

## 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.
    - D. Articles contaminated with blood or body fluids should be properly disinfected or disposed as soon as possible.

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

## TABLE OF CONTENTS

I.	Purpose of YMCA of Arlington Sports.....	2
II.	YMCA Pledge and Procedure .....	2
III.	YMCA Mission Statement.....	2
IV.	YMCA Coaching Philosophy.....	3
V.	Fair Play.....	4
VI.	YMCA of Arlington Basketball Rules.....	5
	I. Rule Administration.....	5
	II. Game Conduct.....	5
	III. The Uniform.....	6
	IV. Starting the Game.....	6
	V. Participation and Substitution.....	6
	VI. Length of Quarters.....	7
	VII. Extra Period.....	7
	VIII. Time Outs/Stopping Play.....	7
	IX. Defense.....	7
VII.	Suspension Policy.....	8
VIII.	First Aid.....	8

## Purpose of YMCA Sports

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not a building, athletic fields or just sports. It is an association of people, a fellowship of people united by a common loyalty to Jesus Christ for the purpose of developing Christian personalities and building a Christian society. The YMCA is not just a sports association; however, the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletic skills and the winning of games, though important, are secondary- the molding of future men and women is the goal.

## 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 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.

## VI. LENGTH OF QUARTERS

Playing time for teams of 7<sup>th</sup>-8<sup>th</sup> grade shall be four quarters of ten minutes each with intermission of one minute after the first and third quarters and four minutes between halves.

## VII. EXTRA PERIOD

- A. 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.
- B. The game ends if, at the end of the extra period, the score is not tied.
- C. The length of the extra period shall be three minutes. Extra periods are an extension of the fourth quarter.
- D. 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.

## VIII. TIME OUT/STOPPING PLAY

- A. Time-out occurs and the clock, if running, shall be stopped when an official:
  1. Stops play because of an injury.
  2. For any other situation or any emergency.
  3. Grants a player/head coach's oral or visual request for a time-out, such request being granted only when:
    - The ball is in control or at the disposal of a player of his/her team.
    - The ball is dead.
- B. The clock shall run continuously in all other situations, out of bounds, violation, reporting of fouls, free throws, etc.
- C. 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.
- D. 20-point margin in the fourth quarter clock runs including time-outs. Clock will stop for an injury or any emergency.

## IX. 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.

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

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.

### III. THE UNIFORM

All YMCA players must wear the uniform 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.

### IV. 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 in the first half.
- 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 dismissal.

### V. PARTICIPATION AND SUBSTITUTION

- A. Every player that shows up for the game on time shall play a minimum of one quarter in the first half. 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 first half. During the second half, NFHS substitution rules will apply.

## 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.

## FAIR PLAY

Playing sports can be an exciting and enjoyable experience. But the feeling of excitement and fun are closely tied to your attitudes. What you think and feel about the game, the other team and yourself. Quality athletics have a set of attitudes about these things that we call “Fair Play.” But what exactly is fair play? Here are some of the key points.

**Respect the other team** – You need the other team. Without the other team you cannot play. So you need to show respect for the other players by treating them as partners, not enemies. When you play against a good, strong team that you respect, you will usually play a better game.

**Respect yourself** – If you think of yourself as a good sports player, as an important part of the team, you are likely to act like one. Fair play means that you believe in yourself and see yourself as an important part of the game.

**Cooperate with the officials** – The rules of the game help you play the game better. Fair play means that you obey the rules and cooperate with the officials. They are there for one main purpose – to make sure the game is played fairly. If you are honest with yourself and with the officials, it usually turns out that you get more out of the game.

**Help others play** – To be a good teammate, you need to get to know your team members. We are all different in abilities and skills. Fair play is listening to each other, learning from each other, sharing ideas and feelings and helping each other increase playing abilities and knowledge of the sport.

**Stick up for what you believe** – If you believe in fair play, then stick up for it; you will be a respected athlete. It means taking a stand in favor of the things listed above. It means letting others know that you value your teammates, the other team and yourself as well as the rules of the game. We all like to win, but not at the cost of giving up what we believe.

## YMCA of Arlington Basketball Rules

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.

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

- Each team has one volunteer coach and no more than two assistant coaches on the bench. 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

Spectators at games must be kept under control by the coaching staff of the team. Harassing of officials and/or players must be