defense**

1. "Man-to-man" defense is mandatory in divisions 4<sup>th</sup>-6<sup>th</sup> grade. Man to man defense shall be identified by game officials as a defensive strategy which puts pressure on the ball, has at least one on one coverage of any man driving the lane or making a move to get open near the lane.
2. A man-to-man defense requires that the defense mark and guard either in a fronting or denial position every player on the ball side of the lane. Defensive players are not required to closely guard offensive players who are not in a potential scoring position.
3. Defensive players will not be allowed to set up in the same defensive position every time down the floor. This is a zone defense. Teams will not be allowed to have all five players sag back into the lane. This could also be viewed as a zone defense.
4. Double teaming will be allowed once the player and ball have broken the 3-point line. Man to man full court press will be allowed. No full court zone press.
5. Technical fouls may be assessed to any team not playing an obvious man-to-man defense. Officials may, but are not required, to warn teams before enforcing this rule depending on the grade and level of play.
6. Officials will be instructed to allow an offensive player to progress against a double team as long as possession of the ball is maintained and the offensive player's progress is not stopped.
7. Teams will not be allowed to full court press with a lead of 20 or more

points. Technical fouls may be assessed against a team for not following this rule.

**H. Ball Size**

The fourth grade division will use a women's ball (28.5). Fifth/sixth grade boys division will use a regulations men's ball.

**V. Boys/Girls Juniors 7<sup>th</sup> and 8<sup>th</sup>, Boys J.V. 9<sup>th</sup> and 10<sup>th</sup>, Boys Varsity 11<sup>th</sup> and 12<sup>th</sup> and Girls 9<sup>th</sup>-12<sup>th</sup>**

**A. Length of Quarters**

1. Playing time for teams of 7<sup>th</sup>-12<sup>th</sup> grade 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. Extra Period**

1. If the score is tied at the end of the fourth quarter, play shall continue without change of baskets for one or more extra periods with a one-minute intermission before each extra period.
2. The game ends if, at the end of the extra period, the score is not tied.
3. The length of the extra period shall be three minutes. Extra periods are an extension of the fourth quarter.
4. If the score is tied at the end of the extra period, play shall continue without change of baskets for a sudden death period. The game ends the moment the score is not tied. No clock will be needed for the sudden death period.

**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) 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 2<sup>nd</sup> and 4<sup>th</sup> quarters and the last minute of the extra period the clock shall stop on every whistle.
4. 20-point margin in the fourth quarter clock runs including time-outs. Clock will stop for an injury or any emergency.

**D. Time Violations**

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

**E. 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.

**F. 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.

**G. Defense**

Teams will not be allowed to full court press with a lead of 20 or more points. Technical fouls may be assessed against a team for not following this rule.

**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, or fan is ejected from a game, the head coach must notify the Sports Director within 48 hours. Failure to report an ejection may result in further action taken against the head coach. The player, coach, or fan 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 of Arlington Sports Department **will not** issue refunds to any player, coach or fan ejected from a game, or any one involved in a suspended game or season.

### **First Aid**

1. Coaches and parents are responsible for providing first aid to their own team and child.
2. Cover open sores/lesions prior to game.
3. A team member who has an open wound will be prohibited from participating further in the game until appropriate treatment has been administered.
4. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The length of time that is considered reasonable is judged by the official.
5. Suggested guidelines for providing first aid:
  - A. Wear gloves when contact with blood or other body fluids is anticipated.
  - B. Immediately wash hands and other skin surfaces with soap and water if in contact with blood or body fluids.
  - C. The bloodied portion of the uniform must be properly disinfected or the uniform changed before the individual may participate.
  - D. Clean all blood contaminated surfaces and equipment with a solution of 1:10 bleach and water or other disinfectant.
  - E. Articles contaminated with blood or body fluids should be properly disinfected or disposed as soon as possible.

Disinfect means: washing the material in a product with the EPA number, such as Real Pine Liquid Cleaner, Comet, Pine Sol, Lysol, Purex, Clorox, etc.

Disposed means: place contaminated material in a plastic bag, seal the bag, then dispose of the material.

**NO DRINKS ALLOWED IN ANY GYM!!  
PLEASE BE SURE TO PUT TRASH AWAY AND PICK UP  
AFTER YOUR GAME. THANK YOU!**

