**YMCA Youth-Sports**

**4-5 Basketball Guidelines**

The purpose of this league is to teach kids the skills of basketball in a fun, enjoyable atmosphere. The number one goal of this league is for kids to have fun. We want our players to develop basketball skills AND life skills such as teamwork, sportsmanship, 100% effort, and character development.

**YMCA Coaches’ Code of Conduct:**

1. Model and teach Positive Values to your players
   * Caring- Providing positive support, care, and encouragement for all athletes.
   * Honesty- YMCA Coaches will be honest with players, parents, and YMCA officials in all situations.
   * Respect- YMCA Coaches will demonstrate respect of the game, the officials, and the opposing coaches and players.
   * Responsibility- YMCA Coaches will show responsibility by planning and implementing meaningful practices and game strategies and communicating regularly with parents and league officials.
2. Build Strong Kids…
   * Provide positive feedback and support
   * Reward effort and technique, not just good outcomes
   * Teach strong fundamentals of the game
   * Playing all players at least 50% of the game
   * Continue to learn as a coach
3. Build Strong Families…
   * Encourage parent involvement with their child and the team.

**C. Rules:**

**Gameplay**

* + Each day will consist of a 30 minute practice followed by 30 minute game
  + Game clock: Four 5 minute quarters, running clock. Clock will only stop on time outs or injuries.
  + 8 foot rim, mini size basketballs
  + No scoring will be kept
  + Each player will play 50% of the game
  + Coaches will mainly officiate games with support from Y staff

**Game rules**

* + No traveling or double dribbling will be called. There will be stoppage of play to explain when necessary. Traveling and double dribbling violations called will not result in a turnover.
  + Fouls will be called and explained but not recorded. There will be no shooting fouls. The team will take the ball out of bounce.
  + Blue lines on the court are boundaries
  + Man to man defense is required. Wristband will be provided for match up purpose
  + No pressing allowed. Defense must be played in back court