



2023-24 ELKINS YMCA BASKETBALL HANDBOOK



STEPS TO REGISTER

1. Review the league handbook.
2. Sign-up online at www.elkinsymca.com or in person at the YMCA.
3. Choose an evaluation date and time during registration.
4. Attend scheduled evaluation to be assigned to a team.

I. HISTORY OF BASKETBALL AT THE ELKINS YMCA

For generations, the Elkins/Randolph County YMCA has been an essential part of basketball in Randolph County. From the very beginning, the YMCA gymnasium was Randolph County's "Coliseum". At the time, it was the only gymnasium in the area to provide instructional and organized basketball programs and could accommodate large groups of spectators.

The facility was used by Elkins High School and Davis & Elkins College basketball programs as early as 1908. During the late sixties and early seventies, the

area church league had outgrown its facility and the YMCA was called upon once again to house games and practices.

Around 1972, the YMCA officially took over youth basketball programs in the area and dedicated its new league in honor of West Virginia native and basketball great, Jerry West. West was an All-American at West Virginia University (WVU) and a professional standout with the NBA's Los Angeles Lakers. The YMCA felt that Jerry West was a worthy role model whose example could teach children that lofty goals are attainable if you apply effort.

The youth basketball league is the largest volunteer program at the YMCA. The Y relies on countless hours each year from coaches, referees, scorekeepers, and parents for the program to be successful. The YMCA appreciates and welcomes those who have and would like to volunteer in such a worthwhile program!

II. LEAGUE ELIGIBILITY

The Y's youth basketball leagues are for children aged 5 years old through 8th grade of all skill levels. The only eligibility factor is date of birth. **Everyone must fall within their age group by the cutoff date of January 1, 2024.**

III. LEAGUE DIVISIONS

Youth basketball at the Y is split into two leagues: Mighty Mites and Jerry West. Our Mighty Mites league is for children ages 5 through 3rd grade. Our Jerry West league is for children in 4th through 8th grades. **Players will be divided into the following divisions: K-1st grades, 2nd-3rd grade, 4th-5th grade, and 6th-8th grade.**

IV. REGISTRATION

Advanced registration is required for league participation. A registration period will be announced for both leagues. You will choose an evaluation date and time for your child during registration. As players are assigned to teams in a draft, late registrations past the cutoff date will not be accepted.

We encourage you to complete registration online at www.elkinsymca.com; however, you can also register your child in person at the YMCA. The following program fees are due at the time of registration:

- **Mighty Mites:** \$60.00 for YMCA members, \$80.00 for YMCA non-members
- **Jerry West:** \$80.00 for YMCA members, \$100.00 for YMCA non-members

There is a \$5.00 sibling discount for any sibling living in the same household. When registering online, use promo code "BBALL" to receive the discount.

V. PLAYER EVALUATIONS

All players will have the opportunity to demonstrate their skills and abilities during player evaluations. **All players must participate in an evaluation session to be assigned to a team.**

League officials work hard to ensure all teams are created as equally as possible. Following evaluations, the league coordinator forms all Mighty Mites teams and Jerry West rosters are determined by way of a coaches draft.

Jerry West coaches will meet to assess each player during evaluations and will meet again to draft their teams. The draft order is randomly generated. Coaches with children are automatically assigned their child on their team. That coach will be skipped to draft in one round based on the average evaluation score of their child by all other coaches. Coaches with questions about drafting procedures should contact the league coordinator prior to these events.

VI. PRACTICES

Once all teams have been formed, **parents will be contacted by their child's coach about the team's practice schedule.** Practice times vary by team and are dependent on the coach's weekly availability.

Practice is very important for players to learn, strengthen, and maintain basketball fundamentals and learn the value of teamwork. **Parents should make every effort to ensure their child attends all practices. If your child will be unable to make a practice, you must notify your coach in advance.** Missed practices can affect your child's playing time. If a player misses one practice during a week, the coach is only required to play them for half of the usual required time. If a player misses two practices during a week, the coach is not required to play that child in the following game.

The league coordinator and parents must be notified by the coach if a practice is being cancelled or changed. Coaches may choose to practice at an alternative site; however, the site must be approved by the league coordinator and the same practice guidelines apply. To be fair toward every other team in the league, if a team holds an illegal practice or is determined to have not abided by league guidelines, will be suspended from one game per infraction because of these actions. Let's do our best to be fair toward all children registered in our program!

Practices will take place each week under the following guidelines:

Mighty Mites K-3rd Grade Division:

- Practices will begin in late October.
- All practices will take place at the Elkins YMCA.
- Teams will practice two times per week through the entire season; however, once games begin, practice may drop to one night per week depending on gym availability. Teams will be restricted to one practice during the weeks of Thanksgiving and Christmas.
- Each practice will be 40 minutes in length.

Jerry West 4th–5th Grade Division:

- **NEW THIS YEAR**, this division will start earlier to provide families with a better opportunity to participate in both our youth basketball league and the elementary school basketball league.
- **Practices will begin in late October.**
- All practices will take place at the Elkins Christian Academy gymnasium.
- Teams will practice two times per week through the entire season; however, once games begin, practices may drop to one night per week depending on gym availability. Teams will be restricted to one practice during the weeks of Thanksgiving and Christmas.
- Each practice will be 60 minutes in length.

Jerry West 6th–8th Grade Division:

- Practices will begin in early December.
- All practices will take place at the Elkins YMCA and at Davis & Elkins College.
- Teams will practice two times per week through the entire season; however, once games begin, practices may drop to one night per week depending on gym availability. Teams will be restricted to one practice during the week of Christmas.
- Each practice will be 60 minutes in length.

VII. APPROPRIATE ATTIRE

Each player will receive a team jersey that must be worn during games. Players must also wear athletic shorts or sweatpants and clean indoor athletic shoes to participate in all games or practices. **Players should bring a water bottle and/or sports drink to games and practices.**

VIII. GAME DAY FEES

All players' families will receive a season pass for two adults and two children to attend each game during the regular season and playoffs. **Passes will be distributed at a mandatory parent meeting with the league coordinator prior to the first game.** These information meetings will be scheduled during team practices.

For any spectators not covered by a season pass, admission fees will be required for each game. Game day fees are as follows: \$5.00 for single adults, \$4.00 for single children, or \$10.00 for families of two adults and up to four household children.

Spectator fees include a \$1.00 donation to the Elkins Middle School athletic booster fund as part of our facility use agreement with the school. Please remember that we are guests of Elkins Middle School. Please observe all parking rules, place your trash in receptacles, and supervise your children at all times.

IX. GAMES AND CLINICS

MIGHTY MITES

Most regular season Mighty Mites games will take place on Saturdays at the Elkins YMCA. Players are encouraged to show up slightly early for games; however, parents should accompany their child at all times until the game begins. Parents, players, and coaches should not make plans immediately after games as some contests run behind schedule due to injuries, time-outs, and overtime. Game and clinic schedules will be provided to parents by coaches. Participation in skill clinics is optional, but strongly encouraged. Skills clinics will be taught by area high school and/or collegiate coaches and athletes.

K-1st Grade Division: This division will have seven games and two players skill clinics scheduled during the season. The season will conclude at the New Year.

2nd–3rd Grade Division: This division will have seven games and two player skills clinic scheduled during the season, along with an end of season playoff tournament. The season will conclude at the New Year.

Gameplay for Mighty Mites is detailed in the chart below:

	K-1st Grade Division	2nd-3rd Grade Division
Ball Size/Rim Height	27.5" Basketball / 8-foot rim	Women's 28.5" Basketball / 9-foot rim
Length of Quarters	6 Minutes	7 Minutes
Overtime Length	N/A	3 Minutes
# of Timeouts	2 Per Game	2 Per Game
Clock Stoppage	Continuous Running Clock (except for timeouts and injuries)	Continuous Running Clock (except for timeouts, injuries, & free throws)
Other Rules	Coaches Serve as Referees <i>See below for more...</i>	Shoot Foul Shots from Shorter Line <i>See below for more...</i>
Required Playing Time	2 Quarters Per Game	2 Quarters Per Game

Man to Man Defense is required the entire game. Double teaming is not allowed. If the game is stopped multiple times for double teaming, at the referees' discretion, a formal warning may be issued to the team's coach. On the next occurrence, a coach will be forced to take a timeout to discuss the rule with their players. If a team has no timeouts remaining, the team will be granted an additional timeout at the expense of a technical foul.

The use of four corner offense will not be permitted. This strategy simply takes players out of the game and essentially creates a one on one. Any form of offense with this or similar motives will not be tolerated.

No player may play all four quarters of the game. When a team has fewer than six players present for a game, players could potentially play someone for four quarters. The coach should notify the league coordinator and opposing coach of this rule amendment at the start of the game.

JERRY WEST 4TH-5TH GRADE DIVISION

Most regular season Jerry West games will take place on Saturdays. **This year, all fourth and fifth grade games will take place at the Elkins YMCA.** Players are encouraged to show up slightly early for games; however, parents should accompany their child at all times until the game begins. Parents, players, and coaches should not make plans immediately after games as some contests run behind schedule due to injuries, time-outs, and overtime. Game and clinic schedules will be provided to parents by coaches. Participation in skill clinics is optional, but strongly encouraged. Skills clinics will be taught by area high school and/or collegiate coaches and athletes.

This division will have seven games and two player skills clinic scheduled during the season, along with an end of season playoff tournament. The season will conclude at the New Year.

Gameplay for Jerry West 4th-5th grade is detailed in the chart below:

	4th-5th Grade Division
Ball Size/Rim Height	Women's 28.5" Basketball / 10-foot rim
Length of Quarters	7 Minutes
Overtime Length	3 Minutes
# of Timeouts	3 Full Timeouts – 2 Thirty Second Timeouts (1 Additional per OT)
Clock Stoppage	Continuous Running Clock (except for timeouts, injuries, and free throws) Clock will stop the last 1 minute of every period
Full Court Pressing	During the first half of the game, teams may not press or play any full-court defense. Teams can press anytime in the second half unless they are winning by 15+ points.
Other Rules	Players must shoot free throws from the regulation foul line. Players may jump past this line while shooting, but cannot advance their position once landed until the ball has hit the rim.
Required Playing Time	10 Minutes Per Game

JERRY WEST 6th–8th GRADE DIVISION

Most regular season Jerry West games will take place on Saturdays at Elkins Middle School. Players are encouraged to show up slightly early for games. Parents, players, and coaches should not make plans immediately after games as some contests run behind schedule due to injuries, time-outs, and overtime. Game schedules will be provided to parents by coaches.

This division will have eight games and one player skills clinic scheduled during the season, along with an end of season playoff tournament.

Gameplay for Jerry West 6th–8th grade is detailed in the chart below:

	6th–8th Division
	Men's Basketballs / 10-foot rim
Length of Quarters	8 Minutes
Overtime Length	3 Minutes
# of Timeouts	3 Full Timeouts – 2 Thirty Second Timeouts (1 Additional per OT)
Clock Stoppage	Continuous Running Clock (except for timeouts, injuries, and free throws) Clock will stop the last 1 minute of every period
Full Court Pressing	Players can press anytime during the game unless they are winning by 15+ points.
Required Playing Time	10 Minutes Per Game

X. PLAYOFF TOURNAMENT

At the conclusion of the season, all divisions (except the K-1st grade) will play in a single elimination playoff tournament to determine the league champion. Teams can no longer practice following the final regular season game. Regular season rules apply during tournament play. Teams are seeded for their tournament by their regular season win/loss record. Rank ties will be broken head-to-head, point differential, then coin toss. Tournament schedules will be released at the conclusion of the final regular season games. First and second place teams will receive trophies.

XI. LEAGUE DISCIPLINE RULES

Our discipline rules are designed to protect the physical and emotional safety of our program participants. These rules apply to the conduct of players, coaches, parents, and spectators both on and off the court.

GUIDELINES FOR PLAYERS:

The Y's youth basketball league is intended to be a recreational activity for the enjoyment, health, and general benefit of its players. All players should do their best to play by the rules of the game and respect the rights of all players, coaches, and officials. Being a good sport and showing respect for all players, including your opponents, is an important aspect of playing in a league. Remember to treat people as you would like to be treated!

Single Technical Fouls: If a player receives a technical foul during a game, they will be benched for the remainder of that game. If the player receives a technical foul during the second half of a game, they will also be suspended from play the first two quarters of the following game. (Similarly, to the college football targeting rule).

Ejections or Two Technical Fouls in One Game: If a player is ejected from a game or receives a "double-technical" foul by referees for any type of aggressive behavior they will face expulsion from the league for the remainder of the season. Aggressive or violent behaviors may also prevent your child from having the ability to register to play next season.

Three Technical Fouls in One Season: If a player receives three technical fouls in a single season, they will be suspended from playing or spectating the remainder of the season.

GUIDELINES FOR PARENTS AND SPECTATORS:

One of our goals for the league is to help young people learn to work together, to enjoy winning, and deal appropriately with defeat – all while becoming physically fit and having fun. Parents serve as role models for their children and through your encouragement and good example you can help assure that your child learns good sportsmanship and self-discipline.

Please remember that the coaches and referees in the league are usually parents just like you. They volunteer their time to help make your child's basketball experience a positive one. Please show them your support by **refraining from coaching or refereeing from the bleachers**. As a volunteer organization, there's usually an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself!

Removal from Facility: If a parent or spectator chooses to engage in behaviors outside of league expectations, they may be asked to leave the facility. Behaviors will be evaluated on a case-by-case basis but may not require a verbal warning.

Behaviors that may result in disciplinary action include but are not limited to:

- Approaching referees, coaches, league staff, players, spectators, or volunteers in a confrontational or aggressive manner.
- Harassment of any kind, inappropriate language, or gestures.
- Smoking or using tobacco on school or YMCA property.
- Vandalism of school or YMCA property.

If a parent or spectator is removed from the facility for any reason, they will be suspended from participating in any league events for a minimum of two weeks. The league coordinator will determine these consequences on a case-by-case basis.

If league participants are spectators for other games, they will be expected to comply with the same guidelines asked of parents and spectators. **If a player is removed from the facility for behaviors in the stands, their admission privileges may be redacted along with their ability to play in their next game.**

GUIDELINES FOR COACHES

The YMCA appreciates all the volunteers who spend their time helping to lead activities for the youth in our community. Coaches play a critical role in a young athlete's development in part by modeling important character traits. Coaches set the tone for practices and games and can reinforce behaviors that will serve the league players on the court and throughout life.

One Technical Foul: If a coach receives a technical foul during a game, they must remain seated and quiet on the bench the remainder of the game and can only interact with their players during timeouts in accordance with WVSSAC policy.

Two Technical Fouls: If a coach receives two technical fouls in a season, they must comply with same expectations as the first technical foul, and will also be suspended from coaching or attending the following game.

Three Technical Fouls: If a coach receives three technical fouls in a season, they will be suspended from coaching or spectating the remainder of the season, and a replacement coach will be appointed by the league coordinator. Aggressive or violent behaviors may also prevent the coach from volunteering in future seasons.

XII. VOLUNTEER COACHING REQUIREMENTS

The YMCA follows the YMCA of the USA's requirements for utilizing volunteers. Head coaches must be at least 21 years old.

All coaches are required to sign a volunteer application. The league coordinator will review your application and contact you about next steps, which include:

- Attending a coaches' meeting with the league coordinator.
- Completing annual concussion and abuse prevention training.
- For Jerry West league, coaches are also required to attend player evaluations and the league draft.

Upon successful completion of the required training, coaches will receive a 50% reimbursement of program fees paid to register their child(ren).

For liability reasons, coaches are not permitted to transport children in their vehicles (other than their own children).

XIII. REQUIREMENT TO REPORT

The YMCA recognizes the increase in the number of incidents for reported cases of child abuse and neglect. Staff and volunteer personnel are in an excellent position to identify abuse and/or neglected children and refer them for treatment and protection. In responding to this problem, the YMCA recognizes the need to develop a clearly defined policy and establish procedures to implement that policy.

This policy is applicable to all paid and volunteer staff that have contact with children. For purposes of this policy, "child" will be defined as any person under the age of 18. This policy incorporates state law reporting procedure requirements for cases involving suspicion of child abuse or neglect. In addition, it provides recommended practices regarding children participating in YMCA programs; as well as hiring and training procedures for YMCA personnel who are or will be involved in supervision of children.

The YMCA requires all volunteers and employees working with children to successfully complete child abuse prevention training as a condition of employment.

Every state maintains a mandatory child abuse reporting law. Those who by nature of their employment have contact with children, are mandated reporters. To combat the child abuse and neglect problem and in compliance with West Virginia State Law, any staff or volunteer personnel having reasonable cause to suspect that child participating in a YMCA program has been abused or neglected or having reason to believe that a child has been threatened with injury and that abuse will occur, shall immediately contact the Supervisor/Director in accordance with established procedure. Our organization will fully cooperate with the authorities if allegations of abuse are made that require investigation.

Report Abuse or Neglect. When you suspect abuse or neglect you should report your concerns to the Department of Health and Human Resources at 1-800-352-6513 7-days a week, 24 hours a day.

XIV. COMMUNICATION

YMCA staff, league officials, and coaches share a common goal of keeping our families informed at all times. This year, parents are asked to attend a parent information meeting with the league coordinator. **Attending this meeting is a requirement to receive your season admission pass for the season.**

- The league coordinator will share rosters, schedules, and updates with coaches using the BAND app. Coaches can request access to the page by downloading the app, and searching 'Elkins YMCA Youth Basketball'.

- Coaches will notify parents of their assigned team at the beginning of the season and will communicate practice, clinic, game, and tournament schedules throughout the season. Questions regarding your team practices, games, and roster should be addressed to your child's coach.
- Questions regarding team sponsorship, volunteering, or any disciplinary procedures should be directed to the league coordinator:

Nicholas Casey

childcare@elkinsymca.com

- Questions about registration and fees should be directed to the YMCA front desk at 304-636-4515.

XV. HOW TO REGISTER ONLINE REGISTRATION AT WWW.ELKINSYMCA.COM

To register online, you must have an account in our system. If you have never been a member or registered for a Y program before, you will need to set up an account. The system will guide you through that process. If you are registering your child for a program, please access your account or set up an account in your name as the primary adult. You can then add your child to your account.

Existing Members

In order to successfully complete your online account set-up, our system must have your correct birth date and zip code on file. If this information is not in our database, you will need to call the Y at 304-636-4515 or visit the front desk and provide staff with this information to gain access to your online account.

- 1) From the program page, click "Find My Account"
- 2) Enter the last name, birth date (MM/DD/YYYY format), and zip code associated with your YMCA account and click submit.
- 3) Verify your account with either the email address, or billing method information, on file with your YMCA account. NOTE: If you do not have an email on file with your member record, or if your email address is associated with more than one membership record, your online account will not be able to be verified via email and you will need to call the front desk at 636-451,5 to complete this process.
- 4) If you choose to verify your account using your billing information, you will be prompted to create your online account by entering an email address and choosing a password in the next pop-up screen.
- 5) If you choose to verify your account using your email address, a password re-set link will be sent to your account email address. Follow the link in the email to set your account password and complete the online activation process. Now you can login and begin searching and registering for programs.

Non-Members

- 1) Select the "Sign Up" option.
- 2) Click on the non-member membership type.
- 3) Complete the information form with YOUR contact information. At the bottom of the screen, you will be able to save your non-member record with the option of adding additional children who you will be registering in programming. **Please be sure to register your child, and not yourself in the program.**
- 4) **Once you have finished adding individuals to your account, click next.**
- 5) You will be prompted to enter an email and select a password on the next screen to complete the creation of your YMCA online account. You can now begin to search and register for programs.