

# PARK CITIES YMCA

## **YSPORTS**<sup>TM</sup>

We build strong kids, strong families, strong communities.



## **2008-2009 BASKETBALL RULE BOOK**

Revised on 11-10-08

## Park Cities YMCA

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## Sports Department

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## **YMCA Mission Statement:**

**To put Christian values into practice through programs that build healthy spirit, mind, and body for all.**

## **YMCA Philosophy:**

YMCA youth sports are based on the concept that fair play is the very essence of competition. Everybody should have an equal opportunity to compete and a fair chance to participate.

Fair play implies respect for oneself, one's opponent, and others involved in conducting the competition. Players, coaches, officials, and spectators share a responsibility for fair play. Fair play sets the child above the game. The YMCA believes that its youth sports programs provide an excellent environment for developing sound spirit, mind, and body. As these virtues grow, they will influence behavior in everyday life.

The YMCA also believes that its youth sports program will help families and individuals to grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills, and have fun. It is for the development of such virtues that the YMCA promotes its youth sports programs. At the YMCA, "Everyone is a Winner."

## **YMCA Coaches' Code of Conduct:**

The YMCA believes that sports should offer competitive fun in a learning and healthy environment. All coaches should read and abide by this Code of Conduct. Following the Code of Conduct will make the games more enjoyable for all and help teach children that competition can take place in a friendly and fun atmosphere.

- 1. I will remember that I am a youth sports coach and that the youth sports experience should be enjoyable for the players and their families, spectators, officials, and all others concerned.**
- 2. I will place the emotional and physical well being of my players ahead of a personal desire to win.**
- 3. I will not engage in negative discussions with any game official, player, parent, coach, spectator, committee member or YMCA employee.**
- 4. I will do my best to teach the six pillars of character values (trustworthiness, respect, responsibility, caring, fairness & citizenship) to my players, with my words and my actions.**
- 5. I will be knowledgeable of the rules and the fundamentals of the game and do my best to teach them to my players.**
- 6. I will abide by all the rules and regulations of the YMCA.**

**YMCA Coaches' Code of Conduct Continued:**

7. I will assure that my players and I recite the sports pledge before each game and shake hands with the opposing team after each game.
8. I will see that any disputes are handled calmly and by the proper procedures and proper authorities.
9. I will not allow my team's parents to act in a way that demonstrates disrespect for the game officials or any member of the opposing team's players, coaches, parents, or spectators.
  - ❖ At no time shall the following be used as a form of discipline by coaches, staff, or other volunteers in youth sports programs:
    - Restriction of water.
    - Restriction of use of bathroom.
    - Physical exercise.
    - Harsh demeaning or negative yelling, or Physical force (including shaking or striking).

**SCHOOL & JERSEY COLORS:**

<b>ARMSTRONG</b>	<b>GOLD &amp; KELLY GREEN</b>
<b>BRADFIELD</b>	<b>ROYAL BLUE &amp; GOLD</b>
<b>HYER</b>	<b>WHITE &amp; GOLD</b>
<b>UNIVERSITY PARK (UP)</b>	<b>MAROON &amp; GOLD</b>
<b>ESD</b>	<b>RED &amp; WHITE</b>
<b>CHRIST THE KING</b>	<b>KELLY GREEN &amp; WHITE</b>
<b>PROVIDENCE</b>	<b>SILVER &amp; NAVY</b>
<b>COVENANT</b>	<b>BLACK &amp; RED</b>
<b>ALL OTHER PRIVATE SCHOOLS</b>	<b>PURPLE &amp; WHITE</b>

**THESE COLORS WILL APPLY TO GRADES 3<sup>rd</sup> & 4<sup>th</sup> FOR GIRLS/BOYS**

**GRADES 5<sup>th</sup> & 6<sup>th</sup> IS OPEN TO ANY STYLE/COLOR**

## **Boys and Girls Sports Committees:**

1. The Boys and Girls Sports Committees (the “Committee”) oversee the boys & girls sports programs for the Park Cities YMCA (“PC YMCA”). Duties of the Committee include:
  - (a) Set rules for each sport.
  - (b) Scout and evaluate teams for placement in appropriate divisions.
  - (c) Monitor conduct of coaches, players, parents and fans at games and practices.
  - (d) Listen to and act on any concerns or complaints expressed to the PC YMCA Sports Department.
  - (e) Attend monthly meetings.
  - (f) Intervene at games if issues arise.
  - (g) Attend team formations.
  - (h) Communicate with school coordinators (where applicable).
  - (i) Nominate and approve new committee members.
  - (j) Serve on subcommittees.
  
2. The Committee shall be made up of the following:
  - (a) Chairman
  - (b) Vice-chairman
  - (c) School representatives
  - (d) At-large members
  
3. Requirements to become a Committee member include:
  - (a) Complete a volunteer application.
  - (b) Submit to an annual background check.
  - (c) Serve a one-year term.
  - (d) Never been removed as a coach or volunteer in any YMCA program.
  - (e) Work on our Annual Partners Campaign
  - (f) Work special events for the Park Cities YMCA (i.e. track meet, scouting for football & basketball)
  - (g) Attendance to meetings is required

## **YMCA PLEDGE:**

**WIN OR LOSE,  
I PLEDGE BEFORE GOD,  
TO PLAY THE GAME AS WELL AS I KNOW HOW,  
TO OBEY THE RULES,  
TO BE A GOOD SPORT AT ALL TIMES,  
AND TO IMPROVE MYSELF  
IN SPIRIT, MIND AND BODY.**

## **PLAYER REGISTRATION:**

- (a) A player must be a program or family member in good standing of the PC YMCA, must be registered on a YMCA Sports Registration Card (parent signature required) and must have paid the registration fee prior to any participation in practices or games.
- (b) LATE REGISTRATION – If a player registers after the registration deadline, the player will be placed on a waiting list and you are not guaranteed to be on any team. If you are taken off the waiting list, the registration fee plus a nonrefundable late fee of \$50.00 must be paid in order for the child to play.
- (c) Coaches may not recruit or promise players a specific team assignment. Team assignment is solely the responsibility of the Committee. Coaches who allow players to play on their teams who were not placed on the team through the team formation process and/or who are not registered at the PC YMCA will be suspended.

**SPECIAL REQUESTS** - All special requests must be submitted in writing at the PC YMCA front desk. The Committee reviews special requests at periodic meetings. The Committee's decision will be communicated to the requester as timely as possible. The Committee's decision is final. Special request forms are available at the PC YMCA front desk. **NOTE:** the PC YMCA Sports Department staff may not grant any special requests.

**NOTE:** Anyone involved in the PC YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to the PC YMCA Sports Department. If a complaint is submitted to the Sports Department, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will resolve all complaints and the Committee's decision is final

## **COACH SELECTION:**

- For 3<sup>rd</sup> & 5<sup>th</sup> grade, all coaches (Head & Asst.) will be selected through a blind draw process by school
- For 4<sup>th</sup> & 6<sup>th</sup> grade, all coaches from the previous season will return as coaches (Head & Asst.)

## **RULES FOR TEAMS & PLAYERS:**

- 1. Each player must be a member in good standing of the YMCA, must be registered on a YMCA Sports Registration Card (parent signature required), and must have paid the sports fee.**
- 2. Each player must attend a scheduled weekly practice in order to be eligible to play the required amount in that week's game, or have an approved absence. If a coach intends to not allow a player to participate in a game or to limit the players' participation, due to a failure to attend practice the coach must notify both the YMCA Sports Staff, along with the players' parents in advance prior to the start of the next game. Absences must be communicated with the coach and must involve circumstances wherein the conflict with practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence.**
- 3. Every player must play in the grade in which he or she is enrolled in school.**

## **RULES FOR COACHES:**

- 1. Each team will have at least one adult coach who will be responsible for the team at games. If the head coach is absent it is his/her responsibility to provide a replacement (Asst) to carry out the duties of head coach.**

The YMCA prohibits the hiring of coaches. Coaching in the YMCA Sports Program is strictly a volunteer position designed to give parents or other interested parties the opportunity to serve the children of our community.

### **2. Medical Conditions**

Any player with a medical condition that affects the player's safety must have a treating physician's medical release on file in the PCYMCA Sports Department office prior to participation in any PC YMCA event and/or practice.

- 3. Required Equipment (players may not play in a game without this equipment):**
  - A PC YMCA basketball jersey with the YMCA logo affixed to the jersey (no players names may be placed on any part of the uniform i.e. shirts or shorts). The jersey may not be altered in any way (**A player wearing an altered jersey is subject to ejection from the game**). **All basketball jerseys must be tucked in prior to the start of the game.**
  - Flat-bottomed athletic shoes with rubber soles.
  - Hats of any kind are not allowed.

**NOTE: Players may not wear or have affixed a rigid splint and/or solid cast, regardless of composition.**

**NO JEWELRY OF ANY KIND WILL BE ALLOWED,  
SUCH AS EARRINGS, NECKLACES, WATCHES, BRACELETS, RINGS, ETC.**

**RULES FOR COACHES CONTINUED:**

**4. Team Formation**

- a. 3<sup>rd</sup> and 5<sup>th</sup> grade teams are formed by a blind draw by school. 4<sup>th</sup> and 6<sup>th</sup> grade players new to the PC YMCA basketball program are placed on teams by a blind draw.
- b. The Sports Department staff and the Committee conduct the blind draw (the “Draw”). Coaches are not present at the Draw.
- c. The recommended team size for a PC YMCA basketball team is a minimum of 6 players and a maximum of 10 players; however the ideal team size is 7-8.
- d. The coach of a PC YMCA basketball team may or may not be a parent. Each team is limited to a maximum of 2 parent coaches. The children of the parent coaches are guaranteed roster spots on the team. No other players will have a guaranteed place on that team. All other players will be placed on the team through the Draw process.
- e. The Draw is final. Player reassignment requires Committee approval. Any player who participates in a practice or game for a team other than the player’s assigned team will be subject to suspension from PC YMCA sports. Any coach who allows a player other than the players assigned to his/her team through the Draw will be suspended from coaching PC YMCA sports teams.
- f. If a coach does not return the following year to his/her team, but his/her child remains on the team, then a replacement coach must be chosen from the existing team roster. If a coach and his/her child do not return to the team the following year, then a replacement coach (as long as the replacement coach did not coach a team in that team’s previous year’s grade) and his/her child may be placed on the team.
- g. Any coach that resigns from a team may not coach another team in that grade in the current or following season. For example, if a coach resigns from coaching a 3rd grade basketball team, he/she may not coach another 3rd grade team in the current year or coach a 4<sup>th</sup> grade team the following year.

## **RULES FOR COACHES CONTINUED:**

- h. When a player returns to the league after skipping a season, the player will be placed on a team through the Draw (by school). Exception: If the player meets all registration requirements.
- i. See 3(a). above for the skipped season, and if the player registers to play in the season following the skipped season, the player will retain his spot on his original team.

NOTE: In the case of injuries causing a player to miss an entire season, the Committee will review such situations on a case-by-case basis.

- j. **Every player must play in the grade in which he or she is enrolled in school.**

### **5. Division Assignments & Team Schedules**

- a. **Requests for division assignments & team schedule changes will not be granted. (Unless there exists a substantial reason as determined by the PC YMCA Sports Director and YMCA Sports Committee).**

### **6. Coaches' Responsibilities, Requirements and Recommendations**

- a. Coaches are required to distribute a copy of this rulebook to all team parents.  
**COACHES ARE RESPONSIBLE FOR THE BEHAVIOR OF THE PLAYERS, PARENTS, AND FANS OF THEIR TEAM!**
- b. Coaches are recommended to have a parents' meeting prior to beginning practices. During this meeting the following information should be conveyed:
  - The YMCA Coaches' Code of Conduct also applies to parents and players.
  - No alcoholic beverages or illegal drugs will be allowed at any team practice, game, meeting or other function.
  - Parents are expected to conduct themselves in an adult manner at all times and to set an example of good citizenship and sportsmanship.
  - Game and practice information.
  - Explain team discipline (e.g., if a player is late for or misses a practice or game). Discipline must be consistent for every team member.
  - Describe any rules of play that are unique to the PC YMCA.
  - Make sure parents know their views are welcome after a game or practice.

**All coaches are required to fill out and turn in the YMCA Coaches Application packet, which will include a background check, BEFORE he/she coaches a practice or game.**

## **RULES FOR COACHES CONTINUED:**

- c. Coaches are responsible for making sure the gym is clean (pick up trash, water bottles, sweats, balls, etc.) before their team leaves the gym.

**\*\*\*KEEP COURTS CLEAR BETWEEN QUARTERS\*\*\* Let your parents know that all siblings need to be in the bleachers. We have had complaints from the schools about kids running the halls, and messing up the classrooms. We cannot afford to lose any gym space.**

### **7. Zero Tolerance Policy**

The PC YMCA requires coaches, parents and spectators to abide by the **Zero Tolerance Policy**.

**The following actions will not be tolerated before, during, or after practices or games:**

- Verbal/physical abuse of referees, players, coaches, or spectators;
- Charging onto the court (no coach or spectator may come on to the court, unless there is a medical emergency and his/her assistance is necessary);
- Arguing with referees, coaches, or spectators;
- Profanity or derogatory names or comments; and
- Any comments (other than encouraging or complimentary) or taunting directed at opposing players, coaches or fans.
  - a. Steps the referees may take:**
    - Give the coach, player or spectator a warning.
    - Immediate ejection of the coach, player or spectator. The referee is not required to give the offender a warning before ejection. If ejected, the offender must immediately leave the gymnasium.
    - Penalize the team (i.e., technical foul).
    - If the offending behavior causes the referee to feel threatened, the referee may “abandon the game”. If abandonment of the game occurs, the offender’s team will suffer a loss by forfeit of the game.
  - b. Steps the Committee may take:**
    - Immediate suspension of the offender from participation in practices or games for an indeterminate length of time sufficient for the Committee to complete investigation of the offender’s behavior in question;
    - Require the offender to appear before a disciplinary subcommittee;
    - Probation, suspension, or expulsion of the offender from participating in PCYMCA sports.

NOTE: Anyone involved in the PC YMCA Sports program (e.g., coach, referee, parent, player, spectator, Committee member, or Sports Department staff) may file a complaint. All complaints must be in writing and submitted to the PC YMCA Sports Department. If a complaint is submitted to the Sports Department, it will be reported immediately to the Committee Chairman. These situations will be handled case by case, depending on the circumstances of the incident. The Committee will determine punishment and the Committee’s decision is final.

## **RULES FOR COACHES CONTINUED:**

### **8. Practices**

- (a) Practices may begin after the Draw.
- (b) Maximum practices per week (a week is defined as Sunday to Saturday):

Prior to the practice game	2
Regular season	1
- (c) Practices are limited to one hour. Teams should not practice on Sunday prior to 2:00 PM.
- (d) Scrimmages with other teams count against the weekly practice limit. The scrimmage may not exceed the practice time limit (see 8 (c). above for one team, not both teams combined).
- (e) There shall be no team assembly to conduct basketball or training activity other than games or practices. Team meetings to discuss basketball (e.g., discuss game strategy or watch game films) count against the weekly practice limit.
- (f) Coaches may not offer “optional” practices that exceed the practice limit rule (see 8(b). above)
- (g) Each player must attend practice in order to be eligible to play in that week’s game, or have an approved absence (sick or family emergency). Approved absences must be cleared with the coach in advance and must involve circumstances wherein the conflict with practice could not have been avoided. During weeks when multiple practices are allowed, players may not miss more than one practice without an approved absence. If a player misses a practice without an approved absence, the coach has the option of not allowing the player to play in that week’s game.
- (h) If a team has a bye during the season, that team may conduct **1** additional practice the week of the bye.

### **9. Game Filming**

Filming of games or practices of other than a coach’s, parent’s or fan’s own team’s game is prohibited. Coaches of the offending team will be suspended from coaching.

## **GAME RULES:**

(Unless otherwise stated herein, NCAA basketball rules apply.)

### 1. **YMCA Pledge**

Before each game both teams will recite the YMCA pledge at midcourt (located on p.4)

### 2. **Game Ball**

**An official women's size basketball (28.5 inches in circumference) for all grades.**

### 3. **Game Clock**

(a) Official game time is kept on the scoreboard if a scoreboard is available. The referee will keep the official time when a scoreboard is not available.

(b) **Game Length:** 4, 8-minute quarters for all grades.

(c) **The clock will stop for the following reasons:**

- Half time (5 minutes) and time between quarters (2 minutes);
- A requested team time out (2 per half and per overtime period each lasting one minute);
- Official time out for injury or for any other reason; and
- On each whistle during the last 2 minutes of each half.

### 4. **Time Outs**

(a) Each team is allowed two team time-outs per half and one additional time out for the entirety of any overtime period. A team time-out lasts one minute.

(b) Should an injury necessitate a time-out being called, this shall be designated an "official" time-out, and shall not be charged to either team.

(c) **A time-out can be called by the Head Coach or one of the team members on the playing court.**

(d) A time-out may be called only by the team in control of the ball or by either team if the ball is dead.

(e) Time-outs in excess of the allotted number may be requested and shall be granted during regulation playing time or any overtime period at the expense of a technical foul for each time-out called.

## **GAME RULES CONTINUED:**

### **5. Practice Games**

- (a) Each team will play 2 practice games prior to the regular season. The Committee and Sports Department will evaluate teams during the practice games for regular season divisional placement.
- (b) No coaches, parents, fans, or spectators will be allowed on the court during the Practice Games.

### **6. Regular Season Games**

- (a) Each team will play 5 regular season games following the Practice Games.
- (b) **No coaches, parents, fans, or spectators will be allowed on the court during the Regular Season Games.**

### **7. Post-season Tournament**

- (a) All teams in all grades will be entered in a single elimination post-season tournament. In the event of a tie in a tournament game, the following rule will apply:
  - If the score is tied at the end of regulation, there will be a 3-minute over-time period. The clock will **ONLY** stop for time-outs, injuries & free throws.
  - If the score is tied after the over-time period, there will be a shoot-out. Each team will get 5 shots from the free-throw line, and the coach will designate the 5 shooters for his/her team. This format will continue until a team has won.

### **8. Scoreboard Operator and Scorebook Keeper**

- (a) If a scoreboard operator is not furnished by the PC YMCA, the Home Team as designated on the game schedule provided by the PCYMCA will be required to furnish one responsible person to operate the scoreboard.
- (b) If a scorebook keeper is not furnished by the PC YMCA, the Visiting Team as designated on the game schedule provided by the PC YMCA will be required to furnish one responsible person to be the scorebook keeper.
- (c) If a team does not provide the required volunteer(s) for scoreboard operator or scorebook keeper responsibilities within ten minutes after scheduled game start time, that team will lose the game by forfeit.
- (d) The official score and statistics of a game are the score and statistics recorded in the scorebook by the scorebook keeper.

## **GAME RULES CONTINUED:**

### **9. Required Players**

- (a) A maximum of 5 players per team are allowed on the court for play.
- (b) A minimum of 4 players per team must be present to start a game. If both teams have at least 4 players present at game start time, the game must start. A team with 5 or more players present is not required to play with less than 5 players on the court even if the opposing team only has the minimum of 4 players present.
- (c) When a team's 5<sup>th</sup> player arrives during the game, the 5<sup>th</sup> player may enter the game at any time (including the 1<sup>st</sup> and 3<sup>rd</sup> quarters when substitution is not allowed – see 10. below; the insertion of the 5<sup>th</sup> player into the game upon his arrival is not considered a substitution).
- (d) If ten minutes after game start time, a team does not have at least 4 players present and ready for play, the referee will declare the game a forfeit

### **10. Player Participation/Substitution**

The starting players on both teams shall remain in the game for the entire first quarter. No substitution will be permitted during this time except in the case of injury. At the start of the second quarter all substitutes must enter the game and remain in the game until half-time. Coaches may substitute during the second quarter at any dead ball situation, but only for those players who played the first quarter. Coaches are not allowed to substitute for non-starters except in the case of injury. The second half will be played in the same manner, but coaches may start the second half with a new set of starting players. **Every player must play at least one complete quarter in both halves.**

- (a) Free substitution is allowed in all overtime periods.
- (b) Violation of the substitution rule will result in a technical foul. Also, the offending coach will be reported to the Sports Department and Sports Committee by the referees. The offending coach will be subject to suspension.

### **11. Scoring**

- (a) In 3<sup>rd</sup> and 4<sup>th</sup> grade games, all baskets score 2 points. Free throws score 1 point.
- (b) In 5<sup>th</sup> and 6<sup>th</sup> grade games, if a three-point line does not exist, all baskets score 2 points. Free throws score 1 point.

## **GAME RULES CONTINUED:**

(c) In 5<sup>th</sup> and 6<sup>th</sup> grade games, if a three-point line does exist, baskets scored from outside the three-point line count three points. Baskets scored inside the three point line count two points. Free throws score one point.

### **12. Basket Height**

3 <sup>rd</sup> grade:	9-feet
4 <sup>th</sup> grade:	10 feet (Boys) 9 feet (Girls)
5 <sup>th</sup> and 6 <sup>th</sup> grades:	10 feet

### **13. Free Throw Distances (measured from the backboard)**

3 <sup>rd</sup> & 4 <sup>th</sup> grades:	10 feet
5 <sup>th</sup> and 6 <sup>th</sup> grades:	15 feet

### **14. Overtime**

(a). 3<sup>rd</sup> and 4<sup>th</sup> grades: No overtime during the regular season. Games will end in a tie.

(b). 5<sup>th</sup> and 6<sup>th</sup> grades: If the score is tied at the end of regulation game time, there will be one 3-minute overtime period. The clock will not stop, except for timeouts, injuries & free throws. If the score is tied at the end of the overtime period, the game will be over and the score will remain tied.

### **15. Defense and Full-Court Press**

(a). All teams in all grades may play “man-to-man” or “zone” defense.

(b). 3<sup>rd</sup> and 4<sup>th</sup> grades: **No full-court press is allowed.** Defensive players must retreat across the mid-court line to the top of the key. The defense may extend past the top of the key only after the basketball crosses the mid-court line. This will be enforced after steals, rebounds, and after the offensive team scores.

(c). 5<sup>th</sup> and 6<sup>th</sup> grades: Full-court press is allowed. Any team who leads a game by ten or more points must discontinue to full-court press immediately. While leading by ten or more points, the defense must go back to the top of the key, until the ball crosses the mid-court line. It is the responsibility of the leading team to refrain from pressing at the appropriate time. If a team continues to full-court press when leading by ten or more points, the referee, at his/her discretion may assess a technical foul to the offending team after providing the team with one warning.

## **GAME RULES CONTINUED:**

### **16. Offensive Lane Violations**

- (a) 3<sup>rd</sup> and 4<sup>th</sup> grades: **5 seconds**
- (b) 5<sup>th</sup> and 6<sup>th</sup> grades: **3 seconds**

### **17. Fouls**

- (a) The following types of fouls may be called: personal foul, technical foul, flagrant foul, intentional foul, player-control foul, double personal foul, double technical foul and multiple foul.
- (b) Technical fouls that involve contact count toward a player's 5 fouls that lead to disqualification and toward the bonus.
- (c) All technical fouls on bench personnel, team attendants or spectators are assessed to the offender and, in addition, are charged to the head coach or assistant. The head coach or assistant shall be asked to leave the gymnasium after 2 bench technical fouls have been called on him/her.

## **Common Questions:**

Q: My assistant cannot coach this year, but his son is still on my team. Can I recruit another dad outside of my existing team to coach?

A: NO.

Q: My assistant and his son are not returning to the league. Can I recruit another dad to coach?

A: YES, as long as the dad you are asking to coach did not coach a team last season.

Q: Can I buy game jerseys for my team other than the jersey required by the PCYMCA?

A: NO, your team must wear the game jerseys required by the PCYMCA.

Q: Can I request that a player be placed on my team?

A: NO.

Q: Once the game schedule is distributed by the PCYMCA, may I reschedule a game if my team or coach has a conflict?

A: NO.

Q: Due to business, travel plans, etc., my assistant coach and I will not be able to attend all practices and games. May we recruit additional coaches and their sons to join our team?

A: NO. Teams are allowed only two parent coaches.

Q: May I request the division in which my team is placed for regular season play?

A: NO. The Sports Department & the Sports Committee makes division placement decisions.