



Micro/Rookies Orientation Packet

2023-2024



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YMCA Mission:

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

Seasons

The program is broken down into Fall and Winter sessions running from **November 4th-December 16th** respectively. Each session will have six scheduled games and will take place in various locations in Sioux Falls and Brandon (see last page of packet for full list of venues). Players may register for one or both sessions. The following a breakdown of how each week is structured:

K – 1st Grade Fall Session Schedule

Week 1	Full Practice
Week 2	Split
Week 3	Split
Week 4	Split
Week 5	Full Game
Week 6	Full Game

2nd – 3rd Grade Fall Session Schedule

Week 1	Full Practice
Week 2	Split
Week 3	Split
Week 4	Full Game
Week 5	Full Game
Week 6	Full Game

Full Practice: This is designed to allow an opportunity for coaches to teach and players to learn various skills and rules of the game. When a full practice is scheduled, teams will not play against one another, and the entire time is to be used for instruction.

Split: Splits allow coaches and players to build on things they have learned in previous weeks. The first 25 minutes of the scheduled time is to be used for instruction. The last 30 minutes are to be used for playing a game. During Splits, teams will play 4 minute quarters with the clock running continuously. Teams will be given a one minute break between each quarter, except during half time where 5 minutes will be allotted. Remember to continue to instruct players during game time in order to help them learn.

Full Game: When a Full Game is scheduled, teams will play 10 minute quarters with the clock running continuously. Teams will be given a one minute break between each quarter, except during half time where 5 minutes will be allotted. Remember to continue to instruct players during game time in order to help them learn.

Schedules

An e-mail will be sent out through Sports Engine to all program participants when schedules are completed and ready to view.

Game Rules

1. Basketballs are provided at all gyms. They will use 27.5 basketballs.
2. Hoops will be set at 8.5 ft.
3. No score keeping will take place.
4. All players must play a minimum of 2 quarters. If a team does not have enough players to play 5 v5. Each team can play 4 v 4 in order to have the game.
5. No Pressing.
6. **Players cannot steal the ball from an opponent off the dribble**, only passes.
7. Micro- Zone defense only. The court will be marked with tapped X's for the kids to stand on in zone defense. Rookies- please encourage zone defense but players may also play man to man defense. Avoid swarming to the ball.
8. **Sportsmanship**: Basketball games provide players and leaders an opportunity to practice good sportsmanship and self-control. Unsportsmanlike conduct or profanity will not be allowed. The referee and YMCA Gym Supervisor is empowered to remove players and leaders from the game and to assess other issues as deemed appropriate.

Referee:

1. The YMCA does not provide referees for the Micro/Rookies Program. A Coach or Assistant Coach may be the referee. Referees must be in senior high school or older. If necessary, one team may supply both referees.
2. The referee must hand the ball to the player on all out-of-bounds plays except after a basket has been scored. Any out-of-bounds pass not touching any player on the court before it again goes out-of-bounds must be returned to the original point of play before again being thrown in.
3. Profanity or unseemly conduct by players or coaches will not be allowed. The referee or YMCA Supervisor must not only remove the player from the floor but a technical foul will be called on the offending team.
4. Infractions such as traveling, double dribble, fouls, etc. should be explained to players as they happen.
 - a. K – 1st Grade Team committing the infraction maintains possession.
 - b. 2nd – 3rd Grade Possession changes after infraction is explained.

Attention:

Full Practices, Splits, and Full Games must be completed within fixed 50 minute time and off court no less than 5 minutes prior to the end of your 1 hour slot.

Formation of Teams

Each team will consist of **8-10** players. Players will be matched primarily based on school attended. Friend requests can be made but must be noted on the registration form. In the event there are not enough players from one school to form a full roster, we will consolidate with additional schools. Team information will be sent out by October 24th.



Volunteer Coach

All teams must have **at least one** volunteer parent to help coach the team. The YMCA has instructional materials for any new coaches in need of assistance on ideas for drills, plays, etc. All those interested **MUST** fill out a coach's application which can be found at siouxfallsymca.org. 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. If more than one parent signs up to coach, it is the responsibly of the indicated parties to work together. **COMMUNICATION IS KEY!**

Jerseys

The YMCA will be ordering jerseys for all participants. Jersey sizes will be taken **directly** from the registration form. Coaches will be notified when jerseys are at the YMCA and ready for pick up.

Pentagon 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 teams. 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 e-mail, so it is essential that the correct e-mail address is provided to the YMCA.
2. Please DO NOT arrive at your gym more than 10 minutes early unless your team is playing at the Pentagon in which 15 minutes is permitted. This is to help avoid confusion and disorder from the previous teams playing.
3. Basketballs **WILL BE** provided at each gym location.
4. All documents can be found at siouxfallsymca.org under the Jr Skyforce tab and the Micro/Rookies heading.
5. If you have any questions please contact Nicole Bissell at (605) 336-3190 ext. 4757 or basketball@siouxfallsymca.org



Venues

Brandon Elementary School

501 E. Holly Blvd
Brandon, SD 57005

Central Baptist Church

3100 W. Ralph Rogers Road
Sioux Falls, SD 57108

Family Wellness

8701 W. 32nd Street
(32nd & Tea-Ellis Road)
Sioux Falls SD, 57106

Sanford Pentagon

2215 W. Pentagon Place
Sioux Falls, SD 57107

YMCA (Sioux Falls Family YMCA)

220 S. Minnesota Avenue
Sioux Falls, SD 57104

Linwood Wesleyan Church

1101 E 57th
Sioux Falls, SD 57108

Our Savior's Lutheran

909 W 33rd St
Sioux Falls, SD 57105