

GLENWOOD PARK YMCA BASKETBALL

13 – 15 Age Program

1. *** Fair Play and the “Y” character values of Caring, Honesty, Respect, and Responsibility will be emphasized, rather than winning and losing. No game score will be kept – everyone wins by participating. Main focus is having fun playing basketball.
2. ALL players play an equal time each game. All substitutions made on the fly. Clock never stops during game, except each team gets 2 - one minute timeouts per game if wanted. Games will consist of four 10 minute quarters.
3. Only players registered in the program are allowed to play. Depending on the number of registrations, some sessions we have enough players to have set teams. Other sessions we may have a limited number of teens register, and those times we will not have set teams, but instead will pick-up teams each week with those players that are here. Again, only those teens registered in program are able to participate.
4. PLAYING DEFENSE: No Pressing. Once team controls ball, other team must then fall back to their side of half court. The “defensive area” is the entire half court area; ie. once ball crosses half court line, defense can be played. The ball *cannot* be stolen off a dribble *or* off possession (when player is holding ball). Ball can only be stolen off a pass into or within the defensive area. Zone or man-to-man defense may be played. Blocking a shot is allowed.
5. The game will begin with a jump ball. Alternating throw-ins will take place of jump balls afterwards. But again, no stealing or attempting to tie the ball up when player has possession. All fouls will be played out-of-bounds; no fouls shots taken.
6. The referee will use his/her discretion when making double dribble, traveling, 3-second calls, and any other infractions. Encouragement & teaching fundamental skills will be emphasized while having FUN, not strict adherence to the rules; although with this older age group, games will be called bit closer than with younger ages.

Jan. 2010