

# 2012 Youth Basketball Lindsborg League K-1st Grade Schedule



## TEAMS

1. Girls

## COACH INFO

Lacey Brooks, 227-5519

## PRACTICE INFO

Sun. 3:00-3:30 p.m. @ Forsberg Gym

*Other practices may be scheduled by coach*

## TEAMS

1. Boys

## COACH INFO

Kyle Warner

## PRACTICE INFO

Tues. 6:30-7:00 p.m. @ Soderstorm Gym

*Other practices may be scheduled by coach*

## GAME SCHEDULE

### SATURDAY, JANUARY 28

8:30 a.m. Girls Game Lindsborg (FG)

9:30 a.m. Boys Game Lindsborg (FG)

### SATURDAY, FEBRUARY 4

8:30 a.m. Girls Game Soderstrom (SG)

9:30 a.m. Boys Game Soderstrom (SG)

### SATURDAY, FEBRUARY 11

8:30 a.m. Girls Game Lindsborg (FG)

9:30 a.m. Boys Game Lindsborg (FG)

### SATURDAY, FEBRUARY 18

8:30 a.m. Girls Game Lindsborg (FG)

9:30 a.m. Boys Game Lindsborg (FG)

### SATURDAY, FEBRUARY 25

8:30 a.m. Girls Game Lindsborg (FG)

9:30 a.m. Boys Game Lindsborg (FG)

### SATURDAY, MARCH 3

8:30 a.m. Girls Game Lindsborg (FG)

9:30 a.m. Boys Game Lindsborg (FG)

## LEARNING MORE THAN THE GAME

**TEAMWORK**  
**DEDICATION**  
**ENCOURAGEMENT**  
**FOCUS**  
**HONESTY**  
**RESPECT**  
**CARING**  
**RESPONSIBILITY**  
**SELF CONFIDENCE**  
**HUMILITY**  
**ACTIVE LIFESTYLE**  
**INTEGRITY**  
**CHARACTER**  
**GOOD SPORTSMANSHIP**



## MCPHERSON FAMILY YMCA / MCPHERSON RECREATION COMMISSION

220 N. Walnut, McPherson, KS 67460 | 620.241.0363 | Hotline: 620.241.1331

Website: [www.mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) | Find us on Facebook for Instant Updates!

Director: Alana Murphy, 620-245-4142 | [alanamurphy@ymca-mrc.org](mailto:alanamurphy@ymca-mrc.org)



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

## **ABOUT YOUTH SPORTS**

### **Y SPORTS PHILOSOPHY**

The philosophy of YMCA youth sports programs is to use sports as a tool to develop each participant physically, mentally and spiritually.

Emphasis is on teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, esteem-promoting atmosphere.

At the YMCA, the athlete is first and winning is second. Because of this, YMCA recreational leagues guarantee that all participants play half of each game.

Participants also learn the core values of caring, honesty, respect and responsibility. As a result, sportsmanship is required from participants, coaches and spectators.

All YMCA sport programs emphasize fun, skill development, sportsmanship and teamwork in a positive environment. Players, coaches and spectators are expected to follow YMCA core values of caring, honesty, respect and responsibility.

### **FAQ & PARENT INFO**

#### **When are practices?**

Teams practice once a week for an hour. Days and times are determined by the coach and gym availability. Saturday practices may be scheduled.

#### **How do I find out about coaching?**

Volunteer coaches are an integral part of the YMCA Youth Sports program. No experience is required and assistant and head coaching positions are available.

A training meeting is provided for coaches on teaching skill development and sportsmanship. All volunteers must be willing to complete volunteer packet and consent to a background check. If you are interested in coaching, please visit with the sports director at the YMCA.

### **Weather & Emergency Updates**

During inclement weather, please call the Sports Hotline at 620-241-1331 or listen to KNGL/KBBE 96.7 FM for current game and practice information.

For practices, this line will be updated at 4 p.m.; for games this line will be updated one hour prior to game time.

Follow us on Twitter @McPhersonFamilyYMCA or like us on Facebook to receive text notices on your phone for poor field conditions, weather cancellations, schedule updates and emergencies.

All schedule updates are posted online at [www.mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) for download. Copies are also available at the front desk.

### **ABOUT YOUTH BASKETBALL**

Youth sport leagues focus on fundamentals and new skill development. All participants play a minimum of half of each games. Teams are put together by the YMCA.

#### **Age/Divisions**

The division your child plays in is determined by the grade your child currently is in school.

K-1st Grade

2nd-3rd Grade

4th-5th Grade

6th-8th Grade

#### **League**

6 games per season, weekly practices

Registration deadline: Dec. 2, 2011

Practices begin: Monday, Jan. 2, 2012

Games begin: Saturday, Jan. 28, 2012

#### **Uniform**

YMCA t-shirt is provided and each child should wear comfortable shorts and athletic shoes

#### **Fees**

\$26.00 YMCA members

\$52.00 Non-members

Free with free/reduced lunch coupon

\$5.00 late fee is added after deadline

#### **Join our online community**

Visit our website [www.mcphersonfamilyymca.org](http://www.mcphersonfamilyymca.org) to register online, view game schedules & more!

View photos and give us feedback on Facebook at [www.facebook.com/mcphersonfamilyymca](http://www.facebook.com/mcphersonfamilyymca).



# YOUTH BASKETBALL RULES K-3rd Grade



McPherson Family YMCA basketball leagues focus on fundamentals and new skill development. All participants play a minimum of half of each game. Teams are put together by the YMCA.

1. Man-to-Man defense will be used by all grades in this league. Youth should learn the basic skills/concepts of man defense before attempting to learn the principles of a zone. (Switching players on defense is permissible.) Note: Before each quarter, coaches are encouraged to line their team up across from whom they will be guarding.
2. Each game will consist of four six-minute quarters with 5 minutes at half time and 1 minute between quarters. The game clock will stop only for timeouts and free throw attempts.
3. Teams will alternate possession on jump ball situations.
4. Once a player gains control in the back court, or after a throw-in, the defensive team must go to the forecourt and allow the offensive team to cross the half-court line. Full court pressing is never allowed. After the ball has crossed into forecourt, the defensive players may cover their opponents anywhere on the floor. There is no back court rule.
5. The junior size ball (28") will be used and the goals will be lowered to 8'6".
6. The levels will be shortened to the 12' for 2nd-3rd and 10' for K-1st. Three-second lane violations will not be enforced for K-1st grade league; five seconds will be given for 2nd-3rd grade leagues.
7. All teams will shoot free throws when fouled during the act of shooting. 2nd-3rd grade teams will shoot 1 and 1 free throws (bonus) when the opposing team reaches it's seventh foul. The count for team fouls will restart each quarter. K-1st grade teams will gain possession of the ball when a non-shooting foul is committed. Both leagues will be allowed to jump across free throw line, if necessary, but they must start from behind the line.
8. No player may play the entire game. Even the highly skilled players need rest during a game to analyze the other team, and to think about how to play better and help the team. It is the coach's responsibility to substitute fairly.
9. Each player must play at least half the game. All players will have a chance to learn and have fun, regardless of the player's experience or ability.
10. Substitutions can be made only during timeouts and in between quarters, so please make certain all players have equal time each game by planning ahead. 2nd-3rd graders must check in at the timekeeper's table before entering the game.
11. Regular basketball rules (traveling, double dribble, etc.) will apply, but will be called in loose form. The idea of this league is to teach the fundamentals of basketball and good sportsmanship. Referees may and are encouraged to instruct the players after making a call. Judgment calls by referees are final.
12. Poor sportsmanship by coaches, players, or spectators will not be tolerated. Players may be forced to sit out of the game. Coaches, players and spectators may be asked to leave the gym.
13. A team must have at least three players to start a game. Only those signed up for the league are allowed to participate in games.
14. Clear-out offenses are not allowed. Pressing or half-court trap defenses are not allowed.
15. Score or league standings are not kept in the league.
16. Each team will be awarded one time out per quarter. The time outs do not carry over into other quarters.
17. Dark-soled shoes are not allowed on the gym floor.
18. Food and drinks are not allowed in the gym and hallway. Players may have a water bottle with lid at the bench.
19. K-1st grade league is very instructional; therefore, coaches will be allowed on the court during game play, and they will be in charge of officiating their own games with minor assistance of a referee. This will enable teams to best follow their coaches instruction, and play in an organized manner.
20. Dress: Every player must wear the t-shirt given as a jersey. **Jewelry and metal hair pieces are not allowed.** If worn to the game, they must be taped or taken out.

**Each official and volunteer coach is responsible to the Program Director if any conflict should arise.**