



**2018/2019  
Winter Basketball  
Packet**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET IN THE GAME

## Y SPORTS | WINTER 2018 - FALL 2019

### WINTER

DEVELOPMENTAL, SPIRIT  
& CHAMPIONS  
BASKETBALL LEAGUE

REGISTRATION:

AUG. 14 - OCT. 28, 2018

SEASON: DEC. - FEB.

### SPRING

FLAG FOOTBALL, GOLF,  
SOCCER, TENNIS,  
TRACK & FIELD, VOLLEYBALL,  
MIRACLE LEAGUE BASEBALL

REGISTRATION:

DEC. 4, 2018 - FEB. 3, 2019

SEASON: MARCH - MAY

### SUMMER

BASEBALL, SOFTBALL,  
DEVELOPMENTAL, SPIRIT  
& CHAMPIONS  
BASKETBALL LEAGUE

REGISTRATION:

MARCH 5 - MAY 5, 2019

SEASON: JUNE - JULY

### FALL

CROSS COUNTRY,  
FLAG & TACKLE FOOTBALL,  
GOLF, SOCCER, VOLLEYBALL  
MIRACLE LEAGUE BASEBALL

REGISTRATION:

JUNE 11 - AUG. 4, 2019

SEASON: SEPT. - NOV.

Contact your local YMCA branch for specific leagues/details.  
Sports listed may not be offered at all branches.

405 297 7777

YMCAOKC.ORG/SPORTS

# **YMCA PLEDGE**

**WIN OR LOSE,  
I PLEDGE BEFORE GOD  
TO PLAY THE GAME  
AS WELL AS I KNOW HOW;  
TO OBEY ALL THE RULES,  
TO BE A GOOD SPORT AT ALL TIMES,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND, AND BODY.**





## Parents Code of Ethics

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.
- I will place the emotional and physical well being of each child ahead of a personal desire to win.
- I will support the implementation of the YMCA's four character development values—caring, honesty, respect and responsibility.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all YMCA youth sports events.
  - I will remember the game is for youths – not for adults.
- I will do my very best to make the youth sports experience fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.
- I will treat other players, coaches, fans, and officials with respect regardless of race, sex, creed or ability.



## **YMCA of Greater Oklahoma City Coaches Creed**

I pledge myself to uphold the high standards of the YMCA in all my associations with team members, coaches, spectators and opposing teams.

I will exemplify all the principles of good sportsmanship and instill them in the youths under my care. I will not permit any unsportsmanlike conduct from players or spectators representing the team I am coaching.

I will, by personal example, display the qualities of leadership that will inspire youths to strive toward the goal of good leadership and sportsmanship.

In accordance with the YMCA principles, I shall make fair play and good sportsmanship the primary objective of all competition.

My primary aim as a YMCA coach shall be the development of youth, spiritually, mentally, and physically.

I will abide by and uphold the rules and regulations governing athletic contests, as established by the YMCA. I will follow the YMCA coach's manual guidelines. If issued a Super Sports Manual. I will follow the fitness concepts & character concepts. I will also ask the parents to read the Super Sports Manual for players with their children or encourage their children to read it if they are old enough to read material on their own.

I will, before any athletic contest is started, line up all my team players and coaches together with the officials and recite the YMCA Pledge or a prayer.

I will, after any athletic contest is completed, line up my team facing our opposition and lead them in shaking hands with each member and coach of the opposing team.

I have read the Coaches Creed and fully agree with the conditions of the creed. I fully understand the team I am coaching is not my team, but as a YMCA team, and I understand that I will be relieved of my duties as a coach if found guilty of any major violation.



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## COACHING AT THE YMCA

- Fill out Coach Application and Consent for Criminal Background Check Form
  - Visit [www.quickscores.com/ymcaokc](http://www.quickscores.com/ymcaokc) for links to both
- Complete 3 online coach's trainings @ <http://training.ymca.net>
  - Core Course: "Coaching YMCA Youth Sports"
  - Coaches Courses: Course designed for specific sport you're coaching
  - Mandatory Course: "Heads Up: Concussions in Youth Sports"
- Submit coach's training course completion certificates to the YMCA Sports Department (can submit in paper form, by email, screenshot, etc)
- Attend Coaches Meeting
- Receive Roster
- Schedule team practices
- Go to [www.quickscores.com/ymcaokc](http://www.quickscores.com/ymcaokc) for game schedule
  - Register as a coach on QuickScores
- Contact your team
  - Introduce yourself
  - Inform team of practice/game schedule and required uniform
  - Take volunteers for assistant coaches, snack list, etc.
  - Assistant Coaches are required to complete background checks and trainings.
- Attend team pictures as scheduled by YMCA Official Photographer
- Check Weather Hotline or Twitter in the event of inclement weather for status on games
- Attend weekly practice(s) and game(s)
- Pick up end of season participation medals from the Sports Department Office
  - Medals are ready to be picked up the last week of the season
- Distribute medals to players at last game or schedule end of season celebration
- Questions? Contact the YMCA Sports Department



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## WINTER BASKETBALL INFORMATION

- Schedules, Rules, Contact Info, Maps, Etc  
<http://www.quickscores.com/ymcaokc>
- Equipment Needed
  - Official YMCA Thunder Basketball League Jersey
  - Non Marking Athletic Shoes
  - Basketball
  - Shorts / Athletic Pants
- If you have not heard from a coach by November 19, at 12:00 PM, please email or call your YMCA Sports Department.
- Coaches will have their individual practice nights, times, & locations.
- Game Schedules will be posted on QuickScores by November 30.
- Practices begin November 26.
- Games begin December 7 & 8.
- No Games or Practices December 23-January 6
- Regular Season will concluded no later than February 9 (weather permitting)
- Spirit League Tournament is scheduled for February 11-16
- State Tournament is Scheduled for February 23 & 24
- For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- Lifetouch is the official photographer for the YMCA Sports Programs. Times will be scheduled through LifeTouch by each coach.
- All Players will receive an end of season medal. Coaches will pass these out after the final game.



# FREQUENTLY ASKED BASKEBALL QUESTIONS



## DEVELOPMENTAL LEAGUE

<u>Division</u>	<u>Players</u>	<u>Ball Size</u>	<u>Goal Height</u>	<u>Defense</u>	<u>Standings Kept</u>	<u>Game Length</u>
<b>4 Year Old</b>	5 v 5	27.5 (junior)	6.5 Feet	Man Only (Wristbands)	No	(4) Six Minute Quarters
<b>6 &amp; Under</b>	5 v 5	27.5 (junior)	7.5 Feet	Man Only (Wristbands)	No	(4) Eight Minute Quarters
<b>8 &amp; Under</b>	5 v 5	27.5 (junior)	8.5 Feet	Man Only (Wristbands)	No	(4) Eight Minute Quarters
<b>10 &amp; Under</b>	5 v 5	Boys & Girls Women's Size (28.5)	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
<b>12 &amp; Under</b>	5 v 5	Boys - Official Girls - Women's	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
<b>16 &amp; Under</b>	5 v 5	Boys - Official Girls - Women's	10 Feet	Man or Zone (No Wristbands)	Yes	(2) Twenty Minute Halves



## FREQUENTLY ASKED BASKEBALL QUESTIONS



### SPIRIT LEAGUE

#### Division

#### Players

#### Ball Size

#### Goal Height

#### Defense

#### Standings Kept

#### Game Length

**8 & Under**

5 v 5

27.5 (junior)

8.5 Feet

Man or Zone  
(No Wristbands)

Yes

(2) Eighteen Minute  
Halves

**10 & Under**

5 v 5

28.5 (women's)

10 Feet

Man or Zone  
(No Wristbands)

Yes

(2) Eighteen Minute  
Halves

**12 & Under**

5 v 5

Boys - Official  
Girls - Women's

10 Feet

Man or Zone  
(No Wristbands)

Yes

(2) Eighteen Minute  
Halves



## **4 Year Old / 6 & Under**

### **Developmental League Basketball Rules**

#### **I. Playing Time**

- A. 4 Year Olds will play Five on Five.
- B. 6 & Under will play Five on Five.
- C. All players must play at least half of the game.

#### **II. Official Game Time**

- A. 4 Year Olds will play Four (6) minute quarters.
- B. 6 & Under will play Four (8) minute quarters.
- C. The clock will run continuously and will only be stopped for time outs, injuries and the last thirty (:30) seconds of each quarter on all dead ball situations.
- D. There will be one minute between quarters and three minutes for half time.

#### **III. Press**

- A. No press of any type is allowed.
- B. Defensive Players must retreat to inside of the Offensive Team's 3-point arc and allow the ball & the player with the ball to cross mid-court unimpeded.

#### **IV. Time Outs**

- A. Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half.
- B. Time-outs will last approximately one (1) minute.
- C. The coach or the players on the court may call time-outs.
- D. The team in possession of the ball can only call a time-out.



- E. If a dead ball situation occurs, either team may call a time-out.

**V. Scoring**

- A. No score will be kept on either the scoreboard or at the official's table.

**VI. Defense**

- A. Man-to-man is the only defense permitted in this league. Players will wear colored wristbands. They will guard the player on the opposing team with the matching color. Any player may stop a fast break or pick up a loose ball in the frontcourt.
- B. There will be no steals off the dribble.
- C. No double-teaming will be allowed.
- D. The penalty for infraction of these rules will be to return the ball to the offensive team.
- E. Shot attempts may be blocked.

**VII. Basket Height / Free Throws**

- A. 4 Yr. Old Basket height will be six and a half (6.5) feet.
- B. 6 and Under Basket height will be seven and a half (7.5) feet.
- C. Free throws will be shot from the twelve (12) foot line.

**VIII. Ball Size**

- A. Junior size ball (27.5)

**IX. Miscellaneous**

- A. Each team will provide one individual for the official's table.
- B. Jump ball will begin the game with alternating possession thereafter.
- C. No lane violations will be called in this league.
- D. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game. A team may start and end the game with as few as three (3) players.



- E. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- F. One coach may be permitted on the floor during a game and will need to position themselves to avoid any game interference. Coaches may not stand under the basket on the court. All other coaches must remain in the bench area.
- G. If a coach or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
- H. There are no protests regarding official's calls.
- I. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
- J. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator(s) will have the final ruling in all matters.

*Note: This is an instructional league. The rules have been modified to help all players develop proper fundamentals and to provide a positive introduction to the sport of basketball.*

#### **X. YMCA Mission Statement**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





## **8 & Under Developmental League**

### **Basketball Rules**

#### **I. Playing Time**

- A. 8 & under will play Five on Five.
- B. All players must play at least half of the game.

#### **II. Official Game Time**

- A. Four (8) minute quarters.
- B. The clock will run continuously and will only be stopped for time outs, injuries and the last thirty (:30) seconds of each quarter on all dead ball situations.
- C. There will be one minute between quarters and three minutes for half time.

#### **III. Press**

- A. No press of any type is allowed.
- B. Defensive Players must retreat to inside of the Offensive Team's 3-point arc and allow the ball & the player with the ball to cross mid-court unimpeded. Once the ball has crossed the mid court line, defensive players may come outside of the 3-point arc.

#### **IV. Time Outs**

- A. Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half.
- B. Time-outs will last approximately one (1) minute.
- C. The coach or the players on the court may call time-outs.



- D. The team in possession of the ball can only call a time-out.
- E. If a dead ball situation occurs, either team may call a time-out.

**V. Scoring**

- A. No score will be kept on either the scoreboard or at the official's table.

**VI. Defense**

- A. Man-to-man is the only defense permitted in this league. Players will wear colored wristbands.
- B. They will guard the player on the opposing team with the matching color and may only steal the ball from that player in the frontcourt. Any player may stop a fast break or pick up a loose ball in the frontcourt.
- C. The penalty for infraction of this rule is to return the ball to the offensive team.
- D. Shot attempts may be blocked.
- E. No double-teaming will be allowed.
- F. In the 8U Division, when a screen occurs, the defensive players involved in the screen may switch off their matching wristband/offensive player. All players must return to guarding their matching wristband on the next dead ball.

**VII. Basket Height / Free Throw Line**

- A. Basket height will be eight and a half (8.5) feet.
- B. Free throws will be shot from the twelve (12) foot line.

**VIII. Ball Size**

- A. Junior size ball (27.5)

**IX. Miscellaneous**

- A. Jump ball will begin the game with alternating possession thereafter.
- B. No lane violations will be called in this league.
- C. Bonus one and one foul shooting begins on the seventh (7th) team foul of each half.



- D. Double bonus foul shooting begins on the tenth (10) team foul of each half.
- E. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
- F. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game. A team may start and end the game with as few as three (3) players.
- G. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- H. One coach may be permitted on the floor during a game and will need to position themselves to avoid any game interference. Coaches may not stand under the basket on the court. All other coaches must remain in the bench area.
- I. If a coach or a fan is ejected from the game, they are subject to be ineligible for the next game. Further penalty may be assessed if necessary.
- J. There are no protests regarding official's calls.
- K. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
- L. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator(s) will have the final ruling in all matters.

Note: This is an instructional league. The rules have been modified to help all players develop proper fundamentals and to provide a positive introduction to the sport of basketball.

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To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





**10 & Under / 12 & Under  
Developmental League Basketball Rules**

**I. Playing Time**

- A. Both ages will play Five on Five.
- B. All players must play at least half of the game.

**II. Official Game Time**

- A. Four (8) minute quarters.
- B. The clock will run continuously and will only be stopped for time outs, injuries and the last thirty (:30) seconds of each quarter on all dead ball situations.
- C. There will be one minute between quarters and three minutes for half time.

**III. Press**

- A. Full court press is allowed.
- B. When a team is ahead by 10 points, they must retreat and allow the offense to cross the mid-court line unimpeded.

**IV. Time Outs**

- A. Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half.
- B. Time-outs will last approximately one (1) minute.
- C. The coach or the players on the court may call time-outs.
- D. The team in possession of the ball can only call a time-out.
- E. If a dead ball situation occurs, either team may call a time-out.



## **V. Scoring**

- A. Score will be kept on the scoreboard & at the official's table.
- B. When a team is ahead by 20 points or more, the team that is ahead will not have points added to the score on the scoreboard.

## **VI. Defense**

- A. Both man-to-man and zone defenses are permitted in this league.
- B. The ball may be stolen at anytime in this league.
- C. When a team is ahead by 10 points, defense must pick-up at half-court.

## **VII. Basket Height / Free Throw Line**

- A. Basket height will be ten (10) feet.
- B. 10 & Under Free throws will be shot from the twelve (12) foot line.
- C. 12 & Under Free throws will be shot from the regular free throw line (15 feet).

## **VIII. Ball Size**

- A. 10 & Under Boys/Girls - 28.5" ball (official women's size ball)
- B. 12 & Under Boys - Official regulation size ball.
- C. 12 & Under Girls - 28.5" ball (official women's size)

## **IX. Miscellaneous**

- A. Jump ball will begin the game with alternating possession thereafter.
- B. 10 & Under – Five (5) seconds will be allowed in the lane.
- C. 12 & Under - Three (3) seconds will be allowed in the lane. Bonus one and one foul shooting begins on the seventh (7th) team foul of each half.
- D. Double bonus foul shooting begins on the tenth (10) team foul of each half.
- E. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.



- F. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game.
- G. A team may start and end the game with a few as four (4) players.
- H. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- I. All coaches must remain in the bench area.
- J. If a coach or a fan is ejected from the game, they will be subject to being ineligible for the next game. Further penalty may be assessed if necessary.
- K. There are no protests regarding official's calls.
- L. If you believe your record is wrong, you have 2 weeks from the originally scheduled date to notify the Sports Department.
- M. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
- N. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator(s) will have the final ruling in all matters.

**X. YMCA Mission Statement**

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.





## **14 & Under / 16 & Under**

### **Developmental League Basketball Rules**

#### **I. Playing Time**

- A. League will play Five on Five.
- B. All players must play at least half of the game.

#### **II. Official Game Time**

- A. 2 - Eighteen (18:00) minute halves
- B. 3 Minutes (3:00) for Half Time
- C. The clock will run continuously and will only be stopped for time outs, injuries and the last minute (1:00) of each half on all dead ball situations.

#### **III. Press**

- A. Full court press is allowed.
- B. When a team is ahead by 10 points, they must retreat and allow the offense to cross the mid-court line unimpeded.

#### **IV. Time Outs**

- A. Each team is allowed two (2) time-outs per half; time-outs will not carry over from half to half.
- B. Time-outs will last approximately one (1) minute.
- C. The coach or the players on the court may call time-outs.
- D. The team in possession of the ball can only call a time-out.
- E. If a dead ball situation occurs, either team may call a time-out.



## **V. Scoring**

- A. Score will be kept on the scoreboard & at the official's table.
- B. When a team is ahead by 20 points or more, the team that is ahead will not have points added to the score on the scoreboard.

## **VI. Defense**

- A. Both man-to-man and zone defenses are permitted in this league.
- B. The ball may be stolen at anytime in this league.
- C. When a team is ahead by 10 points, defense must pick-up at half-court.

## **VII. Basket Height / Free Throw Line**

- A. Basket height will be ten (10) feet.
- B. 16 & Under Free throws will be shot from the regular free throw line (15 feet).

## **VIII. Ball Size**

- A. 16 & Under Boys - Official regulation size ball.
- B. 16 & Under Girls - 28.5" ball (official women's size)

## **IX. Miscellaneous**

- A. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
- A. Jump ball will begin the game with alternating possession thereafter.
- B. 16 & Under - Three (3) seconds will be allowed in the lane.
- C. Bonus one and one foul shooting begins on the seventh (7th) team foul of each half.
- D. Double bonus foul shooting begins on the tenth (10) team foul of each half.



- E. A player receiving his/her fifth personal foul will be disqualified from the remainder of the game.
- F. A forfeit is called ten (10) minutes after scheduled game time if one team does not have enough players to start the game.
- G. A team may start and end the game with a few as four (4) players.
- H. Games will not be rescheduled due to a team conflict with the published schedule. The only games that will be rescheduled will be result of inclement weather or a problem with the facility.
- I. All coaches must remain in the bench area and be a minimum 18 years of age or older.
- J. If a coach, player, or a fan is ejected from the game, they will be subject to being ineligible for the next game. Further penalty may be assessed if necessary.
- K. There are no protests regarding official's calls.
- L. If you believe your record is wrong, you have 2 weeks from the originally scheduled date to notify the Sports Department.
- M. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator(s) will have the final ruling in all matters.

**X. YMCA Mission Statement**

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# THUNDER

## BASKETBALL LEAGUE

### Spirit League

The following rules will be the official playing rules for all divisions of the YMCA Spirit League. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book.

#### Court & Equipment

- |                                       |            |                                       |
|---------------------------------------|------------|---------------------------------------|
| 1. <b>Ball Size:</b>                  | 8 & Under  | 27.5 (Junior Ball)                    |
|                                       | 10 & Under | 28.5 (Women's Ball)                   |
|                                       | 12 & Under | Boys: 30.5 (Men's)                    |
|                                       |            | Girls: 28.5 (Women's)                 |
| 2. <b>Goal Height</b>                 | 8 & Under  | 8.5 Feet                              |
|                                       | 10 & Under | 10.0 Feet                             |
|                                       | 12 & Under | 10.0 Feet                             |
| 3. <b>Free-Throw &amp; Lane Count</b> | 8 & Under  | Standard Line and 5 second lane count |
|                                       | 10 & Under | Standard Line and 5 second lane count |
|                                       | 12 & Under | Standard Line and 3 second lane count |

#### Players, Substitutes and Equipment

1. **Substitutions** Free Substitution

2. **Uniforms**

Home Team will provide/wear YMCA white uniforms  
Away Team will provide/wear YMCA blue uniforms

#### Definitions

1. Refer to the NFHS rulebook.

#### Scoring and Timing Regulations

1. **Length of Game** (All divisions will use a running clock)

2 Halves

18 minutes in length





2. **Time-Outs:**

Each team will receive 2 timeouts per half. These are full time-outs lasting 1-minute in length. Time-outs will not carry over.

3. **Overtime:**

Overtime will consist of 1 period, 3 minutes in length, with each team receiving 1 time-out. If the score is still tied after the 1<sup>st</sup> overtime, games will be recorded as a tie.

During the tournament, if tied at the end of the 1<sup>st</sup> overtime, a 2<sup>nd</sup> overtime will start after a 1-minute break. This process will repeat until a winner is determined.

4. **Time-out, Stopping Play**

Time-Out occurs and the clock, if running, shall be stopped for the entire game for:

- Time-Outs & Injuries Only

Time-Out occurs and the clock, if running, shall be stopped within the last minute of each half when the official signals:

- A foul
- A held ball
- A violation
- Injury
- Delay in getting a ball live
- Any Emergency
- Free Throws

**Out of Bounds and the Throw In**

**1. Player Location**

The location of a player or non-player is determined by where the player is touching the floor as far as being:

- Inbounds or out of bounds
- In the frontcourt or backcourt
- Outside (behind/beyond) or inside the three-point field goal line.

**Throw-In – Designated Spot**

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.

- 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.





# THUNDER

## BASKETBALL LEAGUE

### Lane Violations

8 & Under	5 Seconds
10 & Under	5 Seconds
12 & Under	3 Seconds

### 1. Bonus Free Throw

- Team's 7<sup>th</sup> foul – 9<sup>th</sup> foul will be awarded a 1 – 1
- Team's 10<sup>th</sup> foul will be awarded 2 shots.

### Types of Defense Allowed

#### **8 & Under**

Wristbands are not used in the Spirit League for Defense. Any type of half court defense is allowed. Full court press is allowed for the entire game unless up by 10 points. If up by 10 or more, the defensive team must drop back to half court to allow the player with the ball to cross mid-court unimpeded. See fouls and penalties for violations.

#### **10 & Under**

Any type of half court defense allowed. Full court press allowed for the entire game unless up by 10 points. If up by 10 or more, the defensive team must drop back to half court to allow the player with the ball to cross mid-court unimpeded. See fouls and penalties for violations.

#### **12 & Under**

Any type of half court defense allowed. Full court press allowed for the entire game unless up by 20 points. If up by 20 or more, the defensive team must drop back to half court to allow the player with the ball to cross mid-court unimpeded. See fouls and penalties for violations.





**Closely Guarded** - Guarding shall be the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required, but the maximum distance between the guard and opponent shall be 6 feet when closely guarded. This applies when the opponent dribbles the ball or is holding it. The count is separate for both.

**8 & Under / 10 & Under / 12 & Under** 5 Seconds

**Back Court**

**8 & Under / 10 & Under / 12 & Under** 10 Seconds

**Fouls and Penalties**

Fouls are recorded. 5<sup>th</sup> foul disqualifies player

1. **Technical Fouls**

**Player** Upon receiving a technical foul, the player's action will be discussed by the officials and subject to ejection based on severity. Example: Fighting, Foul Language, etc. Any player receiving a second technical foul in a game, will be automatically ejected.

**Coach** 1<sup>st</sup> Technical results in the Coach being required to stay seated on the bench for the remainder of the current game. A 2<sup>nd</sup> Technical results in ejection from the current game and suspension from the next game. Coach must also meet with their branch specific YMCA Leadership Staff and/or Committee prior to returning to coaching.

**Coach's Rule**

1. One (1) Head Coach and one (1) assistant coach will be allowed on the bench during games.
2. Coaches must remain on or in front of their respective benches.
3. The Head Coach is the only coach allowed to address the officials before, during, or after the game. The assistant coach may confer with players and table personnel but only during dead ball situations.
4. If a player is injured, an official or YMCA staff person will call the coach on the floor. This is for the safety of all the players that could be injured by anyone running on the court unexpectedly.
5. Under no circumstances shall any coach confer with another player or coach from the opposing team in a negative manner. If YMCA staff witnesses such action, that coach will be asked to leave the game and will be under review with the YMCA Sports Committee.
6. Coaches are role models for our athletes, therefore you will be held to the highest YMCA standards of good character and positive behaviors.
- 7.





8. Each team must provide an adult volunteer to operate the game clock (Home Team) and the score sheet (Away Team). The game will not begin until these volunteers are at the table. Failure to provide a volunteer could lead to forfeit of the game.
9. There are no protests regarding official's calls.
10. If a coach, player, or a fan is ejected from the game, they will automatically be ineligible for the next game. Further penalty may be assessed if necessary.
11. If you believe your record is wrong, you have 2 weeks from the originally scheduled date to notify the Sports Department.
12. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Sports Director or Sports Coordinator(s) will have the final ruling in all matters.





In your role as a volunteer YMCA basketball coach, you have a direct impact on our community and the growth of our sport within the region that is simply immeasurable. As we look for ways to create an optimal framework for our local players and coaches to thrive, we are excited to invite you to the 2018 YMCA Thunder Basketball League Coaches Clinic for an evening of learning together.

YMCA Thunder Basketball League Coaches clinic will take place on Tuesday, Nov. 13 at the Mid-America Christian gymnasium, 3500 SW 119th St., Oklahoma City, OK from 6:45 p.m. to 8:30 p.m.

Let us know what topics and/or skill sets you would like to learn more about, by filling out the short form below. **All those that submit comments will have a chance to win a Thunder autographed item. The winner will be selected at the event and must be present to win.**

Coaches Clinic Registration Link:

<https://www.cognitoforms.com/OklahomaCityThunder1/YMCACoachesClinic>





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YMCA Thunder Basketball League Coaches Clinic will take place on Thursday, Nov. 15 at Mitch Park YMCA, 2901 Marilyn Williams Dr., Edmond, OK, from 6:45 p.m. to 8:30 p.m.

Let us know what topics and/or skill sets you would like to learn more about, by filling out the short form below. **All those that submit comments will have a chance to win a Thunder autographed item. The winner will be selected at the event and must be present to win.**

Coaches Clinic Registration Link:

<https://www.cognitofrms.com/OklahomaCityThunder1/YMCACoachesClinic>



## CHILD ABUSE REPORTING PROCEDURES and POLICIES

A foundational commitment of the Y is to provide a healthy atmosphere for the growth and development of children. Thus, child abuse in any form is a primary concern to the Y. Child abuse is the mistreatment or neglect of a child resulting in injury or harm.

- Any staff or volunteer who has reasonable cause to suspect that a child participating in one of our programs has been abused or neglected, or having reason to suspect that a child has been threatened with injury and that abuse will occur, must report to the proper authorities.
- Volunteers are trained to recognize, prevent, and report child abuse.
- Under no circumstances should a staff/volunteer member interrogate the child or cause them to feel responsible for the abuse/neglect. The staff/volunteer person's responsibility is to report and cooperate with the agency's investigation.
- Confidentiality is of utmost importance.
- Parents/guardians or children involved in the case should not be contacted by a YMCA staff/volunteer person.

Oklahoma Child Abuse and Neglect Hotline: 1-800-522-3511

**In order to avoid allegations regarding child abuse, the following policies must be adhered to:**

- Staff/ Volunteers will not use verbal or emotional abuse when disciplining.
- Staff/ Volunteers will not discipline by use of physical punishment or by failing to provide the necessities of care such as food or shelter.
- Staff/ Volunteers should at no time be alone with a single child unobserved by other Staff/ Volunteers.
- Staff/ Volunteers to child contact should be on the hand, shoulder, or upper back. Staff and volunteers will respect children's rights not to be touched in ways that make them feel uncomfortable and will understand that touch should be done only in view of others.
- Staff/ Volunteers shall be alert to the physical and emotional state of children each time they report for a program.
- Staff/ Volunteers will refrain from intimate displays of affection toward others in the presence of children, parents, and staff.
- Profanity, inappropriate jokes, sharing intimate details of one's personal life in the presence of children and/or parents is prohibited.
- Contact should never be against a child's will (unless in the case of clear and present danger of the child).
- Contact should never be against a child's discomfort, whether expressed verbally or non-verbally.
- Contact should never be used when it would have the effect of over-stimulating the child.
- Contact should never take place in a place on a child's body that is normally covered by a bathing suit, unless for a clear medical necessity, and then only with supervision from another adult.

<i>Appropriate Physical Interactions</i>	<i>Inappropriate Physical Interactions</i>
<ul style="list-style-type: none"> <li>• Side hugs</li> <li>• Shoulder-to-shoulder or "temple" hugs</li> <li>• Pats on the shoulder or back</li> <li>• Handshakes</li> <li>• High-fives and hand slapping</li> <li>• Verbal praise</li> <li>• Pats on the head when culturally appropriate</li> <li>• Touching hands, shoulders, and arms</li> <li>• Arms around shoulders</li> <li>• Holding hands (with young children in escorting situations)</li> </ul>	<ul style="list-style-type: none"> <li>• Full-frontal hugs</li> <li>• Kisses</li> <li>• Showing affection in isolated area</li> <li>• Lap sitting</li> <li>• Wrestling</li> <li>• Piggyback rides</li> <li>• Tickling</li> <li>• Allowing a youth to cling to an employee's or volunteer's leg</li> <li>• Any type of massage given by or to a youth</li> <li>• Any form of affection that is unwanted</li> <li>• Compliments relating to physique or body development</li> <li>• Touching bottom, chest, or genital areas</li> </ul>
<i>Appropriate Verbal Interactions</i>	<i>Inappropriate Verbal Interactions</i>
<ul style="list-style-type: none"> <li>• Positive reinforcement</li> <li>• Appropriate jokes</li> <li>• Encouragement</li> <li>• Praise</li> </ul>	<ul style="list-style-type: none"> <li>• Name-calling</li> <li>• Discussing sexual encounters or in any way involving youth in the personal problems or issues of staff and volunteers</li> <li>• Secrets</li> <li>• Cursing</li> <li>• Off-color or sexual jokes</li> <li>• Shaming or Belittling</li> <li>• Derogatory remarks</li> <li>• Harsh language that may frighten, threaten or humiliate youth</li> <li>• Derogatory remarks about the youth or his/her family</li> </ul>

# ABCs of Working with Kids

**A is for Active** You have to be active. If you sit out of every activity, the kids won't think you care about them.

**B is for Belonging.** Children want to belong, you have the ability to help them feel as they do belong.

**C is for Cheerful** Be cheerful. Even if you're in a bad mood, be sure to keep a smile on your face. A bad day for you is a bad day for the kids.

**D is for Desire** You have to have the desire to give kids a fun program.

**E is for Everyone** Interact with everyone and get everyone involved! If you notice one of the kids in your group is shy, be sure to get him/her involved with the other kids even more.

**F is for Funny** Kids don't want an adult who's serious all of the time. Make jokes, have a good time.

**G is for Guide** It's your job to guide your children in the right direction of their life.

**H is for Happy** This is a given. You have to be happy. Don't be angry all of the time.

**I is for Independence** Teach children to become more independent than they are.

**J is for Join in** Don't sit on the side lines. Participate and have fun with the kids. Even if it means running around a playground or going down a slide. Do it.

**K is for Kids** This could have two meanings. The first means that you have to be good with kids to be a successful. The second is to let the kid inside of yourself come out. You may not be the most active or creative person outside of this program, but here that doesn't matter. Even if you aren't the best at drawing, draw anyway.

**L is for Laugh** You should always laugh. If one of the kids tells you a story or joke that they find funny but you don't, laugh anyway. Of course, remember to laugh at appropriate times. If a kid trips on a rock and falls, that's not the time to laugh (even though you may want to). If a kid draws a bad picture, don't laugh at it.

**M is for Make Friends** Make friends with the kids. Obviously this will probably happen, but make sure it does. Never ignore one child. Also, have kids make friends with each other.

**N is for No Yelling** You should never yell. You might scare them or make a bad situation worse. Or if you yell enough, they might actually get used to it and yelling won't be a threat to them.

**O is for Options** Give options. They'll have to learn sometime to choose and make decisions. Why not help them out. Sometimes they might not like the options, but they'll have to choose.

**P is for Patience** Have patience. This is pretty self-explanatory.

**Q is for Questions** Instead of punishing two kids for fighting right away, ask questions. Ask why they were fighting, what started it, who started it, was there a better way to solve the problem.

**R is for Relationships** Build relationships with the children.

**S is for Sanity** Be sure to keep your sanity, no matter how stressful times can get. Talk to other adults for suggestions.

**T is for Teach** Teach the ways of life. Teach them to try and become the best person they can be.

**U is for Understanding** We are all understanding people. If a child is upset, sit down and talk with them and listen to what they have to say.

**V is for Vigilance** We are in charge of making sure things are safe in our program.

**W is for Wisdom** Share your wisdom with the kids and watch them grow as the weeks go on.

**X is for eXcellence** You have a limited amount of time to give to the kids. Give it your all 100% of the time and be excellent.

**Y is for Yes I Can** This is not only a place for kids to learn new things and explore outside of their comfort zone; we can do this too!

**Z is for Zzz** Let's face it: get all the sleep you need to be well-rested for Wednesday afternoons!

# Top Ten Tips for Working with Kids

## 1. Get to know each one individually.

Take time to get to know some of the interests, talents, and qualities of each child. Until your children feel they are building a relationship with you, that is the point where they start to feel secure and connected.

## 2. Get into routines right away.

For most children, routines provide security because they are predictable, and they help to know what is expected of them. For example, try using the "five-minute warning" routinely before the end of every activity period. Announce to kids, "Okay, we have five minutes before we have to clean up!" Transitions are hard for children because they involve a small loss of what they have just invested their pride and energy into doing. Using the five-minute warning consistently in other words, doing it routinely, helps children master those transitions.

## 3. Keep your directions simple!

Giving too many things to do at once is confusing and often results in not too much getting done! Especially for younger children who have shorter attention spans and for children who are easily distracted, try the following routine:

**Step 1:** Tell a child one thing to do. ("Get your homework out of your bag")

**Step 2 :** Ask them to repeat back to you what you have just asked them to do. ("So what are you going to do right now?")

**Step 3:** Instruct the child to come back and tell you when they've finished.

**Step 4:** Praise them for getting it done!

**Step 5:** Repeat the process with a new task for the child.

## 4. Get on their train before you try to get them on yours.

There's an expression called "getting on a train." When a child is doing something other than what she should be—rather than get into a struggle with her, experts suggest that you take a minute or two and join in whatever she is doing. In other words, take a moment to look at the pay attention to what they are doing before coaxing them away from it and onto the task at hand. Entering that child's world on her terms is a great way to develop influence with that child — which is a more powerful and lasting way of motivating children than using threats or force.

## 5. The human brain can't hold a negative.

When you tell a child at the swimming pool, "Don't run!" what his brain hears is "Run!" When you tell a child, "Don't talk while I'm talking!" his brain hears, "Talk while I'm talking!" It is impossible to tell someone not to do something without suggesting they do the very thing you don't want them to do. What is more effective is telling them what we want them to do. For example, at the pool, say, "Walk!" In a meeting say, "Listen while I'm speaking. You can have a turn when I am finished". Turning negatives into positives is more than just a subtle rephrasing of words. Children today are visual learners, meaning they get a picture in their brains of what behavior we are suggesting when we talk. Giving them a clear picture of what we want, rather than what we don't want helps steer their behavior in a more constructive direction. "Keep your hands to yourself," or, "Use your words when you are upset," are examples of telling children what we want from them that help them behave more appropriately.

## 6. Sarcasm has no place here!

I once heard an adult shouting at children who were late to line-up: "Come on, ladies! My old grandmother moves faster than you guys!" Sarcasm may be said with a hint of affection or humor, but this subtlety is lost on children younger than fourteen — the age at which the human brain "gets" sarcasm. Not that children won't mimic the sarcasm they witness... they will. But, what younger children "repeat" is simply hostility — any hint of affection or good-natured humor that one might embed in a sarcastic remark to a friend is lost on younger children.

## 7. Drop the rope!

If you have ever heard a child say to an adult, "You're not the boss of me! I don't have to listen to you!" then you have witnessed an example of how American children have been encouraged to "speak up" and assert themselves.

Unfortunately, many children today confuse rudeness with assertiveness. When a child says something provocative, like, "This is a free country! I can do what I want!" or, "My parents don't make me do that, you clean up!" rather than get into an argument — which I call picking up the emotional rope — use the following four-step response:

**Step 1:** Stay calm and let go of the provocation (in other words, drop the emotional rope!).

**Step 2:** Make children "right" about what they are "right" about. For example, "You're right. I'm not your parent!"  
Or, "You're right — it is a free country! Isn't that great!"

**Step 3:** Pause and then simply say ". . . and . . . everybody knows that her, part of being responsible is cleaning up.  
And

you can do this — it's no big deal!"

**Step 4:** Then stop talking and move on! One of the biggest mistakes adults make with children is we talk too much!  
Less is

more!

When it is clear that you are not going to pick up the bait and get into an argument, you throw that child off balance. Second, using the word "and" as opposed to the word "but" helps kids stay with you. Third, state simply and calmly what everybody knows which helps you maintain the upper hand emotionally and signals to the child your confidence. When you detach and move on you are essentially taking the high road. Children would much rather argue with you than do what they are supposed to do. Detaching takes that option away. Picking up the "emotional rope" is the single greatest mistake adults make with children.

## 8. Try using the "triple play" with children who are having a hard time fitting in.

One of the challenges facing adults I hear about most frequently is the child who is a little socially awkward or shy. This is where a technique I call the "triple play" comes in. Try pairing that child with one other child (preferably one he helps choose) and do a fun activity together. When children play together they get to know one another more easily and introduce them to others too.

## 9. Teach children how to share and have gratitude.

You may actually have to teach how to share or have a sense of gratitude. Teaching them how to share and have gratitude will help them work together. Try gathering the kids for a few minutes at the end of the day and have them raise their hands when they have an example to share with the group of something that happened that day that they are grateful for or something that someone has shared with them that day, like friendship or a toy or their time and help during clean-up. Encouraging gratitude helps create an environment where friendship and respect flourish.

## 10. Listen, Laugh and Enjoy!



# Additional Communication Tips

## *Communicating with children:*

- Always give directions using positive statements (ex. "inside voices please").
- Listen to children and respect individual differences. When you take time to listen, you show a child that he/she is important.
- Have eye contact- kids know you are listening when you are making eye contact. Lean for a teen, squat for a tot.
- Avoid talking down to children.
- Be clear in your expectations.
- Discuss with the children the activities for the day.
- Use motivating words.
- Praise and Reinforce good behavior.
- Flexibility and adaptability are essential.
- Have empathy, realize that some children may be dealing with less than ideal situations unbeknown to you.
- Always intervene when you hear children putting each other down.
- Use a sense of humor, an easy-going attitude, patience and creativity
- Always end the day on a positive note. Ask questions like "What was your favorite part of the day?". You will be amazed what matters to the children.

## HOW TO HAVE FUN

- This program about relationships and connections between kids and volunteers. Don't be lazy! Interact with children. Don't just tell them how to do things--do it too! Play UNO, , play in the soccer game. It makes the day so much more fun for you too!
- You are a role model, so act like it. The children will do what you do. Think of how you want the kids to behave and act that way. Be professional in front of the children.
- Be friends but do not let them get away with things. Treat kids who get on your nerves like you do your favorite. Basically, don't play favorites!
- Break up cliques early. It is unavoidable that there will be cliques. Make sure that you make them mingle as much as possible.
- Be proactive rather than reactive. Anticipate what is going to happen and then plan accordingly.
- Grin and bear it. You may be tired, hungry or have 100 other things that you need to get done at work. People who work with kids need to be some of the best actors in the world at times.
- Try to spend a few minutes of face time with each new child. They will like you more if they feel that they are the center of attention, and it will allow you to understand them better. We can tag team as a group.
- **Prepare.** Prepare for each day and whatever it may throw at you. If you prepare yourself, you can prepare the kids. They will have less anxiety about the day and have something to look forward to.
- Ask questions, start conversations and play games that help the kids get to know each other.



## HOW TO PICK TEAMS

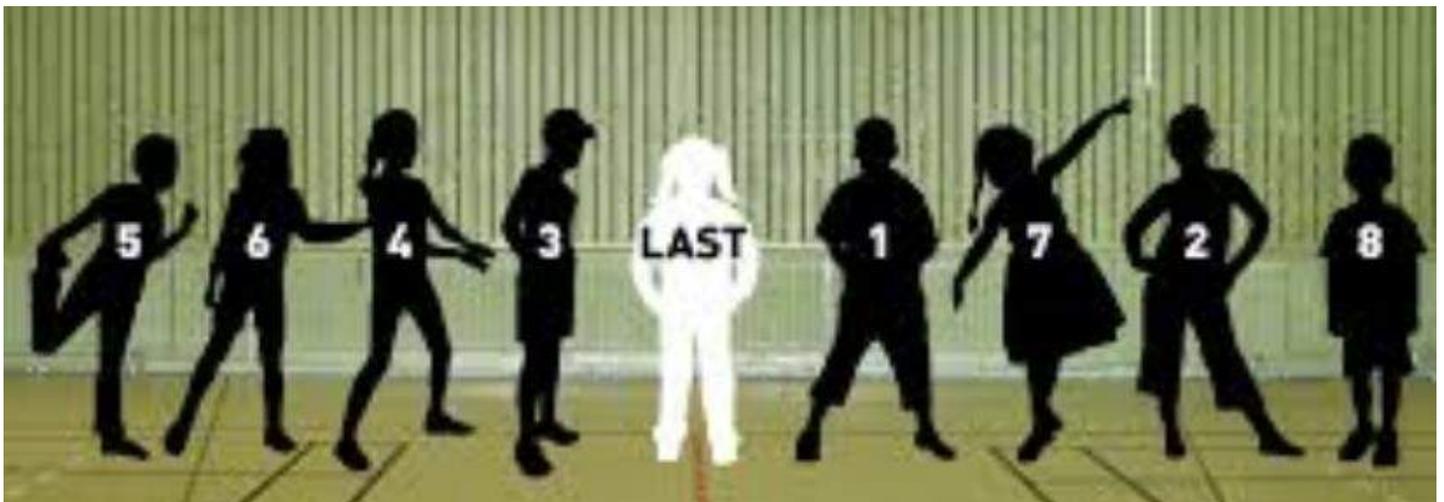
*Have you or someone you know ever been the last person selected to be on a team? If this has happened, then you are aware of the damage it causes to one's self esteem. Making teams by using team captains who select players, one by one, from the group has severe consequences.*

Consequences:

1. Child loses self confidence
2. Child may become a behavioral problem
3. Child does not want to participate
4. Child does not want to return to the program

### Creative Ways to Make Teams

- Have children line up and count off using numbers, objects, animals (tigers and bears), etc.
- Have everyone take off one shoe and put it in a pile. Volunteer randomly throws shoes to his/her left and right. Children go to the left or right to pick up their shoe. Two teams are made of the right/left throw.
- Make teams according to birth month, birth dates, or birth season.
- Draw names from a hat (use name cards).
- Have children pair off and each pair find another pair to form four and each foursome find another foursome...go until you have the correct teams designed.
- Play a game or icebreaker that results in formed groups.
- Have children group according to material items, NOT physical characteristics (all who are wearing a watch vs. those who aren't; those with white shirts, those with other colors)
- Volunteers randomly select teams (not too exciting, use as a last resort).
- Mingle, Mingle, Mingle—group mingles around, leader calls out random numbers, the group has to get in groups of that many, play multiple rounds.
- Toe to Toe - Have the kids stand toe to toe with someone their height. One of the kids is skittles one is starburst. Send one to one side, one to the other. Keep dividing until you get desired group size.
- Come up with a few ways of your own!



## GAMES

**Play with the kids** . Kids will be most likely to play a game if you are actively participating. Enjoy yourself and be part of the group, but be cautious not to play at skill levels above the kids that make the game unfair or dangerous.

**Facilitate equal playing action for all participants.** Be very mindful of how many times a kid has (ie) received the soccer ball. Quite often, less active kids are left on the sidelines while more athletic or outgoing children dominate the game. If you are playing any activity, find a way to keep activities moving and changing to give everyone equal quality playing time. This same principle applies to sports-minded children who may be uncomfortable playing dramatic games.

**Keeping score is not always important!** You'll quickly find that by simply not keeping score, many games become more fun. Whenever possible, try to limit the focus on "winning" or "losing" and concentrate more on having fun, and staying active. This is not to say that you should never keep score - it's simply not always important.

**Re-invent any activity by changing the rules** .Any game can be adapted to make it more interesting. Here are several adaptations of kickball as an example: Run the bases backwards, run them in reverse order, give all infielders water balloons to use to throw players out instead of the ball, hit the ball with a bat, use a beach ball or have entire sides kick before rotating instead of having traditional outs.

**Learn games at all physical activity levels.** Every group is different, and every day is different as well. Good volunteers have a bag a tricks for the various personalities or weather conditions that they come across.

**Always, Always, Always encourage teamwork, fair play, and sportsmanship!** Set the tone right away - games are meant to be fun and should reflect the values of the Y. Set ground rules for physical or less active games alike, such as, "Only positive comments," or "No name-calling."

**Always stop the game while you're still having fun.** Children will always want to return to a game that was stopped that they were enjoying. If you play a game until everyone is dropping out or arguing, that's how they will remember it.

**Let children lead games.** Give children an opportunity to be the group leader, explain the rules, choose captains, set boundaries, and arbitrate arguments. It helps build leadership skills, independence, and self-esteem.



# **YMCA OF GREATER OKLAHOMA CITY**

## **Youth Sports Concussion Plan**

### **Players**

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Recommend mouth pieces for all sports.
- Require mouth pieces for Flag Football and Tackle Football.
- Require the use of head guards in all sports for athletes who have had previous concussions.
- A player receiving any type of head impact regardless of source, will be removed from the game and will be unable to return.

### **Parents/Guardians**

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Offer CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Encourage support of coaches decisions to remove players from practices/games if a concussion is suspected.
- Provide medical clearance documentation to coach prior to allowing player to return.

### **Coaches/Assistant Coaches**

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Provide parents with concussion symptoms document in the event of a suspected concussion.
- Provide medical clearance documentation to Program Director prior to allowing player to return.
- Follow the 3 R's in the event of a suspected concussion.

## **Officials**

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require CDC Heads Up Concussion Training
- Provide educational materials via Association website or DVDs.
- Provide parents with concussion symptoms document in the event of a suspected concussion.
- Document all head impacts or injuries using YMCA Incident Report and communicate incident to Program Director.

## **The 3 R's**

### **Recognize**

- Learn what a concussion is and how it affects an individual.
- Learn the symptoms and warning signs of a concussion.
- Follow the Respond steps in the event of a suspected injury.

### **Respond**

- Remove child from game/practice.
- Notify parents and league officials.
- Seek medical attention.
- Record detailed information regarding incident or past history, using forms from the CDC Heads Up Program DVD.
- Keep child out of play until medically cleared.

### **Return to Play**

- Obtain medical clearance from child's physician.
- Secure new program waiver signed by parent/guardian.
- Encourage parent/guardian to follow and document child's progress using the "Getting Back In the Game Program".
  1. Perform light aerobic exercise (No weight lifting, jumping, hard running).
  2. Gradually add activities that increase an athlete's heart rate and incorporate limited body or head movement.

3. Gradually increase activity to include a heavy non contact physical activity.
  4. Reintegrate child into practices.
  5. Place child back into play, while monitoring for returning symptoms.
- Require the use of head guards in all sports for athletes who have had previous concussions.

# Sport Snack Game Plan

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

## SNACK & DRINK SUGGESTIONS

Fruit and water are always the best snack choices for kids on the move. Try these popular options:

- >> Orange & apple wedges
- >> Fresh peaches, pears, watermelon or other seasonal fruit
- >> Dried fruit and Raisins
- >> Bananas, grapes & strawberries
- >> Fruit cups (packed in juice) or sugar-free applesauce
- >> Ice cold water - no need for sugar packed sport drinks

## GRAB & GO - THE PRICE IS RIGHT!

- >> Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.

### Healthy Snack -

- > Fresh bananas/oranges/apples - \$3 to \$4 a bag
- > 16 oz. natural spring water bottles (15 pack) - \$3.29

**Total = \$7.29**

### Typical Snack -

- > Mini bags of cookies (12 pack) - \$4
- > Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25 each

**Total = \$10.25**





***The YMCA of Greater Oklahoma City is proud to partner with Lifetouch for our sports team pictures. As part of our partnership, Lifetouch provides commission support, as well as scholarship support to the YMCA of Greater Oklahoma City. Lifetouch is our official photographer for the upcoming basketball season, and additional information regarding dates, times and ordering opportunities will be communicated. Your support is greatly appreciated by Lifetouch and the YMCA.***

The following dates are scheduled for site locations for team photos.

Dates and times for individual team photos will be scheduled by coaches and communicated at a later date.

- 12-8-18 Edmond
- 12-15-18 Edmond
- 1-12-19 North Side / Downtown
- 1-12-19 Earlywine
- 1-19-19 Bethany/Rockwell
- 1-26-19 Stillwater
- 1-26-19 Guthrie
- 1-26-19 Midwest City
- 2-2-19  
ALL LOCATION MAKE-UP DAY @  
NORTH SIDE YMCA  
8:00 AM - 11:00 AM

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***Lifetouch LNSS***  
***228 W Main, Moore, OK 73160***  
***405-794-7748***  
***[www.lifetouchsports.com](http://www.lifetouchsports.com)***



# YMCA

## NIGHT OUT WITH THE THUNDER

The Thunder invites all YMCA Winter League participants, staff and YMCA members to attend our YMCA Night. Winter League teams may be selected to have their team's photo taken on the court after the Thunder game.

**Tuesday, Jan. 22**

**Thunder vs. Trail Blazers | Tipoff: 7PM**

**Tickets go on sale: Monday, Nov. 19 at 10AM**

**Deadline to order: Dec. 22**

**For more info contact:**

**Alex Morrow | 405.429.7753 | [amorrow@okcthunder.com](mailto:amorrow@okcthunder.com)**

**Chris Berry | [cberry@ymcaokc.org](mailto:cberry@ymcaokc.org)**

**Special group-rate tickets are available starting at \$16**

**[Click Here to Buy for Jan. 22](#) | Enter Promo Code: YMCA**





# YMCA

## NIGHT OUT WITH THE THUNDER

The Thunder invites all YMCA Winter League participants, staff and YMCA members to attend our YMCA Night. Winter League teams may be selected to have their team's photo taken on the court after the Thunder game.

**Friday, Feb. 22**

**Thunder vs. Jazz | Tipoff: 8:30PM**

**Tickets go on sale: Monday, Dec. 24 at 10AM**

**Deadline to order: Jan. 22**

**For more info contact:**

**Alex Morrow | 405.429.7753 | [amorrow@okcthunder.com](mailto:amorrow@okcthunder.com)**

**Chris Berry | [cberry@ymcaokc.org](mailto:cberry@ymcaokc.org)**

**Special group-rate tickets are available starting at \$16**

**[Click Here to Buy for Feb. 22](#) | Enter Promo Code: YMCA2**





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# Shawnee YMCA Basketball “Winter Jamboree Tournament”

- December 1st 2018
- Two game guarantee
- Boys and Girls Division
- 10U, 12U, 14U, & 16U divisions
- All games played in Shawnee, OK
- FREE for teams to enter. Gate fees for attendees will be applied (\$8 per adult & \$5 per student)
- Register your team by November 26th 2018
- To register contact Brandon Sullivan at [sports@shawneeymca.org](mailto:sports@shawneeymca.org) or 405-273-4386





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# STATE BASKETBALL TOURNAMENT

## Ages

8 & Under Boys and Girls  
10 & Under Boys and Girls  
12 & Under Boys and Girls  
16 & Under Boys and Girls  
Tournament is Gender Specific  
Age cut-off is how old the child was on August 31, 2018

## When

Saturday February 23 & Sunday February 24 (if needed)

## Where

16 & Under Boys Host Site – NW. OKC  
16 & Under Girls Host Site - NW. OKC  
12 & Under Boys Host Site - S. OKC  
12 & Under Girls Host Site - Shawnee  
10 & Under Boys Host Site – Tulsa  
10 & Under Girls Host Site - Norman  
8 & Under Boys Host Site - Edmond  
8 & Under Girls Host Site - Edmond  
(Games will be played in or near the areas listed above)

## Cost / Registration

\$125 for double elimination tournament  
Register online at [www.quickscores.com/ymcaokc](http://www.quickscores.com/ymcaokc)  
Registration is open until 9PM February 18.

All players will be required to be certified through [www.nationalsportsid.com](http://www.nationalsportsid.com) for age verification. This is an additional individual fee paid through the link above.

## Contact

For more information contact Chris Berry at 405 330 4016 or [cberry@ymcaokc.org](mailto:cberry@ymcaokc.org)



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## Additional Info

- Each YMCA in the state will be allowed to send a minimum of one team to represent their branch in the tournament. The Sports Director from each branch will determine the process for sending their representing team. Teams will not be handpicked "All Star" or combined teams. Players will be required to have played at their local YMCA.
- Brackets will be posted online February 20 at 5 PM. Bracket seeding is random and in the event of 2 teams from one location the seeding may not match regular season final standings.
- \$4.00 Gate Fee for all spectators 8 & above, \$1.00 Gate Fee for ages 5-7, & free entry for Coaches, Players, & spectators ages 4 & under.
- State Tournament T-Shirts will be available for purchase at most game sites.
- Brackets & Maps to the gyms will be posted to QuickScores.
- All players must wear matching jerseys with a YMCA logo. Players will not be allowed to play without a jersey. Teams on the top of each bracket game will wear white. Teams on the bottom of each bracket game will wear contrasting or dark colored uniform.
- Any roster checks/protest must be made before the game starts. Please notify the gym supervisor at the scoring table in the event of a challenge.
- There are no protests regarding official's calls.
- No jewelry, ear rings, rubber bands, casts, or bracelets will be permitted during play.
- Any player/coach/spectator that is ejected from a game will be removed from the current game & next game. The ejected player/coach/spectator will have to meet with the Sport Director or Tournament Head prior to being allowed back.
- Tournament Rules are available at the end of this packet.

# YMCA STATEWIDE BASKETBALL TOURNAMENT



## Registration form for 11 players:

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Parent: \_\_\_\_\_  
Email: \_\_\_\_\_  
Parent Signature: \_\_\_\_\_

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**HOLD HARMLESS:** By my signature, and of my own free will, I do agree to indemnify and hold harmless the YMCA of Greater Tulsa, Shawnee Family YMCA, Cleveland County Family YMCA, YMCA of Greater Oklahoma City, and any host location from any and all claims and demands, costs, or expense arising out of any injuries, damages, or other losses, whether personal or property, sustained by me or any party to whom I am responsible.



## 2019 YMCA STATE TOURNAMENT RULES

The following rules will be the official playing rules for all divisions of the 2019 State Tournament. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book.

### Court & Equipment

1. **Ball Size:**

8 & Under	27.5 (Junior Ball)
10 & Under	28.5 (Women's Ball)
12 & Under	28.5 (Women's Ball)
16 & Under Boys	30.5 (Men's Ball)
16 & Under Girls	28.5 (Women's Ball)

2. **Goal Height**

8 & Under	8.5 Feet
10 & Under	10 Feet
12 & Under	10 Feet
16 & under	10 Feet

3. **Free-Throw Lane**

8 & Under	Standard Lane and 5 second lane count
10 & Under	Standard Lane and 5 second lane count
12 & Under	Standard Lane and 3 second lane count
16 & Under	Standard Lane and 3 second lane count

### Players, Substitutes and Equipment

1. **Substitutions** Free Substitution

2. **Uniforms**

Home Team will provide/wear white uniforms with Y Logo  
Away Team will provide/wear contrasting color uniforms with Y Logo

### Definitions

1. Refer to the NFHS rulebook.

### Scoring and Timing Regulations

1. **Length of Game**

(All divisions will use a running clock)

2 Halves 16 minutes in length

2. **Time-Outs:**

Each team will receive 2 timeouts per half. These are full time-outs lasting 1-minute in length. Time-outs **will not** carry over.

### 3. Overtime:

Overtime will consist of 1 period, 3 minutes in length, with each team receiving 1 time-out. If tied at the end of the 1st overtime, a 2nd overtime will start after a 1-minute break. This process will repeat until a winner is determined.

### 4. Time-out, Stopping Play

Time-Out occurs and the clock, if running, **shall be stopped for the entire game for:**

- Time-Outs & Injuries Only

Time-Out occurs and the clock, if running, shall be stopped **within the last minute of each half** when the official signals:

- A foul
- A held ball
- A violation
- Injury
- Delay in getting a ball live
- Any Emergency
- Free Throws

### Out of Bounds and the Throw In

#### 1. Player Location

The location of a player or non-player is determined by where the player is touching the floor as far as being:

- Inbounds or out of bounds
- In the frontcourt or backcourt
- Outside (behind/beyond) or inside the three-point field goal line.

#### **Throw-In – Designated Spot**

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.

- 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.

### Lane Violations

8 & Under	5 Seconds
10 & Under	5 Seconds
12 & Under	3 Seconds
16 & Under	3 Seconds

#### 1. Bonus Free Throw

- Team's 7<sup>th</sup> foul – 9<sup>th</sup> foul will be awarded a 1 – 1
- Team's 10<sup>th</sup> foul will be awarded 2 shots.

## Types of Defense Allowed

### **8 & Under / 10 & Under**

Any type of half court defense allowed. Full court press allowed for the entire game unless up by 10 points. If up by 10, the team must drop back to half court. See fouls and penalties for violations.

### **12 & Under / 16 & Under**

Any type of half court defense allowed. Full court press allowed for the entire game unless up by 20 points. If up by 20, the team must drop back to half court. See fouls and penalties for violations.

**Closely Guarded** - Guarding shall be the act of legally placing the body in the path of an offensive opponent. There is no minimum distance required, but the maximum distance between the guard and opponent shall be 6 feet when closely guarded. This applies when the opponent dribbles the ball or is holding it. The count is separate for both.

All Ages

5 Seconds

### **Back Court**

All Ages

10 Seconds

### **Fouls and Penalties**

Fouls are recorded. 5<sup>th</sup> foul disqualifies player

#### **1. Technical Fouls**

**Player** Upon receiving a technical foul, the player will sit out remainder of the game.

**Coach** 1<sup>st</sup> Technical results in a meeting with the Site Director to discuss his/her actions.  
2<sup>nd</sup> Technical results in ejection from the current game and **suspended** from the next game. Coach must also meet with the Site Director Prior to returning to coach.

#### **Coach's Rule**

1. One (1) Head Coach and one (1) assistant coach will be allowed on the bench during games.
2. Coaches must remain on or in front of their respective benches.
3. Both Coaches are required to wear a YMCA Coach's Shirt.
4. The Head Coach is the only coach allowed to address the officials before, during, or after the game.  
The assistant coach may confer with players and table personnel but only during dead ball situations.
5. If a player is injured, an official or YMCA staff person will call the coach on the floor. This is for the safety of all the players that could be injured by anyone running on the court unexpectedly.
6. Under no circumstances shall any coach confer with another player or coach from the opposing team in a negative manner. If YMCA staff witnesses such action, that coach will be asked to leave the game and will be under review by the Site Director.
7. Coaches are role models for our athletes, therefore you will be held to the highest YMCA standards of good character and positive behaviors.
8. There are no protests regarding official's calls.
9. The following rules will be the official playing rules. Should a dispute occur, we will refer to the following set up rules first and then to the NFHS Rule Book. The Site Director will have the final ruling in all matters.