



THUNDER

BASKETBALL LEAGUE



Winter 2023-2024



**GET
IN THE
GAME**

23-24 YOUTH SPORTS



WINTER

YMCA THUNDER BASKETBALL LEAGUES

REGISTRATION: AUG 15 – NOV 5

SEASON: DEC – FEB

SPRING

GOLF • SOCCER • VOLLEYBALL • TRACK & FIELD • MIRACLE LEAGUE BASEBALL

REGISTRATION: DEC 5 – FEB 25

SEASON: MARCH – MAY

SUMMER

YMCA THUNDER BASKETBALL LEAGUES • T-BALL • SOFTBALL • BASEBALL

REGISTRATION: MARCH 5 – MAY 5

SEASON: MAY – JULY

FALL

**CROSS COUNTRY • FLAG FOOTBALL • GOLF • SOCCER • VOLLEYBALL
MIRACLE LEAGUE BASEBALL**

REGISTRATION: JUNE 11 – AUG 11

SEASON: SEPT – NOV

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

YMCAOKC.ORG/SPORTS

GET THE MOST OUT OF THIS SEASON WITH OUR NEW MOBILE SPORTS APP

Search for Y OKC Sports in the app store.





THUNDER
BASKETBALL LEAGUE
COACHES CLINIC



Sun. Nov 19 // 1:15 - 3:15 PM

MITCH PARK YMCA

COACHES RECEIVE:

A drill curriculum book
Access to an exclusive resource page
A coach's clipboard

YMCA NIGHTS



RESERVE YOUR TICKETS NOW!

The Thunder invites all YMCA Winter League participants, staff and coaches to join us for our YMCA Nights. Each participant will receive two complimentary Loud City tickets for one of the below December Thunder games.

MON., DECEMBER 18 // 7PM

VS



THURS., DECEMBER 21 // 7PM

VS



CLICK HERE TO PURCHASE

FOR MORE INFORMATION CONTACT

Alex Morrow // amorrow@okcthunder.com // 405.429.7753

Chris Berry // cberry@ymcaokc.org



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STATE BASKETBALL TOURNAMENT 2024

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, 2023

When

Saturday February 24 & Sunday February 26(if needed)

Where

All tournament games will be played in the Oklahoma City Metro Area. Specific locations will be listed at release of the tournament bracket on February 21.

Cost / Registration

\$175 for double elimination tournament

Register online at www.quickscores.com/ymcaokc

Registration is open February 1-20.

Contact

For more information contact Taylor York tyork@ymcaokc.org or Chris Berry cberry@ymcaokc.org

Additional Info

- 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 and played the regular season on the participating team.



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- Brackets will be posted online February 21 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.
- \$5.00 Gate Fee for all spectators 8 & above, \$1.00 Gate Fee for ages 5-7, & free entry for Coaches, Players, & spectators ages 4 & under.
- 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 light. 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.
- Refunds will not be available for any teams.

EVERY SEASON STARTS AT

DICK'S
SPORTING GOODS

EXCLUSIVE SHOP EVENT
20% OFF THROUGHOUT THE STORE



NEED AN ITEM NOT AVAILABLE IN-STORE?

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store.
20% discount, plus free shipping, valid on date(s) listed below. Some exclusions do apply.

YMCA Youth Sports Discount Shop Event

Only Available On:
Friday 11/10 – Monday 11/13

WHERE: OKC and Moore
Dick's Sporting Goods

20% OFF
THROUGHOUT THE STORE

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS



P00048755O241CXDW

Limit one coupon per customer. Must be used on one transaction. Discount applied before tax charges. Cannot be combined with any other offer, team discount or used for gift cards, licenses or previously purchased merchandise. Coupon valid on in-store purchases only. No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or discount was applied may result in an adjusted refund amount. See store and DICKS.com/Exclusions for details.

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YMCA Youth Sports Discount Shop Event

Only Available On:
Friday 11/24 – Monday 11/27

WHERE: OKC and Moore
Dick's Sporting Goods

20% OFF
THROUGHOUT THE STORE

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS



P000487550241CXGL

Limit one coupon per customer. Must be used on one transaction. Discount applied before tax charges. Cannot be combined with any other offer, team discount or used for gift cards, licenses or previously purchased merchandise. Coupon valid on in-store purchases only. No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or discount was applied may result in an adjusted refund amount. See store and DICKS.com/Exclusions for details.

YMCA Youth Sports

Offers valid 12/19/2022 - 1/31/2024

YMCA Youth Sports
Valid 12/19/2022 - 1/31/2024



— VALID IN-STORE ONLY —

TAKE
\$10 OFF

**A PAIR OF ATHLETIC FOOTWEAR
OR CLEATS \$59.99 OR MORE**

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Going, Going, Gone! locations.



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YMCA Youth Sports
Valid 12/19/2022 - 1/31/2024



— VALID IN-STORE ONLY —

TAKE
15% OFF

AN ATHLETIC OR OUTDOOR APPAREL ITEM

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Going, Going, Gone! locations.



P00048561O241C6S8

YMCA Youth Sports
Valid 12/19/2022 - 1/31/2024



— VALID IN-STORE ONLY —

TAKE
10% OFF

A SINGLE TEAM SPORTS EQUIPMENT ITEM

Limit one item per coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed in-store or at DICKS.com/Exclusions. Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale Store or Going, Going, Gone! locations.



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YMCA Youth Sports
Valid 12/19/2022 - 1/31/2024



DICK'S
PRO TIPS

**START HERE FOR THE
GEAR YOU NEED AND
ADVICE FROM OUR EXPERTS.
DICKS.COM/PROTIPS**





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Winter 2023-2024 Information

- Schedules, Rules, Contact Info, Maps, Etc.
 - www.quickscores.com/ymcaokc
- Download the YMCA OKC Sports App
- 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 14 2pm, please contact your local YMCA Sports Department for team information.
- Practices will begin November 16. Coaches will receive their individual practice nights, times, & locations after the coaches meeting and will provide this information to their players.
- Game Schedules will be posted November 24 by 6:00 PM / Games begin the weekend of December 1-3.
- Games will be played on Saturdays. Some locations may also play on Friday Evenings and Sunday Afternoons, as needed.
- There are no games or practices December 18-January 2. There may be additional dates when practice or game sites are not available due to school calendars. Your local YMCA Sports Department will communicate these dates.
- For specific game locations, please see your schedule and visit the locations tab on QuickScores.
- An official photographer for the YMCA Sports Programs will be provided to all teams. Pictures will be taken on game weekends. A portion of each sale goes back to the YMCA Annual Campaign making sure no one is turned away from the YMCA due to an inability to pay.
- All Players will receive an end of season medal. Coaches will pass these out after the final game.

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.**



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





YMCA of Greater Oklahoma City 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 attend all practices and games for my child, or make appropriate arrangements for an adult to be present.

I will demand a sports environment for my child that is free of drugs, tobacco (all forms) 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 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, staff, volunteers, and opposing teams.

I will exemplify all the principles of good sportsmanship and instill them in the youth 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. I will follow the YMCA rules on playing time and provide equal opportunities to all.

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 practice plan and implement the fitness concepts & character concepts.

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 or some form of non contact recognition, with 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
 - Submit to the YMCA Sports Department by registration deadline of sport you are planning to coach. All documents can be found on www.quickscores.com/ymcaokc
- 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 your local YMCA Sports Department
- Attend Coaches Meeting
- Receive Roster (after clear CBC and Concussion Training)
- Schedule team practices
- Go to www.quickscores.com/ymcaokc to register as a coach
- Download the YMCA OKC Sports App
- Contact your team
 - Introduce yourself
 - Inform team of practice/game schedule and required uniform
 - Take volunteers for assistant coaches, snack list, etc.
 - Trainings, Coach Application and Consent for Criminal Background Check Form required for Assistant Coaches
- Attend team pictures as scheduled by Official YMCA Photographer and the YMCA Sports Department
- Check Weather Hotline 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
- Distribute medals to players at last game or schedule end of season celebration
- Questions? Contact your local YMCA Sports Department



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YMCA of Greater Oklahoma City

Youth Sports Concussion Policy

Purpose Statement

The YMCA recognizes that concussions, a type of traumatic brain injury (TBI), are serious injuries with negative outcomes that can affect an individual physically, emotionally, behaviorally, and/or cognitively, with the potential for long-term impacts on brain development. While concussions have many causes, these brain injuries are commonly sustained by youth participating in athletics or other recreational activities. The purpose of this policy is to maximize safety with respect to sports, and recreation-related concussions, by educating staff, team and game officials, athletes, and parents/guardians about concussions; providing guidance on how to prevent and manage concussions; and supporting youth returning to activities after a concussion in accordance with Oklahoma state law (70 O.S. § 24-155). This policy will be reviewed on an annual basis. The YMCA will be responsible for reviewing requirements of state law against this concussion policy and for seeking any technical assistance needed for policy review and revision. The YMCA will be responsible for implementation of the policy.

Education

On an annual basis, the YMCA will provide athletes and their parents/guardians concussion information on the nature and risk of the injury, including the risk of continuing to play after a concussion. This information will be made available on the YMCA sports website. Athletes and parents/guardians must complete, annually, an acknowledgment form affirming receipt and understanding of the provided concussion information. These acknowledgment forms must be submitted digitally to the YMCA prior to participation in practice or competition. The YMCA will be responsible for verifying receipt of a completed acknowledgment prior to athletics participation. Staff, including volunteers, who knowingly allow an athlete to participate in practice or competition prior to receipt of the completed acknowledgment form will be subject to league discipline.



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YMCA Youth Sports Concussion Plan

Players

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Provide educational materials via YMCA sports website
- Require mouth pieces for Flag Football and Tackle Football.
- Recommend mouth pieces for all sports.
- 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 YMCA sports website
- Encourage support of coaches or officials decisions to remove players from practices/games if a concussion is suspected.
- Provide medical clearance documentation to YMCA & coach prior to allowing player to return.
- Follow the 3 R's, recognize, respond, return to play, in the event of a suspected concussion.

Coaches/Assistant Coaches

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

Officials

- Educate regarding signs and symptoms of concussion, as well as misguided information.
- Require NFHS or CDC Heads Up Concussion Training
- Provide educational materials via YMCA sports website
- Any team or game official who becomes aware or suspects that a child has sustained a concussion should immediately remove the child from the practice or game. Child should be removed from play when:
 - A child has taken, or is suspected to have taken, a blow or impact to the head or body with potential to cause a concussion.
 - A team or game official becomes aware or suspects that a child is exhibiting signs, symptoms, or behaviors consistent with sustaining a concussion.
- The game official will be responsible for documenting the circumstances of the injury, notifying the athlete's parents/guardians, coach and YMCA Leadership and, when appropriate, enacting the emergency action plan.



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Penalties

Per Oklahoma Concussion Policies, Youth Sports Organizations must include in concussion policies predetermined penalties for team and game officials who do not remove an athlete from play upon a suspected concussion. Oklahoma's concussion law sets minimum penalty standards and also prohibits assessing monetary fines as penalties. Organizational leadership may establish more severe penalties than these minimums, but all penalties should be established in policy before enforcement. The following are the minimum penalties required by state law:

First violation: Required completion of additional concussion recognition and management education as predetermined by the governing board. Additional training must be documented, with record of completion readily available upon request.

Second violation: Suspension from the sport or activity until an appearance in front of the governing board. The appearance before the governing board may involve a determination as to whether the individual will continue in their role with the organization.

The YMCA Sports Committee will serve in the role of the governing board for YMCA Youth Sports League.

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.
 - Children who have been removed from practice or competition because of a suspected concussion will not be allowed to return to play the same day.
- Notify parents and league officials.
- Seek medical attention.
- Record detailed information regarding incident or past history.
- Keep child out of play until medically cleared.

Return to Play

- Child should have returned to all activities of daily living and be symptom-free for at least 24 hours before starting the Return to Play protocol.
- 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".
 - Perform light aerobic exercise (No weightlifting, jumping, hard running).
 - Gradually add activities that increase an athlete's heart rate and incorporate limited body or head movement.
 - Gradually increase activity to include a heavy non-contact physical activity.
 - Reintegrate child into practices.
 - Place child back into play, while monitoring for returning symptoms.

Adopted 1.1.2021

Concussion Facts

Coaches



What is a concussion?

When an athlete gets their “bell rung” or gets “lit up” they have suffered a concussion. A concussion is a type of *traumatic brain injury (TBI)* caused by a bump, blow, hit, or jolt to the head or body that moves the head and brain rapidly back and forth. This sudden movement can cause the brain to bounce or twist inside the skull, sometimes stretching and damaging brain cells and creating chemical changes in the brain. The effects of a concussion can be serious and should be treated as such. The brain continues to grow and develop into the mid-twenties; disruptions to that development from a TBI in childhood or adolescence can have long-term consequences on the brain’s functioning.



When an athlete takes a hit

If you suspect an athlete has sustained a concussion, **immediately** remove them from play. Do **not** allow the athlete to return to play on the same day as the injury (unless the athlete is evaluated by a licensed health care provider who provides *written* clearance allowing same-day return to play). Record the time and circumstances of the injury, along with any concussion signs/symptoms you observe or the athlete reports to you, and provide this information to the medical team.



WHEN IN DOUBT, SIT THEM OUT

The brain needs time to heal after a concussion. An athlete who continues to play or who returns to play too soon – before the brain has finished healing – has a greater chance of getting another concussion. **A repeat concussion that occurs while the brain is still healing can be very serious and can affect an athlete for a lifetime. It can even be fatal.**



MYTH: A concussion always causes you to lose consciousness (pass out).

FACT: Most concussions don’t cause you to pass out. In fact, concussion **symptoms may not appear for hours or days after the hit.**



SIGNS AND SYMPTOMS

There are many signs and symptoms of a concussion. **Concussion symptoms may appear minutes, hours, or days after the initial injury.** Symptoms may be physical, emotional, behavioral, or cognitive (affect thinking). You may observe these signs in an athlete or the athlete may report symptoms to you.

Physical

- Headache or pressure in the head
- Dizziness, balance problems
- Nausea or vomiting
- Sensitivity to noise, ringing in ears
- Sensitivity to light, blurry or double vision
- Feels tired
- Tingling
- Does not “feel right”
- Seems dazed, stunned

Emotional/Behavioral

- Becomes irritable
- Becomes sad or depressed
- More emotional than usual
- Anxious or nervous
- Personality or behavioral changes, such as becoming impulsive

Cognitive

- Trouble thinking clearly
- Trouble concentrating
- Trouble remembering, can’t recall events before or after the hit
- Feels sluggish, hazy, foggy, or groggy
- Feels “slowed down”
- Repeats questions or answers questions more slowly
- Confusion
- Forgets routine things

DANGER SIGNS

If one or more of these signs emerges after a hit to the head or body, **IMMEDIATELY** call 911 or tell the parent/guardian to take the athlete to the nearest emergency room.

- One pupil larger than the other
- Drowsy or cannot wake up
- Headache that gets worse and does not go away
- Slurred speech, weakness, numbness
- Decreased coordination
- Loss of consciousness
- Repeated vomiting or ongoing nausea
- Shaking or twitching (convulsions or seizures)
- Unusual behavior, increased confusion, restlessness, or agitation

Learn more: concussion.health.ok.gov | 405.426.8440

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OKLAHOMA
State Department
of Health



OKLAHOMA
Education



Concussion Facts

Parents & Guardians



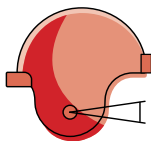
What is a concussion?

When an athlete gets their “bell rung” or gets “lit up” they have suffered a concussion. Concussions are a type of *traumatic brain injury (TBI)*. When a child or adolescent sustains a concussion, their brain may bounce or twist inside the skull, sometimes stretching or damaging brain cells and causing chemical changes within the brain. This movement interrupts the brain’s functioning and can impact your child physically, emotionally, cognitively, and behaviorally.



How do concussions happen?

Concussions are caused by a bump, blow, hit, or jolt to the head or body that moves the head and brain rapidly back and forth. Common causes are falls and being hit against or by another person or object. Your child’s head does not have to be struck to cause a concussion — a body-to-body hit has the potential to cause a concussion.



Can concussion risk be reduced?

YES! There are ways to reduce your child’s risk of a concussion. Talk to your child about practicing good sportsmanship and following coaches’ instructions for safe game play. Make sure bicycle, athletic, and ATV helmets fit properly and are worn consistently. While a helmet doesn’t prevent a concussion, it does protect your child’s head from more severe head injuries. Make sure your child’s school and sports organizations have established concussion policies and protocols; they should have procedures in place for coach training and returning to learn and play after a concussion.



Can my child keep playing after a concussion?

The brain needs time to heal after a concussion. An athlete who *continues to play* or who *returns to play too soon* — before the brain has finished healing — has a greater chance of getting another concussion. **A repeat concussion that occurs while the brain is still healing can be very serious and can affect a child for a lifetime. It can even be fatal.** If you suspect your child has sustained a concussion during a practice or a game, make sure they are **immediately** removed from play. Do **not** allow your child to return to play on the same day as the injury.



SIGNS AND SYMPTOMS

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DANGER SIGNS

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- Drowsy or cannot wake up
- Headache that gets worse and does not go away
- Slurred speech, weakness, numbness
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- Loss of consciousness
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OKLAHOMA
State Department
of Health



OKLAHOMA
Education



Concussion Facts

Youth Athletes



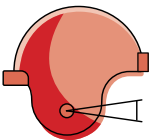
What is a concussion?

When an athlete gets their “bell rung” or gets “lit up” they have suffered a concussion. Concussions are a type of *traumatic brain injury (TBI)*. Concussions are caused by a bump, blow, hit, or jolt to the head or body that moves the head and brain rapidly back and forth. Falling or being hit against or by another person or object are common causes of concussions. Your head doesn’t have to be struck to cause a concussion; for example, a body-to-body hit has the potential to cause a concussion.



What does a concussion do to my brain?

When you experience a concussion, your brain may bounce or twist inside your skull, sometimes stretching or damaging brain cells and causing chemical changes within the brain. A concussion interrupts your brain’s functioning. When your brain is injured by a concussion, the injury can affect you physically, emotionally, behaviorally, and/or cognitively (how you think).



Can concussion risk be reduced?

YES! There are ways to reduce your risk of a concussion. Practice good sportsmanship and follow your coach’s instructions for safe game play. If you play contact sports, learn the fundamentals and appropriate techniques. Make sure bicycle, athletic, and ATV helmets fit properly and are worn consistently. While a helmet doesn’t prevent a concussion, it does protect your head from more severe injuries.



Can I keep playing after a concussion?

Your brain needs time to heal after a concussion. If you *continue to play* or *return to play too soon*—before your brain has finished healing—you have a greater chance of getting another concussion. **A repeat concussion that occurs while your brain is still healing can be very serious and can affect you for a lifetime. It can even be fatal.** If you think you may have sustained a concussion during a practice or game, **immediately** talk to your coach, game official, athletic trainer, or parent/guardian and **remove yourself from play**. Do **not** return to play on the same day as the injury. You need to see a health care provider to be evaluated for a concussion and given written clearance to return to play.



SIGNS AND SYMPTOMS

There are many signs and symptoms of a concussion. **Concussion symptoms may appear minutes, hours, or days after the initial injury.** Symptoms may be physical, emotional, behavioral, or cognitive (affect thinking). You may notice these symptoms yourself or someone else may observe them. If you experience any of these symptoms after a blow to the head or body, tell someone immediately.

Physical

- Headache or pressure in the head
- Dizziness, balance problems
- Nausea or vomiting
- Sensitivity to noise, ringing in ears
- Sensitivity to light, blurry or double vision
- Feel tired
- Tingling
- Do not “feel right”
- Feel dazed, stunned

Emotional/Behavioral

- Become irritable
- Become sad or depressed
- More emotional than usual
- Anxious or nervous
- Personality or behavioral changes such as becoming impulsive

Cognitive

- Trouble thinking clearly
- Trouble concentrating
- Trouble remembering, can’t recall events before or after the hit
- Feel sluggish, hazy, foggy, or groggy
- Feel “slowed down”
- Repeat questions or answer questions more slowly
- Confusion
- Forget routine things

DANGER SIGNS

If one or more of these symptoms emerges after a hit to the head or body, **IMMEDIATELY** call 911 or get someone to drive you to the nearest emergency room.

- One pupil larger than the other
- Drowsy or cannot wake up
- Headache that gets worse and does not go away
- Slurred speech, weakness, numbness
- Decreased coordination
- Loss of consciousness
- Repeated vomiting or ongoing nausea
- Shaking or twitching (convulsions or seizures)
- Unusual behavior, increased confusion, restlessness, or agitation

Learn more: concussion.health.ok.gov | 405.426.8440

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OKLAHOMA
State Department
of Health



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Education



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.



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



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>
4 Year Old	5 v 5	27.5 (junior)	6.5 Feet	Man Only (Wristbands)	No	(4) Six Minute Quarters
6 & Under	5 v 5	27.5 (junior)	7.5 Feet	Man Only (Wristbands)	No	(4) Eight Minute Quarters
8 & Under	5 v 5	27.5 (junior)	8.5 Feet	Man Only (Wristbands)	No	(4) Eight Minute Quarters
10 & Under	5 v 5	Boys & Girls Women's Size (28.5)	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
12 & Under	5 v 5	Boys - Official Girls - Women's	10 Feet	Man or Zone (No Wristbands)	Yes	(4) Eight Minute Quarters
16 & 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 foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter.



- D. Team Fouls reset each quarter.
- 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.

X. YMCA Mission Statement

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.
- D. Bonus foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter. Team Fouls reset each quarter.
- 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 foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter.
- D. Team Fouls reset each quarter.



- 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 as 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

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





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. Ball Size: | 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. Goal Height | 8 & Under | 8.5 Feet |
| | 10 & Under | 10.0 Feet |
| | 12 & Under | 10.0 Feet |
| 3. Free-Throw & Lane Count | 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 1st overtime, games will be recorded as a tie.

During the tournament, 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

1. Bonus Free Throw

- Bonus foul shooting (2 Shots) begins on the fifth (5th) team foul of each quarter. Team Fouls reset each quarter.

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. 5th 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 1st Technical results in the Coach being required to stay seated on the bench for the remainder of the current game. A 2nd 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.