****

**2024 YMCA COMPETITIVE BASKETBALL LEAGUE INFORMATION**

Visit **www.quickscores.com** for season schedules, standings, rules, rosters, scoresheets

Check the “DOWNLOAD TAB” for practice schedule, rules, comp bb information, etc

YMCA Sports Department will email a copy of ASD practice permits to all coaches,

pay attention to GYM CLOSURES MARKED “C” ON THE GYM PERMITS

Only YMCA Coaches who are officially registered to coach may sit on the bench during games

No more than 2 YMCA registered coaches will be allowed to sit on the bench during games

All participants must be officially rostered on their YMCA team to participate during the season

**FINAL Season Team Rosters will be frozen on SUNDAY, January 14, 2024**

**Coaches need to verify their ROSTERS on the QUICKSCORES website starting TUESDAY, JAN 16, 2024**

Participants can participate on TWO YMCA competitive basketball teams during the season if they are in separate LEAGUES and not in the same division. Participants are eligible to play up one league, but are not allowed to play down in a younger league.

All coaches, players, and families need to police themselves at YMCA, ASD & MT View facilities

Please pick up all trash, empty water bottles, etc., before you leave your practices and games

Coaches are responsible for their parents and player’s behavior throughout the season

Coaches are expected to use POSITIVE COACHING ETHICS and COMMON SENSE during the season

**YMCA COMPETITIVE BASKETBALL LEAGUE MISSION STATEMENT**

**All coaches, participants & parents in the league are responsible for their behavior and actions. The rules are simple: RESPECT, RESPONSIBILITY, HONESTY, and POSITIVE SPORTSMANSHIP. We all have a ‘job’ in this league, which is as follows: Players play, coach’s coach, officials officiate, and parents cheer. If we all do our jobs and refrain from telling others how to do theirs, there will be minimal conduct issues. By complying with the above general rules of conduct, all participants & parents ensure their continued involvement in the YMCA sports programs. The YMCA of Alaska will address and resolve any conduct issues swiftly and decisively. The “NO TOLERANCE” rule will be in effect. The YMCA of Alaska has the right to overturn or overrule any rule or decision in the best interest of the participants, the organization, and the league. The general rules of conduct are designed to maintain a positive environment and to help make participation & competition in this league safe, positive, valuable, and fun.**

**“Teaching Life Skills, through Athletics”**

**2024 YMCA COMPETITIVE BASKETBALL GAME INFORMATION**

All players must wear the official YMCA COMPETITIVE Jersey or their own competitive program’s matching basketball uniforms for all league games to be eligible to participate.

**HOME TEAM WILL WEAR LIGHT & VISITING TEAM WILL WEAR DARK**

Team lineups and playing time are at the discretion of each team’s coaching staff.

Coaches are encouraged to play all their players throughout the season

Teams will have the freedom to play any full or halfcourt offense or defense

**EXCEPTION:** **No Full court pressure will be allowed in the FIRST Half Only of**

**ALL BOYS 3/4 & GIRLS 3/4/5 GAMES,**

**THE FIRST VIOLATION WILL BE A WARNING, FOLLOWING VIOLATIONS WILL BE A ONE-POINT PENALTY**

**GIRLS 3/4/5 & BOYS 3/4 GAMES** will consist of **TWO 14-MINUTE** running halves with a

5-minute warm up & 3-minute halftime.

**GIRLS 6/7/8, BOYS 5/6, & BOYS 7/8 GAMES** will consist of **TWO 16- MINUTE** running halves with a 5-minute warm-up & 3-minute halftime.

The clock will only stop on officials’ timeouts, team timeouts, and free throws.

Teams will be allowed three timeouts per game, with an extra TO for each overtime period

Girls 3/4/5, Girls 6/7/8, and boys 3/4 will use an official women’s size basketball for games.

Boys 5/6 and boys 7/8 will use an official men’s size basketball for games.

Mercy rule (Running Clock) will be in effect with a 25-point lead at any time after halftime

NO FULL COURT PRESSING will be allowed during the Mercy Rule with the team leading,

after a made basket or dead ball, back-court guarding will be allowed in a live ball situation.

The clock will continue to run during the Mercy Rule except Time Outs

The mercy rule will be eliminated if the game score is within 10 points anytime during the 2nd half

The stop clock will be in effect at the LAST MINUTE of the game if the score is within 10 points

The first overtime will be a TWO minute stop clock, and The Second overtime will be the FIRST TEAM TO SCORE 3 PTS

All technical fouls will be non-shooting FT’s. Non penalized team will be awarded 2 pts and ball

Any player receiving an UNSPORTSMANLIKE Technical foul will sit out the remainder of the game

YMCA Coaches and players will be allowed 4 technical fouls for the season

5th technical for the season will involve a TWO GAME Suspension,

6th or more technical fouls during the season will result in a season suspension

Any Game Ejection will involve a ONE GAME Suspension, served the following scheduled game

Teams must have FIVE players to start a scheduled game

A THREE MINUTE grace period will be allowed to prevent a forfeit

If the GRACE Period is allowed, the team without 5 players will be penalized TWO points to start

**THE YMCA OF ALASKA COMPETITIVE BASKETBALL LEAGUE WILL FOLLOW THE NFHS HIGH SCHOOL RULES EXCEPT FOR ANY MODIFIED RULES SPECIFICALLY FOR THE YMCA COMP LEAGUE**