



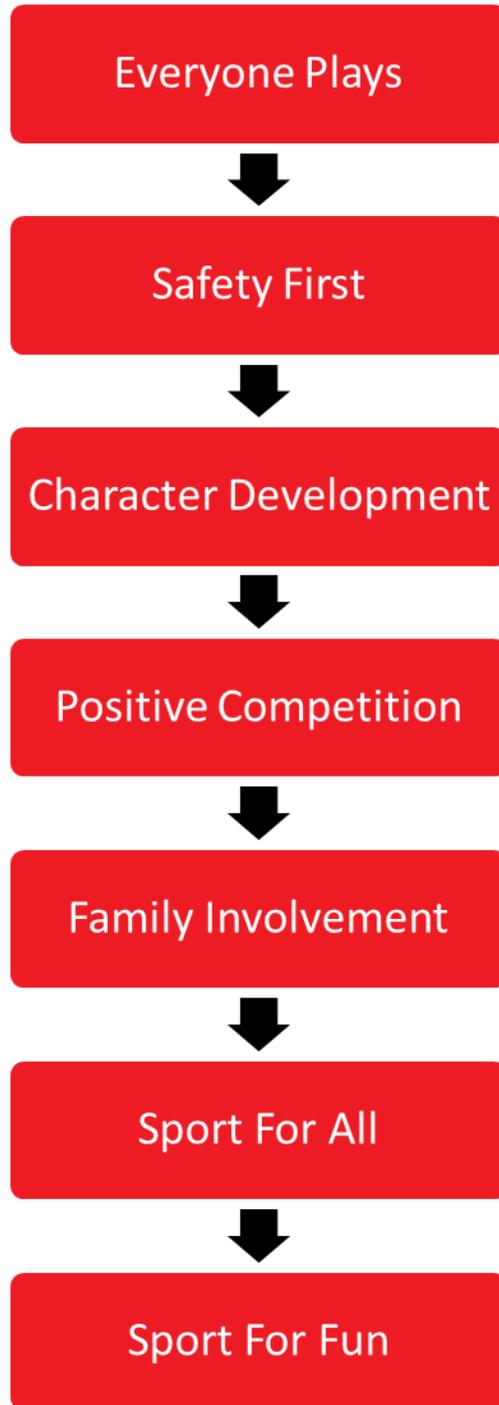
# Summer Youth Basketball League (2<sup>nd</sup> – 8<sup>th</sup> grade)



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# 7 Pillars of YMCA Youth Sports



## **New for 2019 - Youth Sports Pledge**

This is the YMCA Youth Sports Pledge, and it helps guide our commitment to team building and personal responsibility here at the Norm Waitt Sr. YMCA. Sports are a valuable and vital part in building up a child's ability to discipline themselves and learn to play with a team. At the beginning of each game, the Officials will lead the teams in reciting this pledge:

### **Youth Sports Pledge**

"Win or lose, I pledge  
to accept and demonstrate the  
following positive values:  
CARING, HONESTY, RESPECT and RESPONSIBILITY.  
I will do the best  
to be a team player, to respect my:  
teammates, opponents, coaches and officials,  
and to improve myself in  
Spirit, Mind and Body."

### **Game Location:**

#### **2<sup>nd</sup> – 8<sup>th</sup> Grade Boys & Girls**

Norm Waitt Sr. YMCA  
601 Riverview Dr.  
South Sioux City, NE 68776

(National High School Federation Basketball rules shall be used with modifications approved by the Sports and Rec Director).

### **General League Information:**

- This is a draft style league-no teammate or coach requests
- No weekly practices
- No coaches needed
- Teams will have a max of 5 players per team
- This league is designed to:
  - Continue skill development
  - Increase physical stamina/healthy summer activity
  - Meet new teammates

### **2<sup>nd</sup> Grade League Rules**

- **Ball size:** Junior size 5 basketball (27.5") will be used for games.
- Basketball height is 8 ft. for 2<sup>nd</sup> grade.
- Each player must wear the YMCA youth sports jersey. All players must have their own jersey on for the game.
- No jewelry. Piercing of any kind must be removed. Taping the area will not be permitted. This is a safety issue.
- **Game start:** Home team (White) will have the ball to start the game. All other tie-ups will be alternate possession.
- **Game length:** All games will be 25 minutes. Clock runs continuously except for any official timeouts.
- **Score:** No score will be kept at this league.
- **Play time:** kids will play equally.
- **Defense:** Man-to-man defense will be played throughout this level. Please don't have your players sag back into the lane, teach good defensive skills. Officials will be instructed to move players out of the lane so they can play defense correctly. First offense is warning with fouls to follow after the warning. When a player is picked, a switch may be made to adjust to the play. The player that switches must stay with that person until that particular play is over. Intentional double or triple teaming will NOT be allowed.

- No press. After a rebound or basket is made, the opposing team must drop back to half court.
- **Stealing:** We promote good defensive play not slap- happy defense. If an offensive player is holding the ball the defense cannot tie up the ball in an effort to cause a jump ball. The offensive player holding the ball has 5 seconds to pass or shoot the basketball or it will result in a turnover. 2<sup>nd</sup> grade cannot steal the dribble but can steal a pass or loose ball.
- **Lane violation:** Players have 5 seconds in the lane.
- **Backcourt violation:** Backcourt will be enforced
- Colored wristbands will be provided as an option for players to better identify who they are guarding.

### **3<sup>rd</sup> - 8<sup>th</sup> GRADE LEAGUE RULES**

- **Ball size:** Official 28.5" women's size basketball will be used for 3<sup>rd</sup>-6<sup>th</sup> grade. Girls in 7<sup>th</sup>-8<sup>th</sup> grade will use a 28.5" women's size basketball. Boys in 7<sup>th</sup>-8<sup>th</sup> grade will use a men's 29.5" size basketball.
- Each player must wear the YMCA youth sports jersey. All players must have their own jersey on for the game.
- No jewelry. Piercing of any kind must be removed. Taping the area will not be permitted. This is a safety issue.
- Basket height is 10ft for 3<sup>rd</sup> – 8<sup>th</sup> grade.
- **Game length:** games will be 25 minutes. Clock runs continuously except for any official timeouts.
- **Tipoff:** Games will start with a jump ball. All other tie-ups will be alternate possession.
- **Score: Score will be kept in this division.** Score Boards are frozen and reset back to zero for the rest of the game once a 20 point lead has been reached.

- No overtime games. Tied games at the end of regulation will end as a tie.
- **Backcourt violation:** Backcourt will be enforced. Once the offensive team has advanced past the half court line, the over and back line is enforced. If the offensive team retreats back over the half court line it will be a turnover.
- **Lane Violation:** Players will have 3 seconds in the lane
- **Defense:** Man-to-man defense will be played throughout this level. Please don't have your players sag back into the lane, teach good defensive skills. Officials will be instructed to move players out of the lane so they can play defense correctly. First offense is a warning with fouls to follow after the warning. When a player is picked, a switch may be made to adjust to the play. The player that switches must stay with that person until that particular play is over. Intentional double or triple teaming will not be allowed.
- No full court press for 3<sup>rd</sup> -6<sup>th</sup> grade. After a rebound or made basket, the opposing team must drop back to half court. Full court press is allowed for 7<sup>th</sup>-8<sup>th</sup> grade.
- **Stealing:** If an offensive player is holding the ball the defense may tie up the ball in an effort to cause a jump ball, but may be called for a foul in the process. 3<sup>rd</sup> – 6<sup>th</sup> grade players may steal a loose ball or a passed ball. 3<sup>rd</sup> and 4<sup>th</sup> grade cannot steal the dribble. 5<sup>th</sup> - 8<sup>th</sup> grade can steal the dribble.
- **Playing time:** kids will play equally.
- **Bonus free throws:** Bonus situation for free throws shall exist after the seventh team foul. Bonus will be one and one. Intentional fouls are two free throws and the ball out of bounds.
- **Fouls:** Players can foul out of the game after 5 personal fouls.

## **NO TOLERANCE POLICY**

Trash talking, obscene gestures, spiking the ball or other unsportsmanlike behavior will not be tolerated. The Y staff reserves the right to suspend any player for unsportsmanlike behavior during games or practices. Referees and/ or staff will be allowed to assess penalties on any player or coach for inappropriate behavior during games. Coaches who demonstrate this type of behavior will be required to meet with the Sports and Rec Director and other staff deemed necessary for the situation. Players will be removed from the game for a period deemed necessary by Y staff.

## **CONCUSSION POLICY**

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and that child will need to be evaluated by a health care professional before it is okay for them to return to play. The parents will need to show the coach a written note from the health care professional clearing them to play and the coach will notify the Sports and Rec department. **Remember if in doubt sit them out.**

## **CANCELLATION PROCEDURE**

If games are cancelled, you will receive an email and text message from PLAYERSPACE notifying you of the cancellations. Also, you can check for any game cancellations on the YMCA's Facebook page (Norm Waitt Sr. YMCA) or go our website at [www.nwsymca.org](http://www.nwsymca.org) and scroll to the bottom of the home page to see our Facebook widget with current updates of any game cancellations.

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