



BASKETBALL RULES & REGULATIONS

YOUTH SPORTS

YMCA OF LINCOLN

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Ymcalincoln.org

BASKETBALL

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LETTER TO PARENTS

Dear YMCA Basketball Parents,

The YMCA of Lincoln Nebraska welcomes you to the Youth Sports Recreational Basketball Program! Our goal is for all youth sports participants, both parents and children, to have an enjoyable sporting experience.

The YMCA offers a league for those boys and girls 2nd - 8th grade who are interested in experiencing the sport of basketball. We hope this will be one of the most rewarding experiences.

A coaches meeting will be held at the beginning of the season where they will receive team and league information. Coaches will also sign up for practice space for grades 2nd-8th. Coaches meeting team information and schedules will go live to participants and you will receive an email from PLAYERSPACE.

We will be using PLAYERSPACE as our communication system. You will be able to easily access schedules, roster, coach information and other helpful information for your season.

We would like to wish you the best of luck this season. Please review the following information enclosed in the handbook to help you through this experience.

Sincerely,

YMCA Youth Sports Staff

GENERAL YMCA YOUTH SPORTS INFORMATION

Weather/Cancellation Policy

1. For inclement weather: Please call the YMCA Youth Sports Cancellation Line at 402-434-9211.
2. When games are cancelled a notice will be posted on the website, and a notice will be sent to participants through Play-erspace.
3. For Saturday and Sunday Recreational basketball programs a decision will be made on weather by 10:30am on game day.
4. If schools close for the evening due to weather, practices will be cancelled at those locations as well.

PLAYERSPACE - Frequently asked questions

WHAT IS PLAYERSPACE?

Playerspace is a communication portal that the YMCA of Lincoln Youth Sports has partnered with to enhance and improve the overall communication for our sports leagues.

WHAT INFORMATION WILL I FIND ON PLAYERSPACE?

You will find all the essential information for your player(s) league(s). You can find game schedules, coach contact information as well as weather status updates and cancellations for games.

WHERE WILL I GO TO USE PLAYERSPACE AS A COACH?

Just visit your team's site and your "Coaches Corner" will be on the upper right-hand corner. There are four essential tools that you can click on to utilize Playerspace.

HOW DO I GET ON PLAYERSPACE?

When you register your child for the league, you automatically are registered with an account on Playerspace. There is no need to create a new account! You will receive an email with your username after the coaches meeting has taken place and be able to set up your account. From there you can visit playerspace.com and click "sign-in" at the top right corner.

WHAT IF I AM NOT RECEIVING THE INFORMATION BUT ANOTHER FAMILY MEMBER IS AND WE BOTH NEED THE LEAGUE INFORMATION?

This is very common and very easy to fix! Let the Youth Sports staff know that you need to be invited as a "fan" of the league. We will need your email and phone number and you will receive an email with a link that you will need to click on to be added. From there you are then able to see all the necessary league information.

WHAT IF I AM NOT RECEIVING EMAILS FROM PLAYERSPACE?

Be sure to check your junk, trash and spam folders for Playerspace. You will need to add notifications@playerspace.com to your safe sender list. If you are still not receiving emails contact the Youth Sports Office at 402-434-9217.

I HAVE MORE THAN ONE CHILD AND I CAN ONLY SEE ONE OF MY CHILDREN'S TEAM INFORMATION. HOW DO I SEE MY OTHER CHILDREN'S INFORMATION?

Make sure you are not on your child's dashboard and you are logged in as yourself as the master account. To tell if you are logged in as one of your children, look to see if your name or your child's name is next to the word dashboard at the top of the page. To easily login as yourself, simply visit playerspace.com and login with your credentials that were emailed. The information provided at the time of registration must have been the same for each child for you to be attached to their profile.

WHAT IF I DID NOT RECEIVE MY LOGIN CREDENTIALS?

If you need your login credential because you do not have them, just contact the Youth Sports office to have them re-sent.

YMCA BASKETBALL PROGRAM INFORMATION FOR ALL GRADE LEVELS

Players

1. Only registered players are eligible to participate in practices and games.
2. Players may **NOT** wear any type of jewelry (watches, rings, earrings, friendship bracelets). Earrings **CANNOT** be taped. They must be taken out or player cannot play. **No Exceptions.**
3. **NO** casts or hard splints are allowed. No Exceptions.

Uniform

1. All players **MUST** wear the official YMCA reversible navy/white mesh basketball jersey. These are available for purchase at the time of your registration (coach will hand out at practice if preordered). If you did not preorder a jersey you will need to purchase one in person at the Youth Sports Office at 570 Fallbrook Blvd., Ste. 210 Monday-Friday from 9:00am-4pm. Due to the large volume of basketball sites used we are not able to sell them at game day locations.
2. Players in Recreational basketball are allowed to have the same jersey number as a teammate.

Equipment

1. Grades 2-3 will use a Junior size ball (27.5)
2. Grade 4-8 will use a Intermediate size ball (28.5)
3. Basket height for grades 2-3: 8 1/2ft. Baskets.
4. Basket height for grades 4-8: 10ft. Baskets.
5. Only coaches are allowed to bring practice balls to games sites.
6. One volunteer is required from each team to assist with the scorekeeping and timing of the game for grades 2-8.

TEAM Guidelines

1. Each player must play at least half the game (Allowances may be made if practices are missed or for behavioral problems)

Technical Fouls Grade 2-8

1. Technical fouls are at the discretion of the game official. 2 free throws will be awarded.
2. A player who receives a technical foul must sit out the remainder of game and the next scheduled game. **NO Exceptions.**
3. A coach who receives a second technical foul will be required to leave the building. **No Exceptions.**
4. Any criticism of officiating by coaches or players. A warning will be issued before a technical call can be called.
5. Excessive criticism of officiating by fans. A coach may be asked to quiet the fan of his team if the fan is excessively criticizing an officials for any player. If the coach is not successful in his attempt, the fan will be asked to leave the gym.
6. Any coach receiving more than one technical during the course of the season will be subject to review by the League Director and staff committee and may be expelled from the league.

ROLE OF THE COACH

Facilitator

- Set up the conditions and environment for learning.
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage players to give each other positive feedback.
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- De-emphasize winning and losing and emphasize sportsmanship and fun.
- Invite parents to help and participate.



Positive Role Model

- Work with all players equally.
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, site supervisors, parents, spectators, opposing coaches, and opposing players
- Show respect and responsibility for the game of basketball.

Understand who you are Coaching

- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons. Some may be there because their older siblings play. Some may play because all their friends do, and they want to be with them. Others may play because they love basketball.

Coaching Tips

Parent Meeting: I would suggest having a parents' meeting at your first practice so you can discuss the season, see if any parents are willing to be an assistant coach, inform them of when practices are.

Be on Time: Try to arrive at the game/practice before your players. After the game/practice do not leave until the last player has left and/or been picked-up.

In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be along with a single child where they cannot be observed by others.

Gym Space: Respect other teams practice times by starting and ending your practices on time.

Good Communication: Be sure that you keep your players and parents informed about things that are important to the players and the team (i.e.; change in practice location or time, picture day, etc.).

Sportsmanship: Kids are always reminded to be good sports when they lose, but that needs to happen when they win, too. Strongly discourage any type of behavior that is unsportsmanlike, win or lose. Taunting, abusive language, name calling or any other acts of unsportsmanlike conduct towards another player, coach, team, spectator, and/or official, has no place in sports.

Fun: Make playing for you fun. From practice to games, the kids should look forward to every opportunity they will get to play basketball. Practices should be challenging, but enjoyable for all your players.

PLAYER'S RESPONSIBILITIES & EXPECTATIONS

Players Will

- Listen to their coaches and be respectful of their elders.
- Take care of the facilities and equipment which they are given or participate in.
- Make sure to eat the right foods and drink plenty of water before and after practices and games.
- Avoid all types of taunting and belittling remarks to their teammates or opponents.
- Show and encourage good sportsmanship at all times to fellow players, coaches, and officials.
- Attend every practice and game that I can, and will notify my coach if I cannot make it.
- Do my very best to listen and learn from my coaches.
- Treat my coaches, other players, officials, site staff and fans with respect.
- Remember that sports are an opportunity to learn and have fun.



GYM SITE RULES

All LPS Facilities

- No bouncing balls in the hallways.
- Remain in the hallways until current game is completed. Please do not stand on the edge of the courts.
- No shooting on baskets during timeouts/halftime.
- Please clean up after your team bench.
- No running in the hallways.
- No climbing on bleachers or mats.
- Monitor no playing children at all times.
- Most schools do not provide seating, plan accordingly.
- Please do not arrive to practice gym until 5-10 minutes before scheduled time.
- Please respect LPS facilities and property.
- No food or drinking allowed in the gyms. Water only.
- No pets allowed.
- No use of markers, crayons, pens on schools walls or floor.
- All LPS facilities are smoke free, vaping free and alcohol free.

RECREATIONAL BASKETBALL PROGRAM OVERVIEW 2ND – 8TH GRADE

Recreational basketball is offered for boys and girls in 2nd through 8th grade. Our league offers:

- Low pressure development opportunities
- 9 game season
- All grades play 5v5
- Modified rules for younger grade levels
- Teams are put together by YMCA staff and based on school, grade, and previous team.
- Volunteer coaches

Practices

- Teams will have one practice per week, for an hour.
- Coaches will choose practice day and time, based on availability from the Y and the coach.
- Parents need to check their child in with the coach at each practice. Please do not just drop your child off.
- The Y does not cancel practice except for circumstances where a school gym is not available due to their own events or weather related. Sometimes, events beyond our control prevent teams from practicing. Please be assured that the Y will do everything we can to schedule a make-up practice for the team.

Games

- Games will be held at Lincoln Public Schools Facilities.
- The game schedule for the season will be released 10 days prior to the first game. The schedule will be available in PLAYERSPACE.
- For information on cancellation/postponement of games, please refer to the Weather/Cancellation Policy.

Team Guidelines

- Each player must play at least half the game or receive equal playing time.

Technical Fouls Grade 2-8

1. Technical fouls are at the discretion of the game official. 2 free throws will be awarded.
2. A player who receives a technical foul must sit out the remainder of game and the next scheduled game. **NO Exceptions.**
3. A coach who receives a second technical foul will be required to leave the building. **No Exceptions.**
4. Any criticism of officiating by coaches or players. A warning will be issued before a technical call can be called.
5. Excessive criticism of officiating by fans. A coach may be asked to quiet the fan of his team if the fan is excessively criticizing an officials for any player. If the coach is not successful in his attempt, the fan will be asked to leave the gym.
6. Any coach receiving more than one technical during the course of the season will be subject to review by the League Director and staff committee and may be expelled from the league.

RULES OF PLAY – 2ND & 3RD GRADE RECREATIONAL

General

1. No score will be kept in recreational basketball.
2. Only team/player fouls along with fast break attempts will be kept.
3. Each game will begin with both teams and all coaches gathered at center court with officials to review rules and to determine which team gets the ball, with rock paper scissors.
4. Games will be 5-on-5. Must have 4 players to start game.
5. At the beginning of each half the players will be lined up across from each other to designate whom they will guard.
6. Games will consist of 2-20 minute halves with a 3 minute halftime. Clock will only stop on time-outs/injuries.
7. Each team is allowed one(1) full time-out and one (1) 30 second time-out per half. Time-outs DO NOT carry over to second half. If a team is not out of the huddle after the time-out, the ball may be put into play.
8. A player is allowed 5 fouls, or 1 technical foul, before being disqualified from the game.
9. Lane area is determined from the 10' free throw line to the base line. Players are permitted in this area for 5 seconds.
10. 1 and 1 free throw awarded on the 7th team foul in each half. 2 free throws awarded will be awarded on the 10th team foul in each half. (bottom lane spaces will NOT be occupied for free throws)

Defensive Rules

1. Either zone defense or person-to-person defense is allowed.
2. Defensive players must remain inside the 19' arc (3pt line).
3. Defense must allow offense to penetrate 19' arc before defending offensive player.
4. Field goal attempts may not be attempted from beyond the 19' arc.
5. Any attempt beyond the 19' arc will result in a change of possession.
6. Reaching in to tie-up ball handler may result in foul being called if there is contact made prior to tying up ball handler.

Offensive Rules

1. Offensive team has 5 seconds to penetrate defensive line from mid-court, but may go back behind 19' arc to set up offense (will have 5 second count repeated).
2. Offensive team "CANNOT" shoot behind defensive line (result; change of possession), must be inside defensive line before shot may be attempted.
3. Free throw attempt from the 10' line. Players lined up along the free throw lane may enter the lane once the ball is released by the shooter. Free throw shooter is not eligible to enter lane for rebound/put back. Lane space nearest the basket will NOT be occupied.
4. A team may fast break a maximum of 10 times per half.
5. Any fast break over the allotted 10 per half will result in play being stopped and the same team taking the ball out at mid-court and starting half-court offense.

Rules are subject to change

Grade Level	Time Limits	Ball Size	Basket Height
Recreational 2nd-3rd Grade	2 x 20 min.	Junior 27.5	8 ½ ft.

RULES OF PLAY - 4TH GRADE RECREATIONAL

General

1. Standings will not be kept.
2. Coaches should fill-out roster on score sheet prior to each game.
3. Each game will begin with both head coaches at the scorer's table to meet with official(s) to discuss game procedures. Tip off at center court to begin game.
4. Games will be 5-on-5. Must have 4 players to start game.
5. Games will consist of 2-20 minute halves with a 3 minute halftime. Clock will only stop on time-outs/injuries and on all whistles in the final minute of the game, only if game is within 5 points.
6. Each team is allowed one(1) full time-out and one (1) 30 second time-out per half. Time-outs DO NOT carry over to second half. If a team is not out of the huddle after the time-out, the ball may be put into play.
7. Substitutions are only allowed during a dead ball whistle.
8. Lane area is determined from the 10' free throw line to the base line. Players are permitted in this area for 5 seconds.
9. Ball must be brought into the front court within 10 seconds for all grade levels.
10. A player is allowed 5 fouls, or 1 technical foul, before being disqualified from the game.
11. 1 and 1 free throw awarded on the 7th team foul in each half. 2 free throws awarded will be awarded on the 10th team foul in each half. (bottom lane spaces will NOT be occupied for free throws)

Defensive Rules

1. Full-court presses are NOT allowed.
2. Either half-court zone or person-to-person defenses may be used.
3. Half-court presses are allowed; however, offensive player must be allowed to enter the forecourt.
4. If ahead by 20 points, defense must drop back to the top of key.

Offensive Rules

1. A team may not fast break when they are ahead by 20 or more points. The defense must be allowed to establish defensive position in the frontcourt. Once defense is established, any type of basket is allowed. Repeated abuse will result in a violation and turnover. Opponent takes ball out at division line.
2. Flip score will be used but will NOT show a score above a 20 point difference.
3. Free throw attempt from the 12' line. Players lined up along the free throw lane may enter the lane once the ball is released by the shooter. Free throw shooter is not eligible to enter lane for rebound/put back. Lane space nearest the basket will NOT be occupied.

Rules are subject to change

Grade Level	Time Limits	Ball Size	Basket Height
Recreational 4th Grade	2 x 20 min.	Junior 28.5	10 ft.

RULES OF PLAY – 5TH GRADE RECREATIONAL

General

1. Standings will not be kept.
2. Coaches should fill-out roster on score sheet prior to each game.
3. Each game will begin with both head coaches at the scorer's table to meet with official(s) to discuss game procedures. Tip off at center court to begin game.
4. Games will be 5-on-5. Must have 4 players to start game.
5. Games will consist of 2-20 minute halves with a 3 minute halftime. Clock will only stop on time-outs/injuries and on all whistles in the final minute of the game, only if game is within 5 points.
6. Each team is allowed one(1) full time-out and one (1) 30 second time-out per half. Time-outs DO NOT carry over to second half. If a team is not out of the huddle after the time-out, the ball may be put into play.
7. Substitutions are only allowed during a dead ball whistle.
8. Ball must be brought into the front court within 10 seconds for all grade levels.
9. A player is allowed 5 fouls, or 1 technical foul, before being disqualified from the game.
10. 1 and 1 free throw awarded on the 7th team foul in each half. 2 free throws awarded will be awarded on the 10th team foul in each half. (bottom lane spaces will NOT be occupied for free throws)

Defensive Rules

1. Full-court presses are NOT allowed.
2. Either half-court zone or person-to-person defenses may be used.
3. Half-court presses are allowed; however, offensive player must be allowed to enter the forecourt.
4. If ahead by 20 points, defense must drop back to the top of key.

Offensive Rules

1. Free throw attempt from the 12' line. Players lined up along the free throw lane may enter the lane once the ball is released by the shooter. Free throw shooter is not eligible to enter lane for rebound/put back. Lane space nearest the basket will NOT be occupied.
2. Offensive players are permitted in this area for 3 seconds.
3. Over-and-back rule applies.
4. A team may not fast break when they are ahead by 20 or more points. The defense must be allowed to establish defensive position in the frontcourt. Once defense is established, any type of basket is allowed. Repeated abuse will result in a violation and turnover. Opponent takes ball out at division line.
5. Flip score will be used but will NOT show a score above a 20 point difference.

Rules are subject to change

Grade Level	Time Limits	Ball Size	Basket Height
Recreational 5th Grade	2 x 20 min.	Intermediate 28.5	10 ft.

RULES OF PLAY – 6TH GRADE RECREATIONAL

General

1. Standings will not be kept.
2. Coaches should fill-out roster on score sheet prior to each game.
3. Each game will begin with both head coaches at the scorer's table to meet with official(s) to discuss game procedures. Tip off at center court to begin game.
4. Games will be 5-on-5. Must have 4 players to start game.
5. Games will consist of 2-20 minute halves with a 3 minute halftime. Clock will only stop on time-outs/injuries and on all whistles in the final minute of the game, only if game is within 5 points.
6. Each team is allowed one(1) full time-out and one (1) 30 second time-out per half. Time-outs DO NOT carry over to second half. If a team is not out of the huddle after the time-out, the ball may be put into play.
7. Substitutions are only allowed during a dead ball whistle.
8. Ball must be brought into the front court within 10 seconds for all grade levels.
9. A player is allowed 5 fouls, or 1 technical foul, before being disqualified from the game.
10. 1 and 1 free throw awarded on the 7th team foul in each half. 2 free throws awarded will be awarded on the 10th team foul in each half. (bottom lane spaces will NOT be occupied for free throws)

Defensive Rules

1. Full-court presses ARE allowed up to a 20 point lead. If ahead by 20 points must drop back to half-court.
2. If ahead by 20 points, defense must drop back to the top of key.
3. Half-court press is allowed over 20 point lead; however, offensive player must be allowed to enter the forecourt.

Offensive Rules

1. Free throw attempt from the regulation 15' line. Players lined up along the free throw lane may enter the lane once the ball is released by the shooter. Free throw shooter is not eligible to enter lane for rebound/put back. Lane space nearest the basket will NOT be occupied.
2. Players are permitted in this area for 3 seconds.
3. Over-and-back rule applies.
4. A team may not fast break when they are ahead by 20 or more points. The defense must be allowed to establish defensive position in the frontcourt. Once defense is established, any type of basket is allowed. Repeated abuse will result in a violation and turnover. Opponent takes ball out at division line.
5. Flip score will be used but will NOT show a score above a 20 point difference.

Rules are subject to change

Grade Level	Time Limits	Ball Size	Basket Height
Recreational 6th Grade	2 x 20 min.	Intermediate 28.5	10 ft.

RULES OF PLAY – 7TH & 8TH GRADE RECREATIONAL

General

1. Standings will not be kept.
2. Coaches should fill-out roster on score sheet prior to each game.
3. Each game will begin with both head coaches at the scorer's table to meet with official(s) to discuss game procedures. Tip off at center court to begin game.
4. Games will be 5-on-5. Must have 4 players to start game.
5. Games will consist of 2-20 minute halves with a 3 minute halftime. Clock will only stop on time-outs/injuries and on all whistles in the final minute of the game, only if game is within 5 points.
6. Each team is allowed one(1) full time-out and one (1) 30 second time-out per half. Time-outs DO NOT carry over to second half. If a team is not out of the huddle after the time-out, the ball may be put into play.
7. Substitutions are only allowed during a dead ball whistle.
8. Ball must be brought into the front court within 10 seconds for all grade levels.
9. A player is allowed 5 fouls, or 1 technical foul, before being disqualified from the game.
10. 1 and 1 free throw awarded on the 7th team foul in each half. 2 free throws awarded will be awarded on the 10th team foul in each half. (bottom lane spaces will NOT be occupied for free throws)

Defensive Rules

1. Full-court presses ARE allowed up to a 20 point lead
2. If ahead by 20 points, defense must drop back to half-court.
3. Half-court press is allowed over 20 point lead; however, offensive player must be allowed to enter the forecourt.

Offensive Rules

1. Free throw attempt from the regulation 15' line. Players lined up along the free throw lane may enter the lane once the ball is released by the shooter. Free throw shooter is not eligible to enter lane for rebound/put back. Lane space nearest the basket will NOT be occupied.
2. Players are permitted in this area for 3 seconds.
3. Over-and-back rule applies.
4. A team may not fast break when they are ahead by 20 or more points. The defense must be allowed to establish defensive position in the frontcourt. Once defense is established, any type of basket is allowed. Repeated abuse will result in a violation and turnover. Opponent takes ball out at division line.
5. Flip score will be used but will NOT show a score above a 20 point difference.

Rules are subject to change

Grade Level	Time Limits	Ball Size	Basket Height
Recreational 7th-8th Grade	2 x 20 min.	Intermediate 28.5	10 ft.

YMCA Recreational Basketball

2024 - 2025 Season

Grade Level	Recreational 2nd-3rd	Recreational 4th Grade	Recreational 5th Grade	Recreational 6th Grade	Recreational 7th-8th Grade
Time Limits	2 x 20 min.	2 x 20 min.	2 x 20 min.	2 x 20 min.	2 x 20 min.
Half Time	3 min.	3 min.	3 min.	3 min.	3 min.
Overtime	NO	NO	NO	NO	NO
3-Point FG	NO	YES	YES	YES	YES
Ball Size	Junior 27.5	Intermediate 28.5	Intermediate 28.5	Intermediate 28.5	Intermediate 28.5
Basket Height	8 ½ ft.	10 ft.	10 ft.	10 ft.	10 ft.
Defense	Any	Any	Any	Any	Any
Full-Court Press	NO	NO	NO	YES	Yes
Half-Court Press	NO	YES	YES	YES	YES
Scoring	NO	YES	YES	YES	YES
Fast Break	10x per half	YES	YES	YES	YES
Over-and-Back	NA	NA	YES	YES	YES
Free Throws	10' line	12' line	12' line	15' line	15' line
Lane Violations	5 seconds	5 seconds	3 seconds	3 seconds	3 seconds
Jerseys	YMCA blue/white reversible	YMCA blue/white reversible	YMCA blue/white reversible	YMCA blue/white reversible	YMCA blue/white reversible



GLOSSARY OF BASKETBALL TERMS

Areas of the Court

- Backcourt - a team's defensive half of the court.
- Block - the portion of the free throw line closest to the baseline.
- Elbow—The corners where the free throw line meets the lanes lines.
- Frontcourt - a team's offensive half of the court.
- Lane lines—the lines at the side of the lane extending down from the free throw line.
- Paint - area below the free throw line
- Top of the key - area slightly beyond the free throw line.
- Wing - the area located on either side of the court, outside the lane, along an imaginary extension of the free throw line.

Common Violations

- 3 second violation - a violation occurring when an offensive player stands in the lane for more than 3 seconds.
- 5 second violation - when the team inbounding the ball fails to pass it into play within 5 seconds.
- Foul - a violation resulting from illegal contact with an opposing player. Basic types of fouls include the following:
 - Block - the use of a defender's body position to illegally keep the offensive player from advancing.
 - Charge - a personal foul committed when the offensive player illegally contacts a defensive player who has established their defensive position or if they are stationary.
- Carrying - the dribbler puts their dribbling hand under the ball and momentarily holds or carries the ball.
- Double dribble - occurs when a player dribbles the ball with two hands or they stop dribbling and then start dribbling again.
- Traveling - when a player with the ball takes a step without dribbling.
- Over and back - a violation occurring when an offensive player with the ball returns to the backcourt once they have established position in the frontcourt
 - Established position in the frontcourt means both feet and the ball have crossed the half court line.

Defensive Terms

- Box out - using your body to maintain a better rebounding position than an opposing player.
- Close out - the defender quickly slides up to and guards the ball handler or ball receiver.
- Deny - prevent an opponent from getting the ball by guarding them closely and staying between them and the player with the ball.
- Person-to-person - a type of defense in which a player is assigned to defend a specific opponent.
- Press - a type of defense that attempts to force the opponents to make errors by guarding them closely from half court or full court.
- Zone - a type of defense that has each player responsible for defending a specific area of the court and the opponents in that area.

Offensive Terms

- Cut - a quick movement by an offensive player to avoid an opponent or to receive a pass.
- Drive - a quick dribble directly to the basket.
- Fast break - a team attempts to move the ball down court and score as quickly as possible before the defense has time to set up.
- Pivot - a player keeps one foot in contact with a spot on the floor while moving the other foot to adjust their position or evade a defender.
- Screen - an offensive player stands between a teammate and a defender to give their teammate the chance to take an open shot or move to an open spot on the court.
- Square up - when a player's shoulders are facing the basket as they release the ball for a shot.
- Triple Threat - an offensive position square to the basket where the player can shoot, pass, or dribble. Ball held at the hip.

YMCA YOUTH SPORTS COACH BEHAVIOR POLICY

YMCA Youth Sports coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of RESPECT, RESPONSIBILITY, HONESTY, & CARING. Youth sports coaches are role models to the players and the parents on their team.

Please Remember:

Your attitude and actions are on display for your team, your team's parents, plus opposing teams.

You are a role model – coaches should appear clean, neat, and appropriately attired. You are to treat all children equally—regardless of sex, race, religion, or culture.

Coaches must use positive techniques of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.

YMCA coaches should be involved for the kids:

- To teach skills and knowledge about the game

- To teach sportsmanship, teamwork, and character

- To provide a fun, low-key environment for all

- To promote friendships and family togetherness

Coaches should give high priority to the objectives above—focusing on winning and recognition can destroy positive outcomes.

YMCA Recreational and Micro Leagues are low-key and should be more relaxed. YMCA Spirit Leagues are designed to be competitive, however coaches should remember there is a difference of being competitive and being out of control

Coaches are responsible for fan behavior.

Specific Guidelines:

Harassment and/or verbal criticism of officials is not allowed. Site supervisors are available for constructive comments following games.

In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be along with a single child where they cannot be observed by others.

Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.

Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings.

Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is inappropriate.

Effective coaching experts agree that instructions should be given at practice. an over-abundance of instruction at game time only serves to confuse players.

Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.

Smoking or use of tobacco in the presence of children, as well as, possessing or being under the influence of alcohol or illegal drugs during YMCA programs is all prohibited.

Volunteers must not abuse children.

Abuse includes:

- Physical abuse—strike, spank, shake, slap

- Verbal abuse—humiliate, degrade, threaten

- Sexual abuse—inappropriate touch or verbal exchange

- Mental abuse—shaming, withholding praise, cruelty

Policy Enforcement:

- Individual may be given a warning for inappropriate behavior.

- Individual may be asked to leave the game(s), game(s) may be terminated and/or individual may be asked not to return for other Youth Sports Activities.

- Other sanctions as deemed necessary may be enforced.

ADDITIONAL QUESTIONS

To reach the YMCA Youth Sports staff:

Office Phone: 402-434-9217

Office Hours:

Monday - Friday 9:00 AM - 4:00 PM

570 Fallbrook Blvd., Ste.210

Lincoln, NE 68521

Good luck on your season!

