

**Lamoille County
Youth Basketball
Guidelines**

General Principles

The following has been agreed upon by the youth basketball coordinators for Lamoille County:

1. A child may only register to play in the town in which they reside given that there is an offered program there.
2. Families with parents living in two different towns may choose either town's program.
3. If there are not enough children for a team, they can play in another town or create a co-ed team.
4. Co-ed teams play against other co-ed teams or against boys' teams.
5. If both a girls' team and boys' team are offered and available, participants must play on the team of their gender, or that of which they identify as.
6. Children shall play in their grade level, unless a town needs to merge grades to have enough players to form a team. Players may play up but cannot play down. Moving children up is at the coaches, then parents' discretion.
7. All tournaments are subjected to their own set of rules which may or may not align with the information outlined in this document. Rules must be shared prior to the start of the tournament.

3rd- 6th Grade Youth Basketball Rules

All games will be played by high school federation rules but with the following modifications:

1. Mouthguards are recommended for all players
2. Ball Size: All teams will use the women's ball size of 28.5
3. All teams will supply balls and a first aid kit at their gyms for visiting teams
4. The length of time of the breaks between quarters will be subject to the coach's discretion
5. All teams shall have a maximum of 5 minutes for a half time break
6. If tied, one 2-minute overtime will be played, after which a game can end in a tie
7. Stop time will be used at all levels. Two timeouts per half with no carry over. One additional timeout will be given in overtime.
8. Once a team gains possession in its defensive end of the court, the other team must pick up at half court. NO FULL COURT DEFENSE.
9. MAN TO MAN DEFENSE IS STRONGLY RECCOMENDED.
10. All coaches, players and spectators should display sportsman like behavior.
11. If a team has a large lead, they should do all they can to keep the game from being one-sided with the score.

Specific Rules for 3rd & 4th Grade Teams

1. All games will be 6-minute quarters.
2. The official should let the flow of the game continue if a team has a fast break. If a team steals the ball before it gets over the half court line, the official will award the ball to the team that was in possession, out of bounds, closest to the spot of violation.
3. The 10 second rule will be in effect.
4. For foul shots, shooters will be allowed to take one step in (approximately 3'). Shooter will not be allowed to get their own rebound unless touched by another player first.

Specific Rules for 5th & 6th Grade Teams

1. All games will be 7-minute quarters.

Cancellation Protocol

No cancellation should be made without the full agreement of coaches and coordinators. In the event that school is canceled, all sporting events are also canceled. Please be considerate of the time and road conditions associated with traveling teams.

Specific Responsibilities

Coaches who participate assume the following responsibilities:

1. To see that every player participates in games during the regular season and tournament play. Equal participation in the program is the desired goal.
2. To refrain from directing abuse, sarcastic language or gestures toward officials, other coaches, or players.
3. To ensure that the equipment is accounted for and maintained in useable condition.
4. To be reliable and on time. (i.e. be the first to arrive and last to leave)
5. Never play an injured player. Think of the player first and not the team's outcome.
6. To leave facilities in the same or better condition than they were when the team arrived.
7. To have all players and team coaches shake hands after the completion of the game.
8. To actively communicate with parents, coaches, and coordinators throughout the season to confirm or updates schedules.

Players/Parents who participate assume the following responsibilities:

1. Attend all scheduled practices and games or notify the coach in advance if they will not be able to attend.
2. Register and pay the necessary fees prior to the start of the season.
3. Be courteous and respectful to your coach, other teams' coaches and players, and the officials. You are a representative of your town, team and family and should behave accordingly.
4. Codes of Conduct may need to be read and signed for specific towns.

Coordinators who participate assume the following responsibilities:

1. To arrange a schedule of games which ensures that teams are as evenly-matches as possible. This responsibility may be delegated to coaches.
2. To provide a schedule for all coaches and players at the beginning of each season and to inform coaches of any changes to that schedule.
3. To support coaches when grievances arise.
4. To hire officials that are competent and aware of the objectives of the program.

Officials who participate assume the following responsibilities:

1. Should have the knowledge of the Rules of the Game.
2. Should never criticize the performance of players.
3. Should dress in uniforms when possible.
4. Should conduct interactions with coaches and spectators in a professional manner.
5. Should not let injured players continue if in your judgement it is not safe to do so.
6. Should be aware of the age group that you are working with and officiate accordingly.

Lamoille County Towns and Gym Locations that are represented in this document include:

1. Cambridge
 - 186 School Rd, Jeffersonville, VT 05464
2. Johnson
 - 57 College Hill Rd, Johnson, VT 05656
3. Hyde Park
 - 50 Main St, Hyde Park, VT 05655
4. Eden
 - 140 Knowles Flat Rd, Eden, VT 05652
5. Morrisville
 - 202 Copley Ave, Morristown, VT 05661
6. Bishop Marshall
 - 680 Laporte Rd, Morristown, VT 05661
7. Wolcott
 - 320 School Hill Dr, Wolcott, VT 05680
8. Stowe
 - 254 Park St, Stowe, VT 05672

Additional Towns that may be included:

1. Waterville
 - 3414 VT-109, Waterville, VT 05492
2. Fletcher
 - 340 School Rd, Cambridge, VT 05444
3. Hardwick
 - 135 S Main St, Hardwick, VT 05843
4. Waterbury
 - High St, Waterbury, VT 05676
5. Newport
 - 166 Sias Ave, Newport, VT 05855

Contact Information

Google Doc- [Lamoille County Basketball Coaches Contact](#)

ZERO TOLERANCE POLICY

There will be zero tolerance for misbehavior at all sporting events. This includes but is not limited to:

- **booing**
- **shouting at officials**
- **arguing any call**
- **expressing any negative behavior or comments**
- **threats**
- **obscene gestures to players, coaches or officials**

Anyone displaying these negative behaviors will be asked to leave the premises.