



2025-2026 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 Front Desk.
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 utilized by the 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 ages 5 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, 2025.**

III. LEAGUE DIVISIONS

Youth basketball at the YMCA 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 4th through 8th grades. **Players will be divided into the following divisions: K-1st grades, 2nd-3rd grades, 4th-5th grades, and 6th-8th grades.**

IV. REGISTRATION FEES

Advanced registration is required for league participation. A registration period will be announced for both Mighty Mites & Jerry West leagues. You will choose an evaluation date and time for your child during registration. We encourage you to complete this registration online; however, you can also register your child in-house in advance of the evaluation dates. **Fees are due during registration.**

Mighty Mites: \$60 for YMCA members, \$80 for YMCA non-members

Jerry West: \$80 for YMCA members, \$100 for YMCA non-members

There is a \$5 sibling discount for any sibling living in the same household. When registering online, use the discount code 'BBALL' to receive this benefit.

V. PLAYER EVALUATIONS

All players will have the opportunity to demonstrate their skills and abilities in front of league staff during player evaluations. **All players must participate in a skills assessment prior to being assigned to a team.**

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

For all age groups, evaluations will be conducted by neutral parties appointed by the league coordinator.

Jerry West coaches meet to watch each player during evaluations and will meet again to draft their teams once every registrant has been evaluated. The draft order is randomly generated. Coaches with children are automatically assigned their child prior to the draft beginning. That coach will be skipped to draft in one round based on the average evaluation score of their child by the evaluators. Coaches with questions about scouting and 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: 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, practices may drop to one night per week depending on gym availability. Teams may be restricted to one practice during the weeks of Thanksgiving and Christmas.
- Each practice will be 40 minutes in length.

Jerry West Fourth and Fifth Grade Division: Practices will begin in late October.

- **Since 2023...** this division will start earlier to provide families with a better opportunity to participate in both our youth basketball league and other elementary school basketball leagues.
- All practices will take place at the Elkins YMCA or 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 may be restricted to one practice during the weeks of Thanksgiving and Christmas.
- Each practice will be 60 minutes in length.

Jerry West Middle School 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 may 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 all games. Players must also wear athletic shorts or sweatpants and clean indoor athletic shoes to participate in all games or practices. Players are also encouraged to bring their own 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.** This informative meeting 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 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 players skill clinics 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" Balls / 8 foot rim	Women's 28.5" Balls / 9 foot rim
Length of Quarters	6 Minutes	7 Minutes
Overtime Length	N/A	3 Minutes
# of Timeouts	League Coordinator Discretion	3 Per Game
Clock Stoppage	Continuous Running Clock (except for timeouts and injuries)	Continuous Running Clock (except for timeouts, injuries, free throws, and last 1 Minute of each quarter)
Required Playing Time	2 Quarters Per Game – No Substitutions	2 Quarters Per Game – No Substitutions
Pressing	Not Allowed	Not Allowed

Other Modifications: Our league gameplay modifications are designed in a gradual release model, slowly transitioning children at younger ages to mostly-traditional gameplay by middle school. Some modifications are intended to ensure fairness among children of all skill-levels; whereas others, are implemented to ensure games do not regularly exceed their one hour time slot.

- **Free Throws (2nd-3rd grade division):** Athletes in this age group will have a shorter free throw line. Players must start behind this line but may jump over it during their shot. If the player chooses to jump, they may not move once they land, until the ball hits the rim. All other players around the lane may move at the thrower release. Players behind the thrower cannot rush for a rebound until the ball hits the rim.
- **Man to Man Defense (2nd-3rd grade division):** Man to Man Defense is required the entire game. Any form of zone defense is not allowed. Players must be within a reasonable distance of their man while playing defense. Assigning a player to be "safety" is not permitted. This also ensures players are assigned to guard others who have similar skill levels. We do not want the highest-skilled players guarding everyone!
- **Double Teaming (2nd-3rd grade division):** Double teaming is not allowed. This is defined as two or more players actively playing defense on the same player; however, this may exclude circumstances when a player willingly dribbles into a crowd of other players. To prevent this, coaches should be teaching their players to move around, cut, and screen on offense. 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.
- **Four Corner Offense (2nd-3rd grade division):** 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.
- **Clock/Score Modifications (2nd-3rd grade division):** A continuous running clock will be established, even during free throws and the last minute of every quarter, when there is a score differential of 15 or more points. In this situation, the leading team cannot press than last minute of the fourth quarter.

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

Jerry West Fourth and Fifth 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 eight games and two players skill clinics scheduled during the season, along with an end of season playoff tournament. The season will conclude at the New Year.

Gameplay for Jerry West Fourth and Fifth 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	8 Minutes
Overtime Length	3 Minutes
# of Timeouts	3 Full Timeouts (1 Additional per OT)
Clock Stoppage	Continuous Running Clock (except for timeouts, injuries, and free throws) Clock will stop the last 2 minutes 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. A continuous running clock will be established, even during free throws and the last minute of every quarter, when there is a score differential of 15 or more points.
Required Playing Time	10 Minutes Per Game

Jerry West Middle School 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 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 eight games and one player skills clinic scheduled during the season, along with an end of season playoff tournament.

Gameplay for Jerry West Sixth through Eighth Grade is detailed in the chart below:

	Middle School Division
Ball Size / Rim Height	Men's Basketball / 10 foot rim
Length of Quarters	8 Minutes
Overtime Length	3 Minutes
# of Timeouts	3 Full Timeouts (1 Additional per OT)
Clock Stoppage	Continuous Running Clock (except for timeouts, injuries, and free throws) Clock will stop the last 2 minutes of every period
Full Court Pressing	can press anytime during the game unless they are winning by 15+ points.

Other Rules	A continuous running clock will be established, even during free throws and the last minute of every quarter, when there is a score differential of 15 or more points.
Required Playing Time	10 minutes Per Game

X. PLAYOFF TOURNAMENT

At the conclusion of the season, Jerry West divisions (4th–8th grade teams only) 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 by broken head-to-head comparison, 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. PRACTICE AND GAME CANCELLATION POLICY

To maximize opportunities for our registrants, we strive to maintain scheduled games and practices whenever possible. Our goal is to provide as many opportunities as possible to foster player development, and promote fitness in the winter months.

The league only mandates the cancellation of games or practices in the following circumstances:

- A state of emergency is issued due to weather conditions.
- The designated facility is not available due to power outages or other operational issues.

When weather conditions do not warrant a mandated cancellation as described above, coaches may decide at their discretion to cancel their own practices by providing notice to their teams and families.

When road conditions are poor, families are encouraged to make their own decisions about travel on an individual basis.

In the event of any cancellation, there is no guarantee the league will be able to provide a make-up date for a rescheduled game or practice.

XII. GUIDELINES FOR LEAGUE DISCIPLINE

Our discipline process is designed to protect the physical and emotional safety of our program participants. Actions that will result in disciplinary action include, but are not limited to, behaviors that are outlined in the players', coaches', and/or parents' code of ethics. These guidelines apply to the conduct of players, coaches, parents, and spectators both on and off the court.

THE YMCA HAS A POLICY OF ZERO- TOLERANCE FOR HARASSMENT AND BULLYING! Zero-tolerance means that any action by a parent, player, or spectator that can be viewed in a harassing or bullying manner will not be tolerated and will be dealt with by YMCA officials.

League discipline will be conducted by YMCA administration and the league coordinator. Violators will be contacted by email of the consequences outlined below. Requests for appeal, debate, and/or discussion regarding incidents will not be allowed within the first 24 hours of its occurrence.

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.
- Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team. Children play for the fun of playing.
- Coaches and referees are usually parents just like you. They volunteer their time to help make your child's basketball experience a positive one. They need your support too. That means 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 products 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 14 days. The league coordinator will determine these consequences on a case-by-case basis.

If league participants are spectators for games that are not their own, they will be expected to abide to the same guidelines as parents and other spectators. If a player is removed from the facility for behaviors in the stands or outside of their game, 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 an 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.
- As coaches, you are also urged to give as much attention, encouragement, and playing time to those children who may seem less talented than others. Envision what potential they can have with guidance, patience, and coaching from YOU!
- **One Technical Foul:** If a coach receives a technical foul during a game, they must remain seated and quiet on the bench for 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 single season, they must comply with same expectations as the first technical foul, and will also be suspended from coaching and attending the following game.

- **Three Technical Fouls:** If a coach receives three technical fouls in a single season, they will be suspended from coaching and spectating the remainder of the season, and an interim coach will be appointed by the league coordinator. Aggressive, violent, or inappropriate behaviors may also prevent the coach from volunteering in future seasons.
- **Playing Time Violations:** If a credible report is made by a parent, coach, or staff member regarding a child's playing time, the coach will be required to provide documentation that supports they followed minimum playing time rules. In the event the coach is unable to provide reasonable documentation, the coach will be placed on an improvement plan to address playing time.
 - Following the first violation, the assistant coach will be required to submit player time logs for each remaining game to the league coordinator to review. A template will be provided to the team, along with training on how to complete this document to meet expectations.
 - Following the second violation, the head coach and assistant coach will be suspended for one game. The league coordinator will provide an interim head coach and a volunteer to complete the player time log. Both coaches will not be allowed to attend this game.
 - Following the third violation, a mandatory substitution plan will be provided to the coaches. The league coordinator will dictate when players must enter and exit the game, releasing all freedom from the coaching staff to make substitutions on their own. The coaches may continue through the remainder of the season, however, they will both be re-evaluated when deciding on coaching volunteers for future seasons.

XIII. VOLUNTEER COACHING REQUIREMENTS

The YMCA follows the National YMCA's guidelines for utilizing volunteers.

All coaches are required to sign a volunteer coaching application. Head coaches must be at least 21 years old. The league coordinator will review your application and contact you about next steps which include:

- Attending a coaches' meeting with the league coordinator
- Jerry West coaches are also required to attend player evaluations and the league draft.
- Completing concussion and abuse prevention training. **These must be renewed annually.**

Upon successful completion of the required training, coaches will receive a 50% reimbursement of program fees from their child's registration.

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

XIV. 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 neglected children and refer them for treatment and protection.

In responding to this problem, the YMCA recognizes the need to develop 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 and 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 to successfully complete child sexual 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 reports.** 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 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 1-800-325-6513, 7 days a week, 24 hours a day.

XV. COMMUNICATION

YMCA staff, league officials, and coaches share a common goal of keeping our families informed at all times. This year, all parents will be mandated to attend a parent meeting with the league coordinator

Attending this meeting is a requirement to receive your season admission pass for the season.

- League officials will communicate 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 are responsible for checking-in and notifying parents of their assigned team at the beginning of the season. Coaches are also responsible for communicating practice, clinic, game, and tournament schedules throughout the season. Questions regarding your teams practices, games, and roster should be addressed toward your child's assigned coach.
- Inquiries regarding team sponsorship, volunteer opportunities, and/or disciplinary procedures should be directed to the league coordinator:
 Nicholas Casey
 childcare@elkinsymca.com
- Questions about registration and fees should be directed to the Front Desk at 304-636-4515.

XVI. HOW TO REGISTER ONLINE AT 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 636-4515 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.