



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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# **PRESCOTT YMCA YOUTH BASKETBALL LEAGUE DIVISION "A" RULES AND REGULATIONS**

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# **PRESCOTT YMCA YOUTH BASKETBALL LEAGUE (YBL) DIVISION A (COMPETITIVE) 2025 RULES AND REGULATIONS**

1. PHILOSOPHY – This is a competitive basketball division that emphasizes basketball skill development, teamwork, sportsmanship, and the recognition of accomplishment.
2. REGISTRATION:
  - A. Formal Registration – Will begin on an announced date and will continue until division tryouts.
  - B. Registration Procedures –
    - 1) An official application will be completed and turned in to the Prescott YMCA.
    - 2) Parent or legal guardian must sign a waiver prior to child’s participation
  - C. Waiting Lists – Players not drafted and players identified by the division committee (late registration) who still desire to join Division A will be placed on a waiting list. If vacancies occur on existing teams between the draft and the first division game, the vacancies will be filled from the waiting list using a lottery procedure. Waiting lists will be abolished after the first division game and rosters will be frozen for the remainder of the season.
  - D. Players Not Drafted – Players not drafted and thus not placed on a team will have the option of: being placed on a waiting list or being placed on a Division B team.
3. ORGANIZATION AND ELIGIBILITY REQUIREMENTS:
  - A. Player Eligibility – To be eligible to participate in Division A, each player must meet the following criteria:
    - 1) Complete the registration process.
    - 2) Meet the age requirements (see 3.B.2 - Playing Divisions for specific age requirements).
    - 3) A player is allowed to participate in other athletic programs (other than school teams—see 3.A.5), but coaches have discretion to limit playing time if such other participation is a problem for the team.
    - 4) No player currently playing AIA basketball (i.e., Freshman-Senior high school) can play in this division, or they will lose their eligibility for AIA programs at the High School level.
    - 5) Players playing on their 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade school teams will be expected to fulfill their school team obligation before participating in division practices or games (this refers to the time that both their school team and YBL team are active).

## B. Division Structure

- 1) The YBL Committee will annually establish a date by which prospective coaches must commit to coach. Coaches will submit the names of the coach's and the assistant coach's children by this same date. YBL seniority will be the determinant should there be a surplus of coaches. Committee determines based on the number of kids trying out and their skill level
- 2) Playing Divisions – All ages for eligibility are determined by the player's age on January 1<sup>st</sup> of each season. The YBL Committee reserves the right to grant exceptions to such rule where it determines appropriate.
  - a) Nine-Ten Division: This division is composed of nine and ten year old players. No player can play in this division if he/she turns 11 prior to January 1<sup>st</sup>.
  - b) Eleven-Twelve Division: This division is composed of 11 and 12-year-old players. No player can play in this division if he/she turns 13 prior to January 1<sup>st</sup>.
  - c) Thirteen-Fourteen Division: This division is composed of 13 to 14 year-old players. No player can play in this division if he/she turns 15 prior to January 1<sup>st</sup>.
  - d) Fifteen-Seventeen: This division is composed of 15 to 17 year-old players. No player can play in this division if he/she turns 18 prior to January 1<sup>st</sup>.

## C. Team Organization

- 1) A team shall consist of one to two coaches and a number of players determined by the YBL Committee prior to the draft.
- 2) Player Selection:
  - a) Players will be drafted by the coaches on draft day. A lottery system will be used to determine the order of the draft (SEE number 8 under the YBL Division "A" Draft Procedures).

## D. Draft Rules – Subject to the provisions of 3.C.2 regarding protecting of players, all players will be dispersed to teams by way of a draft. The purpose of the draft is to disperse unprotected players equitably to teams to promote evenly matched teams within the division. Competition is a division goal. Competition results from parity. The YBL Committee will decide special cases.

- 1) Selection Lists – Each coach, will declare his desire to coach and announce if he/she has an assistant coach. All coaches and assistant coaches will announce prior to the draft (and tryouts) their "protected players". A "protected player" is a child or children of the head coach and/or the assistant coach and each "protected player must be drafted by a certain round which will be determined by the YBL committee.
- 2) Draft Tryouts – All unprotected players will enter the division through a draft tryout. Tryouts will be held following the end of normal registration. The committee will designate the time, place and date for tryouts. Division officials will run prospective players through drills while coaches observe. Coaches will meet following the tryout to conduct the actual draft.
  - a) Numbers Parity: Each team with a coach having a child on the team will have to draft their child(ren) by a certain round. Any teams with coaches or

assistant coaches who have no protected players will draft all rounds without stipulations.

- b) Draft format: A chance process established by the YBL Committee will determine the draft order. The draft order established in the first round will be reversed in the following round. That process will continue round after round until the draft is over.
- 3) After the Initial Draft – The division committee will place players on teams from the waiting list if vacancies arise, up until the first league game (see 2.C).
  - a) Players can be traded only at the time of the draft. Approval of both coaches and the committee is required.
- E. Expansion Teams: (see 3.C Team Organization)
- F. Player Trades: (see 3.D.3.a)
- G. Post Season Tournament: A post-season tournament will be held following division play. The division committee will present a tournament format to the Division A coaches by the first week of the regular season.

#### 4. COACH REQUIREMENTS

- A. Qualifications – Coaching positions are open to any responsible person 18 years of age or older with a sufficient knowledge of, and interest in the game to study it and develop teaching ability. Each coach should have satisfactory character and sincerity of purpose to act as a proper influence upon young minds. Qualities desired in prospective coaches include the ability to teach and hold the interest of the players; the ability to impart skills, knowledge and fundamentals to the players; and a sense of fairness and sportsmanship. Coaches should take a personal interest in each player regardless of the player's athletic ability. Prospective coaches must either be referred by an existing coach or provide references for consideration. Coaches are evaluated at least annually by YMCA participants, staff and the YBL Committee. Coaches will be notified immediately or at the end of the season if they are not permitted to return due to inappropriate conduct or violation of rules or policies. If information surfaces after the end of the season, coaches may be notified any time during the year of their inability to return. Any recommendation to deny services of a coach by the YBL Committee will be sent to the YMCA Executive Director and the YMCA Board of Directors for final approval.
- B. Coaching Responsibilities
  - 1) The Prescott YMCA will conduct coaches' meetings. Attendance at one of the meetings offered is MANDATORY. These meetings will address the special nature of the league that sets it apart from other youth basketball programs.
  - 2) Each coach MUST oversee the safety and well-being of all players from the time players report for practice or games until the team is dismissed. He/she should be present, or have a responsible assistant coach present, at all practices and games. Coaches must exercise complete control of the activities of players and family members at practice and game sites. Remember, we are guests using the facilities, and we must ensure that we show respect for and leave the facilities in proper order.
  - 3) Each coach must communicate with parents and players regarding practice/game dates, times, places, and division rules and regulations.
  - 4) Each coach must organize and carry out practice sessions where basketball fundamentals are taught.

5. RULES OF CONDUCT (for all participants—coaches, players, parents and fans)
- A. No smoking, chewing tobacco, alcohol, nonprescription drugs are allowed at any time and anyone believed to be under the influence, even to the slightest degree, at practices or games will be asked to leave the facility and/or grounds immediately.
  - B. Do NOT criticize players in front of spectators. Positive reinforcement and constructive criticism at appropriate times is encouraged.
  - C. Do NOT yell at referees and DO NOT allow your players or the parents to do so.
  - D. Do NOT criticize an opposing team, its players, coaches, or fans by word of mouth or by gestures.
  - E. No abusive or profane language is allowed by coaches or players. Ejection from games and/or suspension from future games may be the penalty. The coaches are also subject to the "SEAT BELT" rule after receiving a technical foul. Explanation below:
    - a) The "Seat Belt" rule will apply after a coach receives his first technical foul. This means that after a coach (or assistant) gets one technical foul he must remain seated (except during timeout and end of quarter situations) for the rest of the game. The coach (or assistant) also may not make any further comments toward the referees or other team during the rest of the game after receiving his first technical foul. Failure to follow this rule will result in a second technical foul and automatic ejection from the game. The coach (or assistant) may also be escorted out of the facility by the YBL site supervisor if necessary.
  - F. Penalties/Discipline (for all participants – coaches, players, parents and fans):
    - 1) The YBL Committee is responsible for enforcing rules and regulations of the division.
    - 2) Violation of rules and regulations will be decided by majority vote of the YBL Committee.
    - 3) The YBL Committee can reprimand, suspend for any length of time, or replace any player, coach or official, for violation of division rules.
    - 4) Disciplinary action may include, but is not limited to the following:
      - Verbal warning by an official, site supervisor or YMCA staff
      - Written warning by an official, site supervisor or YMCA staff
      - Game suspension with written documentation of incident kept on file at the Prescott YMCA
      - Game forfeit through an official, site supervisor or YMCA staff
      - Season suspension
      - Permanent suspension from Prescott YMCA leagues.
    - 5) Prescott YMCA volunteers may have immediate disciplinary action imposed, including suspension for any of the following:
      - Illegal Activity – Engaging in any illegal or criminal activity when the YMCA has a good faith belief that there has been illegal activity, whether or not there has been a formal charge made.
      - Behavioral Problems – Any person behaving in a manner that is inherently dangerous to him/herself or others. This includes any violent act, harassment, or any behavior, which impacts the integrity of the Prescott YMCA programs.

Alcohol / Illegal Substance – Consumption of alcohol or illegal substances, even to the slightest degree, when acting as a YMCA volunteer. Volunteers are responsible for the safety and wellbeing of athletes / participants. This includes, but is not limited to, all training practice sessions, the duration of the games or any other Prescott YMCA sanctioned activities where athletes/participants are present.

Abuse – Any person accused of or suspected of verbal, emotional or physical abuse.

AIA rules will be followed for technical fouls (i.e., if a player receives two technical fouls in a single game, he/she will be out for the remainder of the game. If a coach receives two technical fouls, he/she will be escorted out of the facility).

a) **As mentioned earlier the “Seat Belt” rule will be in effect after first technical.** This means that after a coach (or assistant) gets one technical foul he must remain seated (except during timeout and end of quarter situations) for the rest of the game. The coach (or assistant) also may not make any further comments toward the referees or other team during the rest of the game after receiving his first technical foul. Failure to follow this rule will result in a second technical foul and automatic ejection from the game. The coach (or assistant) may also be escorted out of the facility by the YBL site supervisor if necessary.

6) Complaints of misconduct involving any participant (coach, player, parents, and fans) will be subject to review by the YBL Committee.

7) The YBL Committee reserves the right to amend, add to or delete from these rules and regulations.

#### 6. SPECTATOR, PARENT AND COACH BEHAVIOR:

A. Decisions by YMCA referees and/or staff are final.

B. YMCA Youth Sports’ Coaches have the potential to influence a great number of people. We want coaches to be a positive role model for youth by maintaining an attitude of RESPECT, RESPONSIBILITY, HONESTY, and CARING.

C. YMCA volunteer coaches are expected to adhere to the YMCA Philosophy, codes of conduct, and YMCA Coaching guidelines. The YMCA will not tolerate unsportsmanlike behavior.

D. All coaches will be responsible for their players and parents conduct at all times i.e., before, during, and after every game and practice.

E. ONLY the coach has the authority to consult with a referee.

F. Parents, spectators, players, and coaches are expected to be examples of good sportsmanship. If a situation arises where an individual(s) is being verbally abusive, they will be warned. If the behavior persists, they will be asked to leave. The YMCA reserves the right to terminate any game in progress.

G. Any type of fighting or instigation (taunting) will result in the guilty party being ejected immediately and possibly not be allowed to attend future games.

H. The James Family Prescott YMCA has zero tolerance for unsportsmanlike behavior from coaches, players, parents, and spectators. We would encourage all participants to let us know if such behavior is occurring in our youth basketball league.

## 7. PRACTICES

- A. It is required that coaches provide a First-aid kit at each practice and game. If an injury occurs, follow the injury guidelines handout.
- B. Practice sessions will begin after the first draft. Practice times and locations will be assigned by the YMCA Sports Department. Deviations from that schedule require approval.
- C. No player shall be left alone. Coaches must remain at the practice facility until all players have been turned over to a parent or other responsible person.

## 8. GAMES

- A. Referees – There will be two AIA referees for each game. Unless an emergency arises and we need to find a replacement immediately.
- B. Starting Time – Teams should arrive at game sites 15 minutes prior to starting time. Team rosters with designated player numbers and player's names must be submitted to the scorekeeper 10 minutes prior to scheduled game time. If a team does not have four players at game time, the game may be delayed up to five minutes for a fourth player to arrive. If a team does not have four (4) players at the end of the five-minute delay, it will forfeit the game.
- C. Four Player Teams - If a team has only 4 players they can still play. The opposing team has the option to play with only four (4) or to play with their full team of five (5). If teams begin with only five (5) players and one player fouls out, then the opposing team may play five (5) players against four (4) players.
- D. Game Schedule Changes - Games will not be rescheduled due to outside / school conflicts. If a team does not have enough players, the team will forfeit the game. Games will only be rescheduled due to facility conflicts or changes.
- E. Warm Ups – Games are scheduled to allow a five minute warm-up period prior to each game and a five minute break at half time. The referees and game site manager in consultation with the coaches may alter these times.
- F. Game Management – The referees, coaches and game site supervisor should work together to solve problems that arise. Final decisions regarding game site matters rests with the game site manager. Referees will make final decisions regarding game rules and application.
- G. Food and Drink – Food and drink, other than water in a sealed plastic container, are NOT allowed in game or practice facilities.
- H. Score/Time keeping – Each team is required to provide a score/time keeper for each game. The visiting team will provide the timekeeper. The home team will provide the scorekeeper.
- I. Snow Days Schedules – If weather is severe, division games may be canceled. In the event the weather is manageable, a delayed schedule of one hour will be implemented. In the event of inclement weather on a game day, players and parents check our Facebook page -YMCA SPORTS DEPT for division information or call in to the YMCA Weather Hotline at 445-7221 ext. 50. League staff will call coaches scheduled at his/her facility in the event of cancellation. Coaches will then call their players.

## 9. GENERAL PLAYING RULES

- A. All games will be played under AIA high school rules with the exceptions noted in these Rules and Regulations

**1. Age Group: 9-10 ("A" Division)**

(a.) Back Court Press will be allowed during the last 2 minutes of each half.

*DURING THE LAST TWO MINUTES OF EACH HALF-TEAMS WILL BE ALLOWED TO DOUBLE TEAM (TRAP THE BALL) IF PRESSING.*

*\*New\* (b.) Man-to-Man Defense: (NO ZONE DEFENSE ALLOWED): Teams should expect and be prepared for occasional double teams by man-to-man defense (teach the kids to pass the ball when double teamed). If the official perceives a zone defense is being played, the official may stop the game and direct the players to "find their man." This is at the sole discretion of the official (coaches are encouraged to constantly tell their players to "find their man.")*

*The YBL committee realizes that there can be a fine line here but also recognizes the fact that some (unfortunately) will try to find loopholes in this rule in order to circumvent the rule on defense or use it to their advantage on offense. With that being said the referees in charge of the game have final say on what constitutes "legal" defense, if needed they will talk to coaches and tell them what adjustments need to be made in order to comply with this rule. Further failure to play honest man-to-man defense will start resulting in technical fouls being called on the offending team. BOTTOM LINE: THE REFEREES HAVE THE FINAL SAY SO IN JUDGING WHETHER OR NOT A TEAM IS PLAYING WITHIN THE RULES AND WILL ATTEMPT TO FIX THE PROBLEM HOWEVER THEY SEE FIT.*

- B. Clock – Games will employ a running clock with each quarter consisting of ten (10) minutes, except the final two minutes of the fourth quarter when the clock will stop with each violation, foul or timeout.
- C. Time outs – Two per half (injury time outs are not charged to teams). A coach may call time out to discuss a rule interpretation. If the coach is wrong, he/she will be charged a time out. Time-outs don't carry over from the first half to the second half. However, any remaining time-outs from the second half will be carried over to the over-time period, with each team receiving **ONE** additional time-out.
- D. Participation – Each player, unless injured or absent, must play at least one quarter of every game. Any unexcused absence from practice by a player during the week prior to a game may render that player ineligible for play in that week's game at the coach's discretion.
- E. Tie Games – There will be one (2) overtime of three (3) minutes with one time out per team in regular season games. The clock will run during overtime until the last minute. **There will be a stop and go clock for the last minute of overtime.** AIA overtime rules apply during the post-season tournament.
- F. Equipment –
- 1) Uniform shirts will be supplied by the Prescott YMCA and must be worn during each game.
  - 2) Jeans, coats, zippered clothes or street shoes are not allowed in games.
  - 3) Hats, bandannas, barrettes, or any jewelry may not be worn in games.
  - 4) Pockets in shorts and shirts are not allowed.



## 2. Age Group: 11-12 & Older ("A" Division)

(a.) Back Court Press allowed during the entire game.

(b.) TEAMS MAY PLAY MAN-TO-MAN or ZONE DEFENSE.

- G. Clock – Games will employ a running clock with each quarter consisting of ten (10) minutes, except the final two minutes of the fourth quarter when the clock will stop with each violation, foul or timeout.
- H. Time outs – Two per half (injury time outs are not charged to teams). A coach may call time out to discuss a rule interpretation. If the coach is wrong, he/she will be charged a time out. Time-outs don't carry over from the first half to the second half. However, any remaining time-outs from the second half will be carried over to the over-time period, with each team receiving **ONE** additional time-out.
- I. Protests are allowed at the review and discretion of the YBL Committee. The only matters for which protests may be filed are complaints regarding ineligible players or rule interpretation. **Judgment calls by referees may not be protested.**
- J. Participation – Each player, unless injured or absent, must play at least one quarter of every game. Any unexcused absence from practice by a player during the week prior to a game may render that player ineligible for play in that week's game at the coach's discretion.
- K. Tie Games – There will be one (2) overtime of three (3) minutes with one time out per team in regular season games. The clock will run during overtime until the last minute. There will be a stop and go clock for the last minute of overtime. AIA overtime rules apply during the post-season tournament.
- L. Equipment –
  - 1) Uniform shirts will be supplied by the Prescott YMCA and must be worn during each game.
  - 2) Jeans, coats, zippered clothes or street shoes are not allowed in games.
  - 3) Hats, bandannas, barrettes, or any jewelry may not be worn in games.
  - 4) Pockets in shorts and shirts are not allowed.
- M. Division Championship Tie-Breaking Procedure: Division standings will be determined at season end by team win/loss records. In the event that two teams end with identical records, tie-breaking procedures will be employed.
  - 1) The first tie-breaking procedure will be to consider head-to-head competition. The team winning against the opponent will be ranked higher. If the teams played an even number of games and split their games, the second tie-breaking procedure will be used.
  - 2) The second tie-breaking procedure will be each team's record against common opponents. Whomever has the best record against common opponents will be seeded higher.
  - 3) The third tie-breaking procedure involves tabulating points scored for and against each other in head-to-head competition. The team winning against the opponent will be ranked higher.
  - 4) If a fourth tiebreaker is needed, a coin flip will be used.

I. "Mercy Rule" -

- 1) If a team is up by 15 points or more during the Fourth Quarter of any game, the clock will remain running, rather than stopped at each violation (during the final 2 minutes).
- 2) Other strategies, such as requiring a minimum of 4 passes before shooting the ball or playing only second string may be requested of the team that leads by 20 or more points during a game. **Also, if up by 20 or more there will be no full-court press by the team leading.**

## **YBL DIVISION "A" DRAFT PROCEDURES**

The YBL Committee developed the following items with the hope of creating parity in the Prescott YMCA competitive component of the Prescott YMCA Youth Basketball League.

1. All player candidates, with the exception of the coach's child(ren), will be evaluated through a "try out" process under the direction of the YBL Committee. We do encourage the children of all coaches to go through the tryout process.
2. All coaches must make it known that they have a child or children in the age group for which they are coaching prior to tryouts and draft. This is also required of the assistant coach.
3. The YBL Committee will determine, prior to the draft, the number of participants each team will be required to draft.
4. Assistant coaches, with agreement from a head coach, may help coach the team on which their child is selected.
5. Teams will be required to have the same number of players or close to the same number of players depending on the number of participants. This number will be chosen by the YBL Committee.
6. Numbers parity for each team must be balanced. Each team with a coach having a child on the team will have to select their child by a certain round which will be decided by the YBL committee. Any team having an assistant coach that has a child on the team will have to draft that child by a certain round which will be decided by the YBL committee. Any teams with coaches or assistant coaches who have no protected players (children on the team) will draft every round without stipulations.
7. Procedure is subject to modification at any time by the YBL Committee and/or consensus of the coaches.

Revised November 7, 2024