



# The YMCA of Klamath Falls

INCLUSION • TEAMWORK • SPORTSMANSHIP • CONFIDENCE

## Recreational Basketball Handbook Version 2.5

### YMCA RECREATIONAL BASKETBALL STAFF

Email: [sports@kfallsymca.org](mailto:sports@kfallsymca.org)

Office: 541.884.6495

#### Youth Basketball Coordinator

Hannah Watah

Cell: 541.810.8699

#### Sports Director

Bo Branum

Cell: 541.539.1570

#### Sports Associate

Javan Zumwalt

Cell: 541.331.4082

**Thank you for joining our Recreational Basketball Program for the YMCA of Klamath Falls.**  
**While this handbook is intended for coaches, we encourage families to read through this document so they can learn how to best support their player, team and coach throughout the season.**

Volunteering is a significant commitment of time and energy - and coaches are providing a fun, safe, and positive introduction to basketball for the youth of our community. We want your team to learn the basic skills and rules of the game, while having fun and making friends so they will want to return season after season. As coaches, we must model and teach players and families to exhibit the following tenets of youth sports development:

**Inclusion** - Make sure all your players get equitable playing time and attention at games and practices.

**Teamwork** - Emphasize the importance of working together on the court and on the bench.

**Sportsmanship** - Treat other teams, coaches, spectators and referees with kindness.

**Confidence** - Focus on a growth mindset by celebrating the intangibles like heart, hustle and integrity.

Whether this is your first season coaching or you're returning to our program - we hope this handbook provides you with expectations to pass on to parents and is a helpful resource in creating an enjoyable learning environment for your players.

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## ACCESSING PLAYERSPACE

The YMCA uses the software Playerspace to register participants, assign teams and create game schedules.

Once a player is registered to play, the YMCA creates a parent profile you can later use to log-in to see season details. To access this profile, you will need to create an account using the email associated with the player's registration paperwork. If you have multiple players enrolled under the same email, all of their profiles will be accessible to your parent account.

Please follow the steps on the next two pages to create a Playerspace account and access your player's profile. For coaches without children on the team, your account will show your roster once your background check is complete - please see further details in the Coach section.

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## **ACCESSING PLAYERSPACE FOR PARENTS**

**How do I log into PlayerSpace?** Visit [https://17243630026323214.playerspace.com/improved\\_login.cfm](https://17243630026323214.playerspace.com/improved_login.cfm) to log into PlayerSpace.

**What is my username?** If you are the primary account holder of your membership with your organization, your username for PlayerSpace is your email address on file. If you are not the primary account holder of your membership, you can gain access to PlayerSpace if the primary account holder adds you as a fan of your child or if your coach adds you as a fan of your child's team. Your username will be the email address entered when assigning you as a fan.

**What if I forgot my password?** If it is your first time logging in or if you have forgotten your password, enter your email address into PlayerSpace and then click the Forgot Password? button to receive an email with directions for resetting your password.

**Is there a PlayerSpace mobile app?** Yes! Search for **PlayerSpace Mobile 2.0** in the Apple App Store or Google Play Store to find and download the app.

**How do I log into my child's account?** All team and coach information is accessible from the parent's PlayerSpace account. A child's account is a sub-account of the parent's account and, therefore, does not have a username or login credentials. To view your child's information, log into your own PlayerSpace account.

### **How do I view my child's team schedule?**

From the PlayerSpace 2.0 Mobile app:

- Click the Schedule tab at the bottom of the screen. An orange dot underneath any date that has an event scheduled.
- Click on the date to view the specific practice or game.
- To view events for a specific child, click the Participants tab at the bottom of the screen.
- Click the drop-down arrow next to the correct child.
- Click the View Schedule button.

### **How do I send a message to my child's coach?**

From the PlayerSpace 2.0 Mobile app:

- Click the inbox button at the bottom right of the screen to access your PlayerSpace inbox.
- Click the circle button with the envelope in it.
- Find your coach's name by typing their name into the recipient field. Click on their name to insert into the field.
- Enter your message subject.
- Compose your message.
- Click the gray Send button.

### **To update your email address:**

1. Log into PlayerSpace.
2. Hover over your name in the top right corner and click Account Management.
3. Update the General tab, update your email address.
4. Reenter your email address in the Confirm Email field.
5. Click Update Account Settings.

**NOTE:** Contact your organization to also update your email address in their member management software system.

## ACCESSING PLAYERSPACE FOR COACHES

### **How do I log into PlayerSpace? What is my username? What if I forgot my password?**

Please see the parent section above for these instructions as they are the same for parents as coaches.

### **When will my profile be linked to my team?**

When your background check is cleared, we will link your profile to your team.

Until then, Coaches' names are included in the last portion of the team name to indicate the team coach.

### **Accessing rosters:**

***While waiting for a cleared background***, we will send a list of teams and contact information to coaches.

You will need to find your team on the list.

### **How to Access a Team Roster once your background check is complete:**

To access your team roster:

1. From the Coach Dashboard, click your name in the upper right corner of the screen.
2. Click the blue My Teams button.
3. From the Teams/Groups column on the right side of the screen, click the Quick Select to Manage Team drop-down.
4. Select a team to manage.
5. From the Coach's Corner, click the Roster tab.
6. From the Roster tab, you can view your team players, coaches, & fans.

### **How to access your Messages:**

1. Click the envelope button at the top of your Coach Dashboard.  
The white number in the red circle indicates how many unread messages you have in your inbox.
2. Click on a message to read that specific message.
3. Click on the green View All Messages button at the bottom of the drop down to view all of your messages.  
From here you can read messages in your inbox, review your sent messages, and compose a new message.

# **COACH RESPONSIBILITIES**

**Required Trainings**  
**Code of Conduct**  
**Introductions and Communication with Families**  
**Practices**  
**Inclement Weather**  
**Recommendations for Recreation Skills**  
**Game Day Responsibilities**

## **REQUIRED TRAININGS FOR ALL COACHING STAFF**

All Head Coaches and Assistant Coaches must complete a **background check** and **concussion training** prior to the start of the season on an annual basis. Both trainings are FREE and must be documented by the YMCA. Parents may not step in to coach games or practices unless they are cleared. Cleared coaches will be given priority when scheduling practice spaces.  
*RECOMMENDATION: Have a cleared Assistant Coach in case the Head Coach cannot make it to a game.*

### **Background Check:**

The Background Investigation Bureau, LLC (BIB) conducts background checks on all our volunteers. Please follow the steps below to complete your background check. If you have any problems during the login process email Playerspace at: [Info@playerspace.com](mailto:Info@playerspace.com) or [Sports@kfallsymca.org](mailto:Sports@kfallsymca.org).

- Go to: <https://kfallsymca.playerspace.com> and click on "Apply to Volunteer"
- Click on the Turquoise colored button, "Register"
- "Sign In or Create an Account." Fill out your information. "Continue"
- Next page: "Validate Your Identity." Fill in the password and birthdate. Click "Continue"
- On the page: "Questionnaire for Year 1 Registration." Answer the 24 questions. Click "Submit Questionnaire"

### **Concussion Awareness Training:**

The Oregon Legislature mandates youth sports programs provide: concussion training to their coaches, information to parents, and strict sideline protocol for suspected concussions. Two training options are available and completion of either meets the requirements of the law to ensure compliance. With either training, you must create a free account.

***Upon completion of the training, please print, download and email or send a photo of the certificate of completion to the sports email account.***

- CDC HEADS UP <https://www.train.org/cdctrain/course/1089818/details?activeTab=about>
- NFHS <https://nfhslearn.com/courses/concussion-in-sports-2>

## **CODE OF CONDUCT**

YMCA Coaches will create a fun, safe, and inclusive environment for all of their players and their families during all activities including practices and games. Coaches will:

- Be responsible for your own conduct, and the conduct of their players, assistant coaches, parents, and spectators.  
Parents! Your behavior will affect the ability for your player to remain in the league.
- Refrain from any foul language or derogatory remark/gestures
  - Anyone making derogatory remarks or gestures to the referee, players, coaches, or spectators will be asked to leave the gym for the remainder of the game and may result in further suspension or removal from the program at the discretion of the Sports Director.
  - If conflict occurs, please ensure the safety of your players and contact the Program Manager.
- Leave courts, gym spaces and benches clean and tidy upon conclusion of practice or a game.
- Remain at practices or games until all of your players have been picked up.
  - Plan to arrive early to practice whenever possible so you are present as players arrive.

## INTRODUCTIONS AND ONGOING COMMUNICATION WITH FAMILIES

Contact your ENTIRE team to introduce yourself and hold a team meeting at/before the first practice and provide:

- Your contact information
- Background Information on yourself (Ex: How long have you coached? How are you acquainted with the sport?)
- Day, time, and location of your practices
- Uniform Information (must be worn and will be available for pick up by coaches before the first game)
- Team Philosophy and Expectations - YMCA Tenets of Youth Sports Development
- Discuss Parent Behavior at games

**Remind parents the focus for our Recreational Program is DEVELOPMENT. Development of our young players, coaches *and* our young referees. We are here to have fun, be active, and learn the basics of the game. Parents should cheer for their players and avoid making comments about the other team or referees. Harassment of referees will not be tolerated and violators will be removed from games.**

- A plan on how to contact you with concerns (Introduce the 24 hour rule)
- For 3v3 and 5v5: Organize scorekeepers for every game
- (Optional) Organize snacks for after games
- Picture day - Picture day will be scheduled by the YMCA and only offered once per season

Ongoing communication should include notifying parents/guardians in the event of:

- Canceled or rescheduled practice or game times/locations
- Inclement weather
- Injuries

**If you are unable to reach one of your players - please let us know as soon as possible.**

## PRACTICES

Please see below for the USA Basketball standards for practice length and frequency:

Ages	Practice Length*	Practices Per Week
3-4 / 5-6	unlisted	unlisted
7-8	30-60 min	1
9-11	45-75 min	2
12-14	60-90 min	2-4

**\*= These are recommendations by national standards, however gym availability in the Basin only allows 55min sessions.**

## **PRACTICE SPACE**

The YMCA reserves gyms across the Basin for use on a first come, first serve basis. Teams are allowed a YMCA reserved space a maximum of two nights per week and may not be used in conjunction with coaches seeking additional time on their own behalf. Reach out to the Sports Department to reserve your practice times. See Page 9 for available times and locations.

In order to continue using community spaces, we must leave the courts/gyms clean and tidy. Teams and players who do not respect courts/gyms will no longer have access to YMCA reserved spaces. Do not allow your players to wear inappropriate or dirty footwear that could damage the court surface. Coaches are responsible for final clean up.

Basketball hoops at your practice location will correspond with your players' age range.

Younger teams will be given priority for earlier practice times and gyms with Biddy Ball hoops.

Please end and start practices on time so others can do the same. Gym space is limited, please share when asked.

Remember - practices now end at the :55 minute mark to allow teams to end and begin without overlap.

## HELPFUL TIPS FOR EFFECTIVE PRACTICES

### Be Consistent

- Set team expectations at the first practice and stick to them. Give regular reminders to avoid discipline.
- Start practice with the same short, full body warm up your players can learn and start on their own each day.
- Come with a plan, but be flexible. Try not to take it personally when your players have an off day.

### Keep Players Engaged

- Concisely explain new skills, model or ask a player to model, call for questions, allow players to try, give feedback.
- Incorporate drills with lots of running or coordination skills to avoid outright running/sprints.
- Warm up to bigger, more complex skills. Start with repetition of the basics and fundamentals before moving on.
- Keep lines short - split drills into multiple parts so players can work on their own if you need to spend more time teaching a specific aspect of the skill with a few players.
- Make it fun!

### Stay Positive

- Give feedback using the sandwich method: Positive observation, area to work on, words of motivation.
- Remember, not every child is there to learn the sport, some are trying to make friends. Praise those skills, too.
- Focus on the growth of the lesson learned in the previous game, not the win or loss.

### Keep Youth Sports in Perspective

- At the end of the day, what matters isn't your win/loss record. Participating in youth sports generates a feeling of inclusion that leads players to build skills like strength, resiliency and confidence.
- If your players are having fun and working hard, you are winning.
- Focus on your team - avoid getting caught up in how other teams, coaches or players are acting/playing.

## ADDITIONAL RESOURCES

Coaches will be provided with a bag of balls for practices that must be returned at the end of the season.

Ball sizes and hoop heights are listed under the rules for each age group and league.

If you need any other coaching tools or resources including assistance creating a practice plan or teaching skills - please reach out to our program staff. We'd love to make sure this season feels successful for you and your players.

## INCLEMENT WEATHER CONDITIONS

YMCA Staff and Coaches reserve the right to cancel practices and/or games due to weather conditions such as extreme snow or ice.

- Cancellations due to weather during weeknights will not be made until an hour prior to practices beginning.
  - Cancellations due to weather on Saturdays will not be made until 7 am on that day.
  - YMCA Staff will make an announcement when/if events are delayed.
- Coaches should also make announcements to their teams regarding delays or cancellations.

## RECOMMENDATIONS FOR RECREATION SKILLS

Pre-K	GRADES 1/2	GRADES 3/4	GRADES 5/6
<u>Mindset</u> Fun, Extrinsic Motivation  <u>Coordination</u> Running (Forward/Backward) Catching Throwing Tracking the Ball Jump Stopping Balance  <u>Ballhandling</u> Dribbling  <u>Shooting and Lay-Ups</u> Shooting in Key  <u>Passing and Off Ball Movement</u> Two hand passes Moving to help  <u>Defense</u> When to play defense Staying between man and basket Tracking the ball  <u>Offense</u> When to play offense Spacing Trying to score Tracking the ball Staying inbounds	ALL OF PREVIOUS AND:  <u>Mindset</u> Fundamentals Cheering for teammates Paying attention to the game  <u>Coordination</u> Footwork  <u>Ballhandling</u> Eyes Up before passing/shooting Start and Stop Dribbling L&R Hand appropriate 25% Changing dribbling hands Triple threat when stopped Front Pivots  <u>Shooting and Lay-Ups</u> Shooting Form Basics Dominant Hand Lay-up Mid-range Using backboard in key/block -- all with pressure Freethrows from Mid-key  <u>Passing and Off Ball Movement</u> Stationary and Two hand Chest, Bounce and Overhead Passing angles and getting open under pressure; Movement without the ball  <u>Defense</u> Half Court Man Transition Ball, Basket, Baseline Closeouts Boxouts Help in Paint Beat to the Spot  <u>Offense</u> Man Transition Screens Driving Shooting when open Reading and Reacting 25%	ALL OF PREVIOUS AND:  <u>Mindset</u> Up for whatever Okay with Physicality WE > ME Ability to let go of mistakes Talking 25% of the time  <u>Coordination</u> Footwork Hip Position Finger Tips Quickness  <u>Ballhandling</u> Eyes Up while dribbling L&R Hand appropriate 50% Crossovers Basic Spin Reverse Pivots Triple Threat on catch Pump Fakes 1v1 Proficiency 35% of time  <u>Shooting and Lay-Ups</u> Shooting Form > Range Both Hand Lay-ups Mid-range Off Dribble Freethrows from freethrow line  <u>Passing and Off Ball Movement</u> One hand bounce/chest pass around perimeter To cutters in post/paint In motion two hand chest and bounce in transition  <u>Defense</u> Stick No 2 way go Jam Cutters Help side vision  <u>Offense</u> Basic, 2-3 part Plays Baseline Inbounding Plays Screen and Roll Principles Double Screens Driving Playing through contact Cuts to Basket Post Ups Reading and Reacting 50%	ALL OF PREVIOUS AND:  <u>Mindset</u> Intrinsic Motivation Mental Toughness & Tenacity, Aggressive Talking 50%  <u>Coordination</u> All Previous with Contact and Combination Upper/Lower Body Strength Hand and Ankle Strength  <u>Ballhandling</u> L&R Hand appropriate 75% 1v1 Proficiency 50% Eyes Scanning Hesitations Double Crossovers Retreats Step throughs  <u>Shooting and Lay-Ups</u> Elbow and Baseline Jumpers Just Inside 3 L&R Layups -- all with contact/pressure  <u>Passing and Off Ball Movement</u> Correct Hand 60% Post Entries Escapes Lobs Down Court -- all with contact/pressure  <u>Defense</u> Help Rotation Full Deny Protect Paint 20 v 1D Locking Down 1 v 1  <u>Offense</u> Sideline Inbounding Plays Post Moves (Drop Step, Up and Under) C and Buttcuts Setting up Backdoor cuts Pick and Pop Weakside Cuts Reading and Reacting 75%



## GAME DAY RESPONSIBILITIES

### **UNIFORMS AND EQUIPMENT**

#### **Players**

- All players must wear the official YMCA Recreational Jersey to play in games.
  - The team listed first is the HOME team for that game.
  - AWAY TEAMS will wear the reverse side of the jersey on game day.
- All players must wear proper footwear. (Please no cleats, boots or slippers.)
  - If a player needs help procuring basketball shoes, please let our staff know. We can supply lightly used shoes.
- No loose-fitting jewelry may be worn on the court (e.g.: watches, dangling earrings, necklaces, bracelets, etc).
  - Medical Alert Bracelets are the only exception and must be taped down.
  - Taping of studded earrings, studded nose rings and belly button rings is also permitted.
- Ensure players are not wearing metal barrettes or claw clips that could cause injury upon impact.
- No equipment shall be worn that is considered dangerous to another player as determined by the referee.
  - **HARD CASTS ARE NOT PERMITTED UNDER ANY CIRCUMSTANCE!**

#### **Coaches**

- YMCA Coaches will be given a Jersey/Coach's Shirt to wear at games.
- The YMCA will supply game balls.

### **PLAYING TIME**

The focus at this age is on player development, and game minutes are valuable to this process.

- All players will play at least 50%\* of each game - all players do not need to have the exact same number of minutes.
  - \*=For players attending at least 2 practices per week.
  - Players who do not attend practices may have their game time reduced.
- Keep playing time as balanced as possible. This also includes giving players experience in different positions.
- Unlimited substitutions may be allowed with the consent of the referee on any dead ball.
  - Substitutions must be made from half court.

### **INJURIES**

- Players may not play if he/she is bleeding. Wounds must be appropriately covered in order to play.
- 1st-Assess the situation. Most injuries are minor and can be treated by a short period of rest and a drink of water.
- If able, have the player walk off the court. Do not put the player back in the game or practice until he/she is comfortable.
- The Basketball Coordinator will have a medical kit available on game days and during practices at the YMCA.
- For extreme injuries (loss of consciousness, broken bones, wounds requiring stitches), please call parents and/or 911.
- If YMCA or coaches suspect a concussion, the player will be held out of play until cleared by a medical professional.

### **SPORTSMANSHIP**

- Avoid running up the score. Games can become one-sided when a team is more advanced than another; please do not allow your team to run up the score. Instead, instruct your team to work on developing specific skills or tactics.
  - In these situations, give your team instructions covertly to avoid demoralizing your opponents.
- Encourage families to praise the intangibles: positive attitude, paying attention, working hard, hustle and heart.
  - Instruct your families to cheer for your team, and not against opponents.
- Share players when necessary for equal team sizes.
- The YMCA has a zero-tolerance policy towards referee harassment or abuse. Violators will be asked to leave the game and can face suspensions from future games or expulsion without reimbursement from the Program.

### **GAME SCHEDULE**

A detailed game schedule of times, court location, and opponents will be accessible on Playerspace.

If there is an odd number of teams in the league, a team will be randomly selected to play an extra game to avoid byes.

# **YMCA 2025 BIDDY BALL RULES**

## **EQUIPMENT & SCHEDULING**

1. 3/4 and 5/6 players will use a youth size 4 ball and play on a 6ft hoop.
2. 3/4 and 5/6 players will play one\* game per week. (Saturdays) [\*Unless there is an odd number of teams in the league.]

## **SET UP**

1. Players will line up at half court at the beginning of the game and at half time to be reminded which basket is theirs to score on.
3. GAME TIME:  
FOR AGES 3 AND 4 - Two, 10-minute halves with a 5 minute half time.  
FOR AGES 5 AND 6 - Four, 8-minute quarters with 1 minute break between quarter 1 & 2 and 3 & 4.  
Half-time will be a 5 minute break.
4. REFEREES  
One referee per game is supplied by the YMCA. The referee is the final word on the court. Do not argue with or intimidate the referee. Do not allow players to dissent against referee calls.
5. TIMEOUTS: Each team will have one, 30 second time-out per half.
6. The score is not counted.  
The YMCA believes teaching kids to love the sport is more beneficial than who wins or loses.
7. The number of players on the court should be no more than 5 and no less than 3. Please share players when needed.
8. SHOW UP AT LEAST 15-MINUTES EARLY FOR YOUR GAME – All games must start and stop on time, no exceptions!

## **PLAY**

1. Each player shall play at least 50% of each game. Please try to balance time between players.  
Recreation basketball is for the betterment of ALL players, not just those more advanced.
2. ON COURT ASSISTANCE  
FOR AGES 3 AND 4 - One representative from each team is allowed on the court.  
FOR AGES 5 AND 6 - One representative may come out on the court at the beginning of each possession, if needed, to help their players begin, but please move off the court.
3. TRAVELING & DOUBLE DRIBBLES  
FOR AGES 3 AND 4 - Players will be loosely called for traveling and double dribbles. Refs will make calls at a frequency reflecting the overall skill level of both teams to keep the game moving.  
FOR AGES 5 AND 6 - Traveling and double dribbles will be enforced with a reminder for the first offense and a turnover to the other team on a second offense.
4. HALF COURT DEFENSE  
After a made basket, the defensive team will return to their defensive half of the court, and the referee will assist the offensive team to pass the ball in. No full court defense.
5. OUT OF BOUNDS will be called. Teach your players to stay in bounds.
6. SUBSTITUTIONS - We allow "hockey" subbing in this age group. Subs do not need to be summoned by refs.  
Please make sure the player coming off the court is off before sending in their replacement.
7. STEALING - No stealing or grabbing of the ball. On defense, players must stay one arm's length away.  
Jumpballs should only occur on loose balls.
8. BLOCKING - Players may put their hands up to contest a shot. No jumping up or swinging their arms to block the shot.
9. FOULS -  
FOR AGES 3 AND 4 - Fouls will not be tracked, but reminders on appropriate spacing will be given to players when/if fouls occur.  
FOR AGES 5 AND 6 - Fouls will not be tracked, but reminders on appropriate spacing will be given to players when/if fouls occur. If fouls are made while shooting, the offense team will restart the play at the top of the key.
10. FREETHROWS - None

# **YMCA 2025 3v3 RULES**

## **EQUIPMENT & SCHEDULING**

1. 1/2 Teams will use a youth size 5 ball and play on a 8ft hoop.
2. 3/4 Teams will use a youth size 5 ball and play on a 10ft hoop.
3. 5/6 Teams will use a women's size 6 ball and play on regulation sized hoops.
4. All 3v3 teams will play two\* games per week. (Saturdays) [\*Unless there is an odd number of teams in the league.]

## **SET UP**

1. **GAME TIME:**  
Each game will be 2 halves of 10 minutes each, with a running clock\*. Half-time will be a 5 minute break.  
*\*The clock will stop for free throws and out of bounds for the last minute of each half.*
2. **OVERTIME**  
If the game ends in a tie after regulation time, there will be a 3 minute overtime.  
Possession will be determined by the home team shooting the ball, as in the start of the game.  
Ties at the end of any overtime period will result in successive 1 minute periods until the tie is broken with possession alternating each overtime period.
3. **REFEREES:**  
One referee per game is supplied by the YMCA. The referee is the final word on the court. Do not argue with or intimidate the referee. Do not allow players to dissent against referee calls.
4. **TIMEOUTS:** Each team will have two, 30 second time-outs per half.
5. **SCOREKEEPING:** Each team will need a volunteer to keep their books for each game. Submit final scores to the referee.
6. **COURT:** Games will occur in the half-court with one basket shared by both teams.
7. **SHOW UP AT LEAST 15-MINUTES EARLY FOR YOUR GAME** – All games must start and stop on time, no exceptions!

## **PLAY**

1. **START:** Initial possession will be determined by a player from the home team shooting from the free throw line (or closer for grades 1/2) as determined by the referee.  
Made shot = Keep possession. Missed shot = Give possession to the visiting team.
2. **SCORING:** Teams score by either regular two-point baskets, or three-point shots taken from outside the three-point line.
3. **CHECKING THE BALL IN PLAY:** After a basket has been scored or a foul called, a player must check the ball into play from a line past the three-point line above the foul key. A player must establish both feet above the line to check a ball into play.  
Checking the ball in play is done by passing to the hands of a defender and receiving the ball back to begin play.
4. **PLAY AFTER DEFENSIVE REBOUNDS/STEALS:** On defensive rebounds or steals, the now offensive players must return the ball by dribble or pass across the three-point line before a basket may be attempted.  
Once across the line, they do not have to pass or check the ball before shooting.
5. **AIRBALLS:** Air Balls are considered free balls, and the ball can be automatically shot by the rebounding team without clearing behind the three-point line.
6. **JUMPBALLS:** Teams will be given possession for all jump balls alternately. The ball will be checked into play behind the three-point line.
7. **FOULS & FREETHROWS:** Fouls will be tracked at all levels.  
A foul called in the act of shooting will result in either two or three free throws depending on where the player was fouled. A non-shooting foul will result in a side out, except when a team is over the six foul limit, and then the offended team will be awarded two free-throws. All free-throws will have players lined up in the lane lines and play is live on release of the last shot. A player will foul out of the game on the 5<sup>th</sup> foul.
8. **OUT OF BOUNDS:** Balls tipped out of bounds will be taken side out.
9. **SUBSTITUTIONS:** May be made after a basket or an out of bounds play.
10. **THREE SECOND RULE:** Applies to all offensive players.
11. **RUNNING OUT THE CLOCK:** Players may not hold the ball without defensive pressure for more than 5 seconds to run out time from the clock. Over 5 seconds will result in a turnover.
12. **BASIC BASKETBALL RULES:** Travels, Carrying, Double Dribbles, etc. will be called on the first offense.  
Screens are permitted and moving screens will be called.

# **YMCA 2026 5v5 RULES**

## **EQUIPMENT & SCHEDULING**

1. **HOOP SIZES**
  - a. 1/2 Teams will use a youth size 5 ball and play on a 8ft hoop.
  - b. 3/4 Teams will use a youth size 5 ball and play on a 10ft hoop.
  - c. 5/6 Teams will use a women's size 6 ball and play on regulation sized hoops.
2. All 5v5 teams will play one\* game per week on Saturdays.
  - a. \*Unless there is an odd number of teams in the league in which case double headers will be scheduled.

## **SET UP**

1. **GAME TIME**
  - a. All divisions will play two halves with a running clock\*. *\*The clock will only stop for free throws and timeouts.*
    - i. 1/2 Teams games will be two, 14 minute halves.
    - ii. 3/4 Teams games will be two, 16 minute halves.
    - iii. 5/6 Teams games will be two, 20 minute halves.
  - b. Half-time will be a 5 minute break.
2. **OVERTIME**

If the game ends in a tie after regulation time, there will be a 3 minute overtime beginning with a jump ball.  
Ties at the end of any overtime period will result in successive 1 minute periods until the tie is broken  
with possession alternating each overtime period.
3. **REFEREES:**

Two referees per game are supplied by the YMCA. The referee is the final word on the court. Do not argue with, intimidate or attempt to influence the referee. Do not allow players to dissent against referee calls. Referees are the final word on calls made on the court or directives given to manage the crowd.
4. **TIMEOUTS:** Each team has two, 30 second time-outs per half. (In Overtime, coaches will be given 1, 30 second timeout.)
5. **SCOREKEEPING:** Each team will need a volunteer to keep their books for each game. Submit final scores to the referee.
  - a. Coaches must submit their roster and starting line-up at least 3 minutes before game time.
6. **PLEASE SHOW UP AT LEAST 15-MINUTES EARLY FOR YOUR GAME – All games must start and stop on time, no exceptions!**
  - a. When time allows, teams will be given at least 5 minutes to warm-up on the court.
7. **COACHES**
  - a. Only two coaches are allowed in the bench area and must remain within their designated bench area.
  - b. Coaches may not enter the court unless by permission of an official to attend to an injured player.
8. **ON COURT ASSISTANCE (1st and 2nd grade only)**
  - a. One representative may come out on the court at the beginning of each possession, if needed, to help their players begin, but please move off the court once the ball is in play.

## **PLAY**

1. **START:** Initial possession will be determined by a jump ball.
2. **SCORING:** Teams score by either regular two-point baskets, or three-point shots taken from outside the three-point line.
3. **FOULS & FREETHROWS:** A foul called in the act of shooting will result in either one, two or three free throws depending on where the player was fouled and if the basket was made. All foul shots will be worth 1 point.

A non-shooting foul will result in a side out, except when a team is over the six foul limit, and then the offended team will be awarded 1 point and the ball. All free-throws will have players lined up in the lane lines and play is live on release of the last shot. A player will foul out of the game on the 5<sup>th</sup> foul.
4. **TECHNICAL FOULS:** All technical fouls will be 1 point for the opposing team plus possession. No free throws will be taken.
  - a. Any coach or player receiving two technical fouls during a game is automatically ejected and must leave the premises. They will also sit out the next scheduled game.
  - b. Any coach or player receiving three technical fouls will be suspended for the remainder of the season.
  - c. A team who receives three technical fouls in a game, will result in a forfeit for their team.

The team will also be placed on probationary status for the remainder of the season. Any further behavior related incidents will result in removal of the team from the league.
  - d. Coaches may be issued technical fouls for the behavior of their audience. Please remind your fans/observers their behavior can impact the game and should remain respectful.

## **YMCA 2026 5v5 RULES continued**

### **5. DEFENSE:**

- a. ZONE OR MAN DEFENSE may be played at all levels. (We strongly encourage man defense.)
- b. FULL COURT PRESS is allowed at the 5th/6th grade level only.
  - i. Press must be removed if up by 10 points or more.
- c. DOUBLE TEAMING is allowed at all levels but must be removed if up by 10 points or more.
  - i. 5th/6th grade may double team anywhere on the court.
  - ii. 3rd/4th grade may only double team anywhere inside the 3-point line.
  - iii. 1st/2nd grade may only double team anywhere inside the key.
- d. HELP SIDE DEFENSE (For 1st/2nd, 3rd/4th) - is not considered double teaming and may occur until the ball is stopped after which point one of the defenders must find another player to guard.
- e. STEALING and BLOCKING are allowed at all levels but must be removed if up by 10 points or more.
  - i. 5th/6th grade may steal/block anywhere on the court.
  - ii. 3rd/4th grade may only steal/block anywhere inside the 3-point line.
  - iii. 1st/2nd grade may only steal/block anywhere inside the key.

### **6. OFFENSE:**

- a. The THREE SECOND RULE applies to all offensive players.
- b. RUNNING OUT THE CLOCK - Players may not hold the ball without defensive pressure for more than 5 seconds to run out time from the clock. Over 5 seconds will result in a turnover.
- c. TRAVELS, CARRYING, DOUBLE DRIBBLES, etc.
  - i. 5th/6th grade, will be called on the first offense, without warning.
  - ii. 1st/2nd grade and 3rd/4th grade, will be called after 1st warning. Warnings reset each possession.
- d. SCREENS are permitted and moving screens will be called.
- e. OVER AND BACK is not permitted at any level.

7. JUMPBALLS: Teams will be given possession for all jump balls alternately.

8. SUBSTITUTIONS: May be made during any out of bounds play, timeout or halftime.

9. CROWD/FAN MANAGEMENT: Please remember, coaches are responsible for the behavior of their fans.

Any behavior deemed disrespectful by a referee can result in an ejection from the premises and a penalty for the team.


- a. During half time and warm-ups, please keep fans off the court.

## **CLEAN UP**

- 1. Coaches and players shall leave their bench area clean and tidy.
- 2. Coaches shall encourage their fans to clean up after themselves and not leave trash in the stands.

## **AVAILABLE PRACTICE SPACE**

	4:00-4:55	5:00-5:55	6:00-6:55	7:00-7:55	8:00-8:55
CONGER					
FAIRVIEW*			M T W T H F	M T W T H F	M T W T H F
FERGUSON	Not reservable through the Y, however coaches can go to the school and fill out a Facility Use Form to request gym space on their own behalf.				
HENLEY	Not reservable through the Y, however coaches can go to the school and fill out a Facility Use Form to request gym space on their own behalf.				
MILLS			M T W T H F	M T W T H F	
PETERSON	Not reservable through the Y, however coaches can go to the school and fill out a Facility Use Form to request gym space on their own behalf.				
PONDO BIG GYM			M T W T H F	M T W T H F	
PONDO AUX GYM			M T W T H F	M T W T H F	
ROOSEVELT*			M T W T H F	M T W T H F	
SHASTA	Not reservable through the Y, however coaches can go to the school and fill out a Facility Use Form to request gym space on their own behalf.				
STEARNS	Not reservable through the Y, however coaches can go to the school and fill out a Facility Use Form to request gym space on their own behalf.				
YMCA* (Only when all others are filled)	M T W T H	M T W T H	M T W T H	M T W T H	

MTWTHF = Day of the Week Available  = Not Available \*=Biddy Ball, 1st/2nd Prioritized due to Hoop size

### **ADDITIONAL PRACTICE SPACE REMINDERS (Please see Page 4 for Practice Space Rules.)**

Practices must fit in the 1 hour window.

For example, if you choose to start at 4:15, you will need to be done by 4:55.

Please end and start practices on time so others can do the same.

Gym space is limited, please share when asked. 3v3 may be scheduled in half court reservations for larger gyms.

Gyms will be opened and locked up by custodial staff. Please treat school staff kindly.

**THANK YOU FOR COACHING!**