



Recreational and Competitive

The YMCA Mission

“To put Christian Principles into practice through programs that help healthy spirit, mind and body for all.

Leagues and Teams

The YMCA offers 1 Recreational League & 1 Competitive League.

Youth may play in the Competitive League if

1. The youth is already on a team. The coach will list them on the roster that he/she submits to the Y. Youth coming in on a team still need to register.

When registering they will need to list the name of their coach.

2. The youth is NOT on a team. He or she will be placed directly on a Jr. Skyforce Recreational League team.

Coaches

All teams must have at least one volunteer parent/adult to help coach the team. All those interested MUST fill out a coach's application. Applications can be found at siouxfallsymca.org in the Youth Basketball homepage.

Please note that as a volunteer coach, we ask that you keep in mind the YMCA's mission while working with the kids, and think of what is in their best interest when making decisions for the team. Your responsibilities include, but are not limited to: team communication, signing up for practice times, facilitating practices and games, submitting appropriate paperwork, communication with YMCA staff regarding game and practice conflicts and work to coordinate make up games/practices, and ensure you have basketballs for Practice. COMMUNICATION IS KEY!

Season and Schedule

The season runs from October to March 2nd-6th grade boys and girls. There is a two week break during the holiday season. The season for 7th and 8th grade boys runs late October to January again with a two week break during the holiday season. The season for 7th and 8th grade girls runs early January to March.

Schedules are developed and posted pre and post the holiday break. Printable schedules can be found online at siouxfallsymca.org under the Youth Basketball tab. An email will be sent out to all coaches and program participants when schedules are completed and ready to view.

Realignment of teams if desired will happen at the holiday break time.

Games and Practices

Games are scheduled for Monday, Tuesday or Thursday each week. Each team will be scheduled to play one game each week with occasionally having two games scheduled in one

week. Game venues change from week to week. Please check the online schedule to determine which venue you will be playing your game at.

Practices are determined by the coach. Practice venues have been secured by the YMCA. Coaches can select a weekly practice venue through the YMCA program support staff. Practice times and locations are available on Monday, Tuesday, Thursday or Friday. When a practice conflicts with a game, it is the coach's responsibility to communicate with YMCA program support staff to either cancel or move their practice to another day/location for that week.

League Tournament

Each league will have an end of season single elimination tournament. Schedules will be posted on the YMCA website as soon as final league play has concluded and teams are selected.

Sportsmanship

Each player and coach is expected to exhibit good sportsmanship. Good sportsmanship is the understanding of respecting the decisions of coaches and officials. This includes refraining from the use of expletives, disparaging comments or derogatory remarks or actions. All participant must treat opponents with respect before, during, and after the game and are expected to congratulate and shake hands with officials, coaches and opponents at the conclusion of each game. Participants will not encourage or participate in conduct that violates the rules of the spirit of the game.

Roles-Player, Parent, Coach and YMCA Staff

Everyone plays a role in the success of the 2nd-8th grade Jr. Skyforce basketball program!

- Players are here to learn and grow. They are to be respectful of the coaches, referees and YMCA staff who are investing their time and energy in their growth.
- Parents are here to support their player(s) and the volunteers and staff who are helping facilitate their player(s) and the volunteers and staff who are helping facilitate their experience. Parents are asked to let each person do their respective job while refraining from inappropriate comments and conduct. Rudeness and unacceptable behavior will not be tolerated. Gym supervisors will remove unruly spectators and/or participants at their discretion.
- Coaches are here to develop player skill, character and sportsmanship. They are to be respected and supported in their role of teaching the players the fundamentals and rules of basketball. Coaches will be responsible for directing players in competition in a positive and will be encouraging players to perform to the best of their ability. Referee calls will be respected by coaches. Rudeness and unacceptable behavior will not be tolerated.

- Gym Supervisors are employed by the YMCA and help facilitate the games and participant use of the facility. They make sure rules are enforced, the facility is in good order, and good sportsmanship is exhibited by ALL participants (players, coaches, and spectators).
- Referees are employed by the YMCA and help run the games. They enforce the rules of the league and make sure play is fair for all participants.
- YMCA Program Director coordinates the league and staff. Questions and concerns can be addressed directly to Nicole Bissell at basketball@siouxfallsymca.org or by calling the YMCA 605.336.3190 Ext. 25
- All players must be registered and all rosters must be completed and turned in.

Jr. Skyforce Basketball League

(Grades 2nd-8th)

2022-2023

Rules

South Dakota Interscholastic Basketball Rules will govern play with the exception of the following rules:

- Teams will have a 5-minute grace period to start game or game will be forfeited.
- The intermediate size basketball (28.5) will be used for all leagues.
- Free throws will be administered for Technical or Intentional Fouls.
- 3 point shots will be scored in gyms that have the arc on the floor.
- Time-outs. (Each team will be allowed two 30 second timeouts per half)
- If necessary, 1 time-out for each overtime period played.
- Unused time-outs do not carry over at all.

Rules for Jr. Skyforce Recreational League (2nd-8th grade)

2nd & 3rd grade Boys and Girls

Teams May Not full court press at any point in the game.

Teams must play man-to-man defense at all times. Zone defense is not allowed.

2nd grade girls recreational and 2nd and 3rd grade boys recreational will play on a 8 ft hoop.

Will use a 27.5 size basketball

4th-8th grade Boys and Girls

- Teams may full court press the last 2 minutes of each half. (man-to-man)
- A team may only full court press to a 10 point lead.
- Once the 10 point lead is met the defensive team must immediately drop back to half court.

4th-8th Grade Boys & Girls

- Teams must play man-to-man defense at all times
- Zone defense is not allowed.

Free Throws: 2nd-8th Grade

- Personal fouls will be tracked.
- Once a player reaches their 5th personal fouls they are out the rest of the game. Shooting fouls will be administered from the free throw line. When a team gets to 7 team fouls in a half the other team will shoot their bonus free throw. If a team reaches 10 team fouls in a half the other team will shoot 2 bonus free throws.
- All teams will shoot free throws from the free throw line. We can adjust the distance if necessary, violations will be accordingly.
- Free throws will be awarded instantly in all O.T.

Playing Requirement & Game Length (Recreational teams only)

- If a team has at least eight (8) players at a game all 8 players must play 2 full quarters.
- All games will consist of 4 nine minute quarters; the clock will only stop for time outs and the last 2 minutes of each half, on all whistles, 2 minute half time, and if necessary, 2 minute overtime. The second O.T. will be a sudden death- first team to score wins. A 20 point lead at any time in the game will result in a running clock with exception of timeouts.

Rules for Jr. Skyforce Competitive League (3rd-8th grade)

3rd-8th grade Boys & Girls

- Man to man & Zone defense can be played at any time during the game.
- Teams may full court press at any time during the game. (Man to Man or Zone)
- A team may only full court press to a 10 point lead.
- Once the ten point lead is met the team must immediately drop back to half court

Each player will receive 5 personal fouls

- 2 free throw shots will be awarded for any technical or intentional fouls.
- If a player receives two technical fouls they will be ejected & suspended for the next game.
- If a coach receives two technical fouls he or she must leave the gym immediately. Assistant or parent must coach the remainder of the game.
- All teams will shoot free throws from the line. Violations will be called accordingly.
- A player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter.

Game length

- All games will consist of 4 nine minute quarters; the clock will only stop for time-outs and the last 2 minutes of each half on all whistles, 2 minute half time, and if necessary, 2 minute overtime(s) The second OT will be sudden death- first team to score wins. A 20 point lead at any time in the game will result in a running clock including the final 2 minutes of each half, with the exception of time out.

Jersey Requirement

Teams may wear non Jr. Skyforce jerseys only if they opted out. Any team that did not opt out must wear Jr. Skyforce jerseys. A forfeit will be the result for any team out of uniform.

Rosters

Jr. Skyforce Competitive League Coaches are allowed to add players to the Roster up to the start of your second game after that point rosters are frozen

All players must be registered and all rosters must be completed and turned in.

Arrival & Game Time

All games must be played as scheduled.

For the consideration of our host gyms:

Do not arrive at the gyms before 5:45pm if you have a 6:00pm game time.

Do not arrive at the gyms before 6:15pm if you have a 6:30pm game time.

Line-ups

Please have your score sheets completed with the coach's first and last name, grade and division then exchange information with the other coach when you enter the gym. Please list all players first, last name and jersey number. Games must start on time.

Timer & Scorers

Each team will furnish a volunteer time or scorer each night you play.

Score Sheets

The gym supervisor will pick up score sheets after each game and turn them into the program director. Scores will be entered and rosters will be checked.

Home Team

The home team wears white uniforms (Certain circumstances may dictate a change).

Post-Game Meetings

Team meetings should be conducted in the hall, etc. Please do not delay the next game.

The gym supervisor will pick up score sheets after each game and turn them into the program director. Scores will be entered and rosters will be checked.

Primetime Games

Teams within the league may have the opportunity to play a showcase game on the Skyforce Heritage Court at the Sanford Pentagon. Due to the Skyforce schedule, the YMCA is limited on the number of showcase games that can be scheduled at the pentagon, therefore teams will be randomly selected. And presented this opportunity. The YMCA will do its best to maximize the number of opportunities for the team. If your child's team is chosen to play, you are expected to show up 15 minutes before the start of the game. Showcase games include warm-up music and names being announced before the start and during the course of play.

Important Notes

1. All correspondence to teams goes out via email.