



BASKETBALL

PROGRAM GUIDE

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SYC BASKETBALL COMMITTEE

Basketball Commissioner

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Deputy Commissioner (County Program)

Dan Allen (countybasketball@sycva.com)

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Vacant

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INTRODUCTION

Basketball is one of the largest and longest running programs offered by the Springfield/South County Youth Club, serving over 1,200 boys and girls spread over more than 150 teams, in both our rec program travel programs. The SYC Basketball Program Guide provides information and guidelines for players, coaches, and parents on the operations of the basketball program. The Guide serves to introduce the SYC Basketball Program and its objectives, organizational structure, and the responsibilities of those involved in the program, and sets forth the rules under which we operate. Many questions you may have about our program can be answered by referring to this guide. Please read it carefully. Comments or suggestions about any aspect of the basketball program are welcome. Please contact the Basketball Commissioner at basketball@sycva.com.

The basketball program is staffed, operated, managed, and coached by VOLUNTEERS. The success of the program depends on those volunteers. Volunteering is not part of the program; it is the core of the program. Please consider stepping forward to volunteer; it is the best way to ensure the success of the program and the best experience for your children.

PLEASE VOLUNTEER!

PROGRAM OBJECTIVES AND ORGANIZATION

The SYC Basketball Program is designed to teach basketball skills and teamwork in a positive environment, while promoting good sportsmanship and exemplary behavior. The program is divided into Rec and Travel (“County”) programs. The Rec program is open to all youths between in grades 1 through 12 and is divided into separate leagues for boys and girls. Rec games are played generally between SYC teams comprised of players of similar age. The Rec leagues for the youngest players, 1st-3rd grades, focus on skill development for players, coaches, and referees. The County program is for those who desire to play basketball at a higher competitive level, with boys and girls in grades 5 through 8 participating in the Fairfax County Youth Basketball League (FCYBL).

All interested players are eligible to compete for positions on SYC County teams through open tryouts.

PARTICIPATION RULE

The SYC Rec Basketball Program is open to all school age children in grades 1 through 12, as of October 1st for the winter season, or as of May 1st for the summer season.

All Rec teams are subject to SYC's Participation Rule. We try to limit Rec teams to rosters with no more than 8 players. However, circumstances sometimes require larger rosters, particularly if a shortage of volunteers limits the number of teams, we can field in an age group. In addition, in unique situations, and only with the basketball commissioner's and league director's approval, a team may be given permission to have a larger roster than the preferred eight-player size. Such requests are handled on a case-by-case basis and are the exception, not the rule.

Boys and Girls in all leagues 8 years old and above will play 10-minute quarters with a running clock. IN ALL REC LEAGUE GAMES, EACH PLAYER ON TEAMS WITH 7 OR MORE PLAYERS MUST PLAY AT LEAST TWO FULL, UNINTERRUPTED QUARTERS, AND ALL PLAYERS MUST SIT OUT 1 FULL QUARTER. More information on the participation rule can be found in Chapter 5 – Rec Basketball Rules of Play.

The Participation Rule does not apply to the County program; however maximum participation by all players on SYC County teams is encouraged.

NEED FOR VOLUNTEERS

As with any organization, people make ours work, and there are quite a few volunteer roles that need to be filled to ensure the success of the SYC Basketball program. You may volunteer as a coach, assistant coach, League Director, or score/time keeper when you register online or you may e-mail the Basketball Commissioner directly to offer your assistance. To assist you in your consideration of these volunteer opportunities, descriptions for the different volunteer positions, including coach, are included later in this Guide. Please consider volunteering – SYC Basketball can only be as good as our volunteers

make it!

FEES AND REFUNDS

Registration fees are payable upon registration for the upcoming season in accordance with SYC policy. The fee structure can be found on the SYC website at sycva.com. All County team players must pay an additional fee due to the higher costs associated with that program.

The Late Registration Fee will be waived for those players who tried out for their high school team and as a result did not make the scheduled SYC registrations. However, those players run the risk of not being assigned to a team and being put on a waiting list if the league has reached its maximum capacity. Players who register and then make a high school team will receive a full refund. High school basketball players are not eligible to participate in the SYC basketball program.

To qualify for a full or partial refund of activity fees, participants will be required to fill out the online refund request form. Refunds are granted within the guidelines and time frames listed below:

- Participants will receive a full refund of activity fees, minus a \$15.00 administrative cost, of all fees prior to the close of online on-time registration.
- Participants will receive a 50% refund of activity fees during the late registration period and prior to the first game. NO refunds will be issued after the first game.
- For County league registrants, there are NO refunds of any County fees under any circumstances.

DISCIPLINARY PROCEDURES

SYC expects the highest order of sportsmanship and fair play in all practices, games, and related activities. The SYC Board of Directors has adopted a Code of Conduct for Players, Coaches, and Spectators. All participants and their families are expected to adhere to the Code. It is reprinted at the back of this guide in an easily reproducible format.

1. Misconduct and/or abuse (physical or verbal) by coaches, players, officials and spectators will not be tolerated. Coaches are responsible for the behavior of their teams' sidelines and responsible for the behavior of their teams' parents during the game.
2. Misconduct by a Rec player, coach or spectator will be referred to the League Director for resolution. The League Director has the option of resolving the issue at the league level or forwarding to the Rec Deputy Commissioner. Should the offense possibly involve sanction or removal of an individual from any future game or practice, the League Director must refer the issue to the Rec Deputy Commissioner.
3. Misconduct by a County player, coach, or spectator will be referred to the SYC County Deputy Commissioner for resolution. The County Deputy has the option of resolving the issue at his/her level or forwarding to the Basketball Commissioner.
4. Sanctions for misconduct by a County player will be consistent with the rules of FCYBL, as appropriate.
5. SYC has the authority to suspend or expel any coach, parent, or child for a violation of the Club's Code of Conduct, Equal Opportunity Policy, or Child Protection Policy. SYC also reserves the right to suspend any coach, parent, or child who poses a threat to children or other people, or for conduct detrimental to the Club (including but not limited to illegal drug use, alcohol abuse, or conviction of a felony involving violence).

SCHEDULE OF EVENTS

WINTER REC BASKETBALL

Registration for Winter Rec basketball begins in September, with player evaluations (for ages 9 and up) and team drafts typically held in mid- to late-November. Rec practices begin in early December and the games begin in early January, running until the first or second week of March.

SUMMER BASKETBALL

Registration for Summer basketball begins in May, with practices in late June and games starting shortly after the July 4th holiday, running for about 5 weeks. There are no player evaluations or drafts for the summer league.

LATE REGISTRATION AND WAIT LIST

A late charge will be charged for registration after the posted on-time registration period. Players who register late will be placed on teams on a space available basis and may be placed on a wait list if space is not immediately available.

COUNTY (TRAVEL) BASKETBALL

Registrations for County (Travel) teams and players follow the policies, procedures, and timelines of the Fairfax County Youth Basketball League (FCYBL). Registration for County basketball typically opens in late-September/early-October and tryouts begin in early- to mid-October.

MANAGEMENT OF BASKETBALL PROGRAM

BASKETBALL COMMISSIONER

The Basketball Commissioner is charged with the overall responsibility and authority to organize and operate the SYC basketball program in accordance with the general policies of SYC. The Basketball Commissioner may appoint Deputy Commissioners to assist with these responsibilities. Specifically, the Basketball Commissioner will:

1. Provide overall direction to and work with the Deputy Commissioners and League Directors to ensure the program is running in accordance with established policies and procedures.
2. Develop and manage the basketball program budget, submitting it to the SYC Board of Directors (BOD) for approval.
3. Serve as the Basketball Program's point of contact with the SYC BOD and office staff.

DEPUTY COMMISSIONER FOR REC BASKETBALL

The Rec Deputy Commissioner is responsible for the operation of the Rec Program, to include recruiting and selecting League Directors for each age group, providing guidance and direction to League Directors, and ensuring the

Rec program is operating in accordance with SYC policies and procedures.

DEPUTY COMMISSIONER FOR COUNTY BASKETBALL

The County Deputy Commissioner is responsible for the operation of SYC's County basketball program, to include recruiting and selecting coaches for each age group, providing guidance and direction to coaches, serving as the SYC representative to FCYBL, and ensuring the County program is operating in accordance with SYC and FCYBL policies and procedures.

DIRECTOR OF REFEREES

The Director of Referees organizes and manages the SYC referee program. More details on the responsibilities of the Director of Referees can be found in the Referee Program section later in this Guide.

LEAGUE DIRECTORS

The League Directors (LDs) are appointed by the Rec Deputy Commissioner to manage the day-to-day operation of each of the Rec leagues. The general vision is that the LDs manage the leagues, while the coaches manage the parents, players, and games. Specifically, LDs will:

1. Assist the Commissioner and/or Rec Deputy Commissioner with the preseason evaluation and draft of the league players.
2. Run league drafts for the formation of teams. Assign late registrants to fill vacancies on teams according to the order of the draft. (Note -- Each coach must accept assignments made by the League Director. However, a coach may consent, with the approval of the League Director, to yield a late registrant assignment to a succeeding team in the order of the draft.)
3. Call general meetings of coaches and assistants upon the SYC Commissioner's request and whenever he deems it necessary to resolve league problems.
4. Prepare and publish practice and game schedules for his/her league. (Note -- Coaches' preferences may be considered but should only be secondary to a fair and equitable distribution of the available practice periods.)
5. Notify each coach of changes in practice schedules due to preemption and unavailability of practice facilities due to inclement weather.

6. Represent SYC as League Director and meet and develop cordial relations with the administrators and assigned custodians of the school facilities to which his/her league is regularly assigned. (Note -- The League Director should acquaint himself with the school's requirements and communicate these requirements to coaches, parents, and players for compliance. The LD is responsible for ensuring compliance with these requirements.)
7. Obtain completed team rosters from coaches as early as possible after the formation of the teams.
8. Ensure all coaches, players and parents meet the requirements of SYC's Concussion Education and Training Program.
9. To the very best of his/her ability and in the spirit and objectives of SYC resolve, when occurring, conflicts between coaches, coaches and parents, officials and parents, coaches and officials, and coaches and school custodians. The League Director should do whatever is necessary to prevent such conflicts, but when occurring, he/she should intercede with a cool head and with intention to defuse the situation. (Note -- The League Director may advise basketball game officials of SYC league rules but shall never attempt to overrule or interfere with an official's decisions. Each such incident should be reported to the SYC Basketball Commissioner.)
10. To the very best of his/her ability and in keeping with the spirit and objectives of SYC, the League Director will resolve problems resulting from reported game protests, player participation, discipline, and non-attendance. All such incidents should be reported to the SYC Basketball Commissioner and/or Rec Deputy Commissioner in writing. Incidents involving game protests must be delivered to the League Director within 24 hours.
11. Attend or be properly represented by his or her designated representatives (coaches) at all scheduled league games. The League Director represents SYC management. It is his or her responsibility to ensure proper utilization of the school facilities, the proper conduct of the game, and the deportment of the players and spectators. He or she shall do whatever possible to maintain order and to prevent destruction of public property.
12. The League Directors shall ensure that coaches have access to equipment

required for practices and games, to include balls, clocks, scorebooks and first aid kits.

13. Publicize to coaches, parents and players instructions concerning the non-bouncing of basketballs in school hallways at any time, or on the gym floors by spectators during the progress of a game, smoking within the facilities, the controlling of young children, etc.
14. Communicate schedules for the pickup of equipment at the beginning of the season and for their orderly retrieval at the end of the season.
15. Work with the SYC administrative staff to administer the registration database of players and team assignments.

COACHES

SYC Basketball coaches are responsible for:

1. Teaching the fundamentals of the sport.
2. Ensuring adequate warm-up, stretching and physical conditioning of his or her players.
3. Providing maximum participation of players in games and mandatory participation of each player in all practices and scrimmages.
4. Ensuring that all criticism is constructive, and that discipline is maintained without degrading a player.
5. Motivating and instructing each player to develop to the full extent of his or her ability, for the less accomplished player as well as the more skilled.
6. Teaching teamwork and instilling a personal sense of responsibility on the part of the player to the team.
7. Instilling a winning spirit and the ability to gracefully accept both victory and defeat.
8. Setting an example of good sportsmanship and integrity.
9. Encouraging a spirit of close cooperation with the players' parents.
10. Ensuring that parents and spectators along the sidelines follow the rules

of good conduct and sportsmanship.

11. Obtaining signed Codes of Conduct from all players and player parents/guardians prior to allowing players to participate in games.

In addition to the general responsibilities above, SYC basketball coaches shall:

1. Attend the pre-season meeting(s) called by the League Director, Rec Deputy Commissioner, or SYC Basketball Commissioner or league director, to include the players' evaluation and the draft, if applicable.
2. Recruit from among his players' parents an assistant coach, practice coaches, if desired, and, if applicable, a scorekeeper/ timekeeper for scheduled games. The coach may also recruit a team parent, if desired.
3. Prepare and submit as early as possible after the formation of his team a roster to his League Director.
4. Pick up uniforms and basketballs, issue uniforms to players, and recover and return any applicable equipment in accordance with instructions and schedules issued by the League Director.
5. Distribute copies of practice and game schedules provided to each member listed on the team roster.
6. Notify each team member of each change made in the team's practice and game schedules.
7. Assume full responsibility for the deportment of assigned players when in school facilities for scheduled practices and games. Coaches must restrain players or his player's families or guests from running and bouncing basketballs in hallways and from going into closed or otherwise forbidden areas of the school.
8. Maintain cordial relations with school officials and custodians. Any conflicts in a team's schedule(s) discussed with school officials and custodians should be reported to the League Director.
9. Ensure that injured players are properly and adequately attended to and provided for. Report the circumstances surrounding injuries to the League Director.

10. Teach and abide by the game and player participation rules as approved by the SYC Board of Directors and published by the SYC Commissioner of Basketball.
11. To the very best of their abilities and in the spirit and objectives of SYC, resolve team members' problems in the very best interest of the individual(s) concerned. (Nonattendance, physical, mental, and emotional problems should be discussed with the parents in a manner so as not to alienate, but to show interest in the youngsters' development and effective participation. When a coach considers a problem to be beyond his/her ability to handle, the case shall be referred to the League Director for appropriate action.)
12. A coach should notify his or her League Director when a player repeatedly fails to appear for a scheduled game or practice without prior notification. Such a player shall be subject to a warning, a suspension, or both.
13. A coach should notify his League Director of a player's misconduct and unsportsmanlike behavior, which he considers is cause for warning, suspension, or both. The League Director will document the circumstances and present each case to the SYC Basketball Commissioner for appropriate disposition.

TEAM PARENT (OPTIONAL)

The coach may choose to recruit a team parent. A team parent's duties may include:

1. Distributing roster/contact list to team members and parents.
2. Coordinating team transportation/carpool plan.
3. Notifying players of changes in game and practice schedules.
4. Distributing materials related to team pictures.
5. Establish schedule for team clock operator/scorekeeper responsibilities.
6. Coordinating team social functions/activities.
7. Other duties as requested by the coach.

COUNTY (TRAVEL) PROGRAM

In addition to our Rec Program, SYC participates in the Fairfax County Youth Basketball League (“FCYBL”). This league is for select teams from participating youth clubs throughout Northern Virginia and is for more skilled players wishing a higher level of competition. For the FCYBL, SYC plans to enter teams in the boys and girls 4th through 8th grade divisions, subject to the availability of enough skilled players and qualified coaches.

COUNTY LEAGUE TRYOUT INFORMATION

County Tryouts will be held before the Rec player evaluations, typically in October. The specific dates will vary depending on limitations set by the FCYBL and the availability of gyms. County team tryouts are generally held over the course of several nights, and players are chosen on a competitive basis. Some players may be cut. The number of County teams each participating program may field is limited by FCYBL; SYC does not typically have the option of adding additional County teams even if many skilled players attend a particular age group’s tryout. Players not selected for the County League teams may then attend Rec league evaluations and be drafted for a SYC Rec team. No player may participate on both a County League team and an SYC Rec league team.

PARTICIPATION IN FAIRFAX COUNTY YOUTH BASKETBALL LEAGUE

SYC travel teams will participate in the Fairfax County Youth Basketball League (FCYBL), which offers a more advanced level of competition among teams from other youth clubs in Northern Virginia. This league is for more skilled players at various age groups and involves more games, more time, and additional expense than the regular SYC Rec program. Due to the extra costs associated with participating in the FCYBL, individuals who are selected for SYC’s County teams are assessed an extra surcharge of that is dependent on County activity fees and uniform fees to defray the added expenses. County players will be issued, and may keep, SYC jerseys and shorts, plus any other uniform/shooting shirt/sweats/shoes that may be issued by SYC. Should any County team decide to enter a tournament, other than the end-of-season tournaments, the cost of these events is borne by the individual teams, not SYC.

COUNTY LEAGUE COMPOSITION

BOYS

- 10 & Under; may not be 11 prior to October 1st
- 11 & Under; may not be 12 prior to October 1st
- 12 & Under; may not be 13 prior to October 1st
- 13 & Under; may not be 14 prior to October 1st
- 15 & Under; may not be 16 prior to October 1st

GIRLS

- 10 & Under; may not be 11 prior to October 1st
- 11 & Under; may not be 12 prior to October 1st
- 12 & Under; may not be 13 prior to October 1st
- 14 & Under; may not be 15 prior to October 1st

Note that SYC County teams are restricted to players residing in certain zip codes assigned by the FCYBL; only two zip code exceptions are allowed per team. In addition, even if a player is older than the age groups set forth above, FCYBL allows two “grade exceptions” per team. For example, FCYBL 11U is considered a 6th grade league, so a 12-year-old who is in 6th grade can play in the FCYBL 11U league as a grade exception.

NOTE: the grade exception policy is limited to County teams only; it does not apply in SYC Rec leagues.

REC BASKETBALL PROGRAM

OVERVIEW OF PROGRAMS

The SYC Rec Basketball Program is divided into separate, age-based leagues for boys and girls in grades 1 through 12. SYC Basketball offers house programs or leagues in the following age groups:

BOYS	GIRLS
1 st grade (clinic)	1 st grade (clinic)
2 nd grade (clinic)	2 nd -3 rd grade
3 rd grade	4 th -5 th grade
4 th grade	6 th -7 th grade
5 th grade	8 th -12 th grade
6 th grade	
7 th grade	
8 th grade	
9 th -10 th grade	
11 th -12 th grade	

SYC conducts evaluations in all rec leagues for 4th grade and above. There are no evaluations held for the 1st-3rd grade programs; players are placed on these teams by the league director. The purpose of the evaluations is to form balanced teams. The evaluations take a relatively short time and give participating coaches the opportunity to see all the children signed up for their leagues. In this way, they are better prepared to make player selections during the draft.

Rec teams start practice in December and meet twice per week – once on a weeknight and once on Saturday – until school ends for the winter holidays. When school resumes in January, Rec teams will practice one weeknight each week and play a game on Saturdays. The program will generally run until the first or second week of March. Players who are members of a high school basketball team are not eligible to participate in the SYC Rec program.

SKILLS CLINICS FOR 1st AND 2nd Grades

SYC offers Skills Clinic for boys and girls who are in 1st grade as of October 1st of the current year. There are separate programs for boys and girls. The Skills Clinic emphasizes teaching individual skills and developing each child’s interest in and knowledge of the game.

The 1st grade Skills Clinic meets once per week on Saturdays starting in January and runs through early March, for a total of 10 weeks. Each player receives a basketball, SYC T-shirt and season-end commemorative award. The Skills Clinics includes sessions conducted by professional basketball trainers, as well

as opportunities to participate in drills and scrimmages with each team's volunteer coaches. Accordingly, getting enough volunteers to work in this program is especially important.

The 2nd grade clinic is for boys in 2nd grade as of October 1st of the current year. Due to the lower number of girls who participate in these age groups, the 2nd and 3rd grade girls are combined into one league. The 2nd grade program still emphasizes teaching individual skills and developing each child's interest in and knowledge of the game but builds to game play at different levels (3-on-3, 4-on-4 and 5-on-5) over the course of the program. No scores are kept in any of these games. The 2nd grade program meets once per week on Saturdays, starting in December, running through early March, for a total of 13 weeks. Each player will receive a basketball and season-end commemorative award, and participants receive a reversible SYC jersey. The 2nd grade program also includes sessions conducted by professional basketball trainers, as well as opportunities to participate in drills and scrimmages with each team's volunteer coaches and against other "teams". Accordingly, getting enough volunteers to work in this program is especially important.

3rd GRADE PROGRAM

SYC offers a separate program for boys in 3rd grade and girls in 2nd-3rd grade. There are separate programs for boys and girls. Like the older Rec leagues, these teams start practice in December. Each team meets twice per week – once on a weeknight and once on Saturday – until school ends for the winter holidays.

When school resumes in January, teams will continue to meet twice per week, with a practice on a weeknight and a "game" on Saturday. The program will generally run until the first or second week of March. Although the teams in this program play "games" in a 5-on-5 format, coaches act as officials for the first half of the season and are expected to do as much instructing as they do officiating over the course of the game.

In the second half of the season, the league partners with SYC's youth referee training program. Youth referees in training, with adult referee trainers acting as supervisors, are assigned to officiate 3rd grade games. This partnering helps train youth officials and helps the players get ready for the next season, when they will participate in games with officials.

Whether coaches or referees officiate the game, no score is kept, and no standings are maintained; this is a training league, not a competitive league, and the emphasis remains on teaching individual and team skills and developing each child's interest in and knowledge of the game.

Each player receives an SYC reversible jersey and season-end commemorative award.

NEED FOR COACHES

In most seasons, we start the season without a full complement of coaches, which has had an unsettling effect on the program. To eliminate this problem, SYC Basketball has a policy that teams will be drafted even if there are an insufficient number of coaches. Thereafter, the parents of participants on any team drafted or formed without a coach will be contacted and asked to be volunteer coaches. A team may be dropped from the program, and the League Director will place the players on a waiting list in random order, if a volunteer is not found.

REFEREE PROGRAM

SYC Basketball maintains an excellent Rec basketball referee program, which we utilize to officiate most of our games in the Rec programs that require officials (grades 3 and above). We compensate our officials. If you are interested, please contact the Referee Coordinator and sign up to referee. Pre-season training sessions are held to go over the duties and responsibilities of the referees. Knowledge of the game is, of course, desirable, but a willingness to learn is equally important. We feel that our SYC Rec referee program is one of the best in the Northern Virginia area.

In addition, for 12 to 14 year-olds interested in learning how to officiate, SYC offers its youth referee training program. Beginning officials are provided with several training sessions in January, and then officiate with adult supervisors in our 3rd grade Rec program during February and March. Score is not kept in this league, so it is a lower pressure environment in which to learn to officiate.

CHEERLEADING PROGRAM

Cheerleading is also offered by SYC. SYC Cheerleading gives the participants the opportunity to develop coordination, teamwork, self-confidence, and a positive attitude. Many Rec basketball coaches avail themselves of the

opportunity to associate their teams with an SYC cheerleading squad. Such an association encourages goodwill, team spirit and fan support to the young athletes participating in basketball. We encourage all coaches to utilize the cheerleading squads to further the objectives of the Springfield/South County Youth Club.

END OF SEASON AWARDS

For 4th grade and above, trophies (or plaques) will be awarded to the champion of each league. The method of determining the champion for each age group (e.g., best regular season record, playoff winner) will be determined by the League Director. First place trophies are NOT provided for the 1st-3rd grade programs since records are not kept in those leagues, but the league does provide a small season-end commemorative award to all participants in these younger age groups.

TEAM FORMATION

SYC Basketball has over 1,200 participants and all leagues are organized/administered by volunteers. We CANNOT honor requests for team placement. This includes requests to play with a coach, friends, or for convenience of carpools. Teams for 4th grade and above are formed by a player draft to ensure competitive balance. Teams for ages 3rd grade and under are formed by League Directors.

Team sessions total approximately 2.5 hours per week for 3rd grade and above, with one 90-minute weeknight practice and one Saturday game. The 1st and 2nd grade programs meet on Saturdays for approximately 70 minutes.

PLAYER EVALUATIONS

For each winter season, SYC holds player evaluations and drafts for its rec basketball program in all leagues for grades 4 and above. No evaluations are held for 3rd grade and below. Player evaluations are normally held in mid-November. The dates, time and locations of the various age group evaluations will be sent via e-mail and will be posted on the Basketball page of the SYC web site (www.sycva.com).

DRAFT ELIGIBILITY

For leagues 4th grade and above, a player MUST attend the scheduled evaluations for their age group to be eligible to be selected in the draft. If a

player does not attend the evaluations, he or she will be placed on a team by means of a random lottery draw. All registered players will be assigned to a team and will play in accordance with the Participation Rule. Late registrations may be placed on a waiting list; if space is available in a league, waiting list players will be assigned in the order they appear on the waiting list to teams in the order in which they drafted. League directors have the discretion to adjust the waiting list player distribution process with approval from the Commissioner or his designee.

REQUESTS TO PLAY UP IN GROUPS

Players who wish to play up one age group must attend the evaluation for the older age group; otherwise they will be placed in their natural age group. However, attending the evaluation does not guarantee a player being granted permission to play up in age. The League Director will determine whether the player has the skills and physical ability to compete fairly and safely with older players, and then will only allow a player to move up if there is space available in the older league. Given that SYC is often in need of volunteers, a parent's willingness to coach in that player's desired age group can be a factor in the approval decision. Players cannot play up more than one age group without approval from the Basketball Commissioner.

PLAYER DRAFTS

Each rec league basketball draft is held in closed session after the County League teams are picked and player evaluations have been concluded. Drafts are open only to SYC Basketball officials, coaches, and their assistants. Players will be notified of their team assignments as soon as practicable after the draft; usually by the end of November or early December.

To be drafted, a player must attend the regular scheduled evaluation for his or her age group. Those who do not attend an evaluation will be selected (assigned) by blind draw at the completion of the draft. However, in the interest of achieving competitive balance, the League Director may independently rate those players not appearing for evaluations based on previous knowledge of the player's skill level for the purpose of assigning a draft position for that player.

OPTION PLAYERS

An option player is an individual whose selection is guaranteed to a particular

team. Each team is guaranteed only one option player, usually the coach's own son or daughter. He or she is the only player “frozen” from the team's roster. These option players must attend a regular evaluation where they will be independently rated and assigned a draft position by the league director. Any exceptions to this rule must be approved by the Basketball Commissioner or his designee.

DRAFT RULES

League Directors will notify coaches of the date, time and location of the draft after evaluations have been completed. Rules governing the order of the draft and its actual mechanics will be developed by each League Director, approved by the Basketball Commissioner. League Directors will communicate the rules of the draft to all coaches prior to the start of the draft.

PLAYER NOTIFICATION

Players in 2nd grade and above will be notified by late November or early December as to which team they are assigned. At that time, coaches will inform players of the date and time of the first practice session, which will typically be held during the first week of December. Any player not so notified by December 1 should contact the Basketball Commissioner or the Rec Deputy Commissioner. Players in the 1st grade Skills Clinic will be notified by mid-to-late December, with their first session held in early January.

SEASON SCHEDULE

Practices typically start the first week of December. During December, teams will practice twice per week - one weeknight and Saturday until schools close for the Winter holidays. When schools reopen in January, teams will practice once per week on a weeknight and play one game on Saturdays. The 2nd grade program will also start in December, but only meet on Saturdays. The 1st grade Skills Clinic will start in January and will meet only on Saturdays. The season for all age groups will run until the first or second weekend in March. Schedules for each league will be posted on the SYC web site (www.sycva.com).

UNIFORMS AND EQUIPMENT

All boys Rec league games for 6th grade and above shall be played with official 30” basketballs. The 1st through 5th grade boys and all girl’s leagues will use reduced circumference 28.5” basketballs.

All players 2nd grade and up will be issued a reversible SYC jersey, which they may keep. All players shall wear the SYC jersey and gym shorts for games. Players shall not wear shoes that leave marks on the gymnasium floor and playing shoes should not be worn from out of doors into the gymnasium. Players shall not wear street clothing, clothing with pockets, watches, or jewelry during a game. (Referees may charge a team with a time out if these items are removed during a game.) Players who wear glasses shall have shatterproof lenses or eyeglass protectors.

SYC REC BASKETBALL RULES OF PLAY

SYC Basketball shall be played in accordance with the National Federation of State High School Association's Rules for Basketball except as provided in the SYC Basketball Rules, as approved by the SYC Board of Directors. Where these two sets of rules conflict, the SYC Basketball Rules shall apply.

TEAM COMPOSITION

An SYC Rec basketball team shall not exceed ten players for the Winter season. Every effort will be made to keep teams to eight players. Summer league teams may have more than ten players to account for a higher rate of player absences due to family vacations and other conflicts.

TEAM MEETINGS

All teams in the Rec program are limited to two (2) meetings per calendar week. That is, each team is limited to one practice and one game per week, or two practices if no game is scheduled that week. Non-SYC scheduled practices are not excluded from this rule. Violations of this rule will be cause for game forfeiture and warning, suspension, or both.

GAME OFFICIALS

REFEREES

Scheduled games for 4th grade and above shall be officiated by referees accredited and approved by SYC. Each game shall be officiated by at least two referees. When, due to circumstances, only one referee is available, the League Director may permit the game to be played with only one official.

SCOREKEEPER AND TIMEKEEPER

Each team shall provide an adult scorekeeper and an adult timekeeper for scheduled games. The Home team is responsible for providing the scorekeeper and the Visiting team is responsible for providing the timekeeper.

COACHES AND ASSISTANT COACHES

Each team shall have one coach and no more than one assistant coach at games. Teams may have additional coaches who assist at practices, but only one assistant coach may occupy the bench area during games. The League Directors, with approval from the Commissioner, select all the coaches based on maturity, judgment, and character appropriate to guide our youth, and an adequate knowledge of basketball skills. Only the coach and his designated assistant shall sit alongside the players on the bench or seats provided during a regularly scheduled game. Only one coach (either the Head Coach or Assistant) may be standing at a time while coaching during games (of course, both coaches can sit while coaching during games).

REPLACEMENT OF COACHES

The League Director may replace a coach when an incumbent requests to be replaced or when the League Director considers that the incumbent no longer meets the spirit and requirements of these Rules or of the SYC Code of Conduct. Replacement of a coach in the latter instance can only occur after approval of the SYC Basketball Commissioner or his designee. In the case of a coach of an SYC County team, the SYC Basketball Commissioner or his designee will make the final decision. Coaches are selected on a yearly basis; there are no rollover provisions to guarantee a coaching position the following year.

PLAYER PARTICIPATION

All Rec leagues for grades 3 and above will use a "running clock" for games -- the clock will be stopped only on shooting fouls and timeouts -- except for the final two (2) minutes of the game. During the final two minutes of the game, the clock will be stopped on all fouls, timeouts and all other "dead ball" situations.

Each player in the 3rd through 12th grade leagues shall play a minimum of two uninterrupted quarters in each game (i.e., he or she must start, play through, and complete two different quarters). Each player on teams with 7 or more

players must sit out 1 full, uninterrupted quarter.

- Each player shall play at least TWO FULL, UNINTERRUPTED QUARTERS
- Each player shall sit out at least ONE FULL, UNINTERRUPTED QUARTER
- For teams with only six players present after the start of the second quarter, the requirement that each player sit out one full quarter does not apply, as it is not possible to meet this requirement with six players. Instead, the rule is modified such that four players must sit out for 5 consecutive minutes of one quarter, one player sits out 5 consecutive minutes of two separate quarters, and one player sits out one full quarter. The result is that four players play 3 1/2 quarters and two players play 3 quarters of playing time.
- A player replacing an injured or disqualified player is considered to have played in that quarter if they play for more than two minutes. This counts toward the three-quarter maximum, but that player must still play two other full, uninterrupted quarters.
- If the player replacing the injured/disqualified player plays two minutes or less, that time does not count as a quarter played. If the injured/disqualified player cannot return, the coach may substitute a different player every two minutes for the remainder of the quarter and it will not count as a quarter played for any of those players.

No additional expansion of the participation rule will be allowed. Coaches may reduce or eliminate playing time for disciplinary reasons including chronic missing of practice, but only with the prior notification and concurrence of the League Director. Failure to receive prior approval will be considered a violation of the participation rule.

Teams violating the participation rule may be required to forfeit the game in which the violation occurred.

METHOD OF PLAY

ZONE DEFENSE

Zone defenses will only be allowed in the 6th grade and older leagues. It is the philosophy of SYC Basketball to promote and encourage the teaching of man-

to-man defense and offense in the younger age groups. Therefore, the use of zone defense in the 3rd-5th grade Rec leagues is prohibited. Referees will issue one warning regarding zone play, and then each subsequent violation shall result in the assessment of a technical foul on the offending team. NOTE: One player's violation of the man-to-man rule may constitute a violation of this rule; it does not have to be the entire team. Accordingly, one player standing in the lane playing the ball, rather than his or her man, constitutes a violation of this rule just as much as a 2-3 zone played by all five players.

PRESSING DEFENSE

In leagues for 6th grade and older, pressing defenses of any form, including full court presses, are allowed, so long as the pressing team is not leading by 15 points or more. Once a team obtains a lead of 15 points or more, that team may not press. 4th and 5th grade leagues are permitted to use a man-to-man press (the prohibition against zones and double teams remains) in the backcourt only in the last 2 minutes of the game. Zone or trapping presses are prohibited at these younger age groups. No back-court defense or zone of any kind, at any time, is allowed in the 3rd grade program.

NOTE: Players in the 3rd-5th grade leagues can always defend in the backcourt against a pass for an attempted fast break or against dribbling for an attempted breakaway. "Pressing Defense" means extending defensive pressure to the back court to defend against a player/team that is advancing the ball normally.

MAN-TO-MAN DEFENSE

Each defensive player must guard a different offensive player. The distance between the defensive guarding player and the offensive guarded player will be dependent on whether the guarded player has the ball or not and the position of the guarded player to the ball, as well as the guarded players position on the floor. There is no requirement that the two best players guard each other.

DOUBLE TEAMING

Double-teaming occurs when two defensive players guard the same offensive player, whether he or she has the ball or not. Double-teaming at any time is permitted in the 6th-12th grade leagues. In the 3rd-5th grade leagues, double-teaming is only permitted in the key area on a player with the ball.

SPREAD OFFENSES

Spread offenses and clear outs designed to isolate a team's best player to take advantage of the requirement of man-to-man defenses in the younger leagues (5th grade & Under), and which emphasize one-on-one basketball at the expense of team basketball, are prohibited. The defensive players may establish positions to be able to assist the defensive player guarding the player with the ball.

DISTANCE

There is no requirement that at all times a defensive player be within any set distance of the offensive player he is guarding. However, the defensive player must move with the man he or she is guarding, rather than simply occupying an area of the court. If a player does not move with his or her man, this constitutes a violation of the prohibition against zone defenses in the 5th grade and younger leagues.

SWITCHING OR HELP DEFENSE

Defensive players may switch in the event of a screen or a pick. Furthermore, a player may leave the player he or she is guarding to switch to or help on a player with the ball who has beaten the player who was guarding him or her.

GAME TIME LIMIT

All leagues will use a "running clock" -- clock stops only on foul shots and time outs except for the last two (2) minutes of the game when the clock stops on all fouls, timeouts and other "dead ball" situations. Time limit between scheduled games shall be at least five minutes. Playing time limits for all leagues grades 3 through 12 shall be:

- 10-minute quarters
- Time between quarters: 1 minute
- Time between halves: 3 minutes

TIME OUTS

In leagues 4th grade and above, each team will have two 30-second timeouts per half. These timeouts are non-cumulative; if not used in the first half, the first half time-outs do NOT carry over to the second half.

OVERTIME

Games tied at the end of regulation play shall be continued in overtime for 3-minute periods, with one additional time out per team. Successive overtime periods shall be played until a team has won. The game clock stops at all dead ball situations during overtime.

BASKET HEIGHT

Basket height for the 1st-3rd grade programs will be eight (8) feet.

Basket height for the 4th and 5th grade leagues will be nine (9) feet.

All other age groups will play with a 10-foot basket.

GAME SCHEDULES AND LOCATIONS

The SYC Basketball Commissioner or his designee must approve all SYC basketball game schedules and locations of play. Games will normally be played at Fairfax County schools in the Springfield/South County area. Fairfax County Neighborhood and Community Services Department control gym allocation, and SYC has very little flexibility in the selection of the schools we are assigned.

Games or practices may be postponed when the school facilities are closed because of inclement weather or when school functions conflict with SYC use of the facilities. In the event of questionable weather, call the Fairfax County Inclement Weather Hotline at 703-324-5264 or monitor the Fairfax County Public Schools website at fcps.edu. As soon as SYC officials have information on school closures, League Directors and coaches will be notified, the SYC website will be updated, and an email will be sent to all basketball families if circumstances permit. **If no announcement is made, SYC basketball will go forward as scheduled.**

Agreements between coaches to postpone a scheduled game shall be affected only with the approval of the League Director and the SYC Basketball Commissioner or his designee.

FOOD AND BEVERAGES

Fairfax County regulations prohibit food or beverages, other than water, from being brought into or consumed in school facilities. This prohibition includes

sports drinks such as Gatorade, Powerade, etc. Violations may result in SYC losing access to school facilities. Please help us in maintaining a good relationship with the schools by complying with these rules and keeping the gyms clean.

FORFEITURES

A game shall be declared forfeited when:

- A team is not ready to play within five minutes after a scheduled start time or after the termination of a preceding game. Teams must have five players to start a game and three players to continue a game once it has started.
- A team plays an ineligible player.
- A team fails to comply with the player participation rule.
- A team receives three technical fouls in any one game (not counting those for illegal defense).

SUSPENSIONS

When a player or coach is ordered out of a game by a referee for misconduct, he/she is automatically suspended and is ineligible to play the next game.

Any participant: coach, assistant coach, or player hitting, shoving, or causing verbal abuse to another player, referee, coach, or spectator shall be suspended for the remainder of the season.

Any parent or guardian of a participant hitting, shoving, or causing verbal abuse to another player, referee, coach, or spectator will be banned from attending SYC sponsored activities.

PROTESTS

A coach may protest the eligibility of a player or the participation rule only. Protests must be written and filed with the League Director and SYC Basketball Commissioner within forty-eight hours after the completion of the game being protested.

SUMMER BASKETBALL PROCEDURES

Summer league game rules are modified from the winter league rules as follows:

- A. All games in all age groups will be played in two halves of 24 minutes in duration.
- B. Clock will run with limited interruption or stoppage for entire first half – CLOCK DOES NOT STOP for dead balls or shooting fouls, etc. – However, clock will stop on time outs.
- C. During the last two minutes of the second half, clock will stop on all dead ball situations.
- D. Overtime periods will be three minutes and clock will stop on all dead ball situations.
- E. The game officials may stop the clock at their discretion to deal with game administration or player injury issues.
- F. Each team is allowed two 30-second time outs per half. The 30 second time limit will be strictly enforced by game officials. The game clock will stop during all time outs.
- G. **Each player in attendance for each team must play 10 consecutive minutes per half, unless the team has more than 10 rostered players present, in which case each player must play 8 consecutive minutes per half.** This participation rule may be modified by the head coach based upon late arrival by player or health/injury concerns.
- H. There are no restrictions on the type of defense played, except there is to be no back court defense played by a team with a lead of 15 points or more.
- I. All other applicable rules set forth in the National Federation of State High School Association's rules for basketball, as modified in the SYC Basketball Program Guide, apply.

SYC BASKETBALL REFEREE PROGRAM

PROGRAM OBJECTIVES AND PHILOSOPHY

The SYC Basketball Referee Program gives training and experience to persons interested in refereeing and provides qualified referees to the Basketball Program. Providing the best available officiating improves the overall quality of basketball. Ideally, we would like to have all games refereed by professional high school certified adult referees. As a practical matter, we realize that we cannot achieve this ideal. Consequently, we must develop, train and utilize our own cadre of paid referees to officiate Rec league games. With adult referees in short supply, we encourage those age 13 and older to fill the void. The opportunity to learn and apply the rules of the game and make instant decisions provides our youth (and adults) with excellent skills, which will serve them well outside of basketball.

ELIGIBILITY REQUIREMENTS AND GENERAL INFORMATION

Any SYC member 13 years old or older is eligible for the program. All persons must register with the Director of Referees. Every potential referee, regardless of age or experience, must attend classroom training and an on-court clinic on the rules and principles of refereeing, and, if required, pass the SYC written test prior to being scheduled for any games.

SYC Referees are members of a select group striving to enhance the level of SYC basketball play. Because they are paid for their services, they are expected to perform their duties and responsibilities as referees whenever they are on the floor acting in that capacity. Referees who fail to perform their duties in a professional manner will be dismissed from the program.

UNIFORMS AND EQUIPMENT

All referees are required to wear the black and white striped referee uniform. If the uniform is not worn, appropriate penalties can be levied including monetary fines. Referees are expected to report to the game in uniform with whistle and other equipment, which may be required. SYC provides each referee a black and white striped shirt, a whistle, a lanyard and a rulebook.

REPORTING AND DUTY

Referees are expected to report to their game location at least 15 minutes prior to game time.

CHANGING ASSIGNED GAMES

Once a referee has agreed to officiate a game, the assignment is considered final. Referees who must make changes are responsible for finding their own replacement, and they will notify and clear the change with the Director of Referees. Failure to show up for games or obtain replacements will result in monetary fines and, where appropriate, being dropped from the program. If a referee is unable to find a replacement, he/she should contact the Director of Referees for possible assistance.

GAME REPORT

Referees must legibly sign the official game book and any other form provided for recording their participation. Failure to do so will result in the presumption that they did not work the game, and no game fee will be paid

Any ejection of a player, coach, or fan will be reported to the Director of Referees via e-mail and copied to the SYC Basketball Commissioner. An additional written report may be required at a later date.

ATTENDANCE AT CLINICS AND REFEREE MEETINGS

Referees are required to attend the SYC Referee Clinic annually and pass any SYC-required test prior to being scheduled for any SYC games.

INSTRUCTIONS TO TIMEKEEPERS AND SCOREKEEPERS

GAME ROUTINE FOR TIMEKEEPERS

- Consult Officials as to signals used to indicate a time-out and resumption of time.
- Keep eyes on the officials throughout the game,
- Check on the duration of time outs, substitutions, time of periods, etc.

- Note the position of ball when you signal and of any period or extra period. Timekeeper's signal ends these periods.
- Check on duration of time between periods. Notify teams, officials and scorers the required number of minutes before the start of each half
- It is strongly recommended that the operator of the official clock be an adult.

WHEN TO START THE CLOCK

- When ball is legally tapped on all jump balls.
- When ball is touched in bounds, if resumption of play is by a throw-in after clock has been stopped (Chopping motion).
- When ball is legally touched after a missed free throw and ball is to remain live (Chopping motion by trail officials.)
- Be aware that in SYC Rec games, clock is running except on time outs, shooting fouls and during last two minutes of game and during overtime, when clock stops on all dead ball situations.

WHEN TO STOP THE CLOCK

- When time expires at the end of a period.
- When an official signals a shooting foul. (Clock stops on non-shooting fouls only during the last two minutes of game.)
- When an official signals a held ball (Last 2 minutes of game only.)
- When a violation occurs. (Last 2 minutes of game only.)
- When an official orders time-out.
- To avoid unusual delay
- To repair or adjust equipment
- For an injury or other emergency
- Upon request of a player whose team has player control or when ball is dead

- If Timekeeper's signal is not heard the timekeeper shall go on the court and notify the official -- noting the position of the ball when time expires. Timekeepers are to remain impartial.

GAME ROUTINE FOR SCOREKEEPERS

- Scorekeepers should be adults.
- Seek designation from Referee as to who is the official scorer, and which is official scorebook and consult with him as to signals used to designate fouls and time-outs
- Obtain names and numbers of all players who may participate in the game at least ten (10) minutes before the start of the game. At least three (3) minutes before scheduled starting time have each team designate its five starting players.
- Record field goals made, free throws made, running summary of points scored, personal and technical fouls on each player, team personal fouls per half, time-outs and held ball possession. Score keeper is NOT required to keep individual player point totals; game score is priority.
- Designate each goal and each foul in the manner provided in the scorebook. Any questions regarding the format of the scorebook should be discussed and resolved with the game referees prior to the game.
- Notify official (a) when team has taken the legal time-outs, (b) when a player has five personal fouls, (c) after a team has been charged with seven personal fouls (also when a team has be assessed 10 personal fouls in a half resulting in a "double bonus" situation) in either half of a games, and (d) when a team has used timeouts in excess of the legal number. In (b), (c) and (d), if play is in progress at time of discovery, withhold whistle until ball is dead or in control of offending team. Scorekeeper must also advise referee of who is entitled to possession in alternating possession held ball situations.
- Check with clock/scoreboard operator regarding display of score, bonus situation, possession arrow, etc. If any discrepancy occurs, notify referee for resolution once next dead ball situation occurs.
- Blow horn to stop game only when ball is dead.

- When a substitute reports (must be ready and entitled to enter game) signal when ball is dead and before change of status of ball is about to occur. Allow substitute to go on court only when referee beckons. Do not signal after ball has been placed at the disposal of a free thrower; if ball is dead after a free throw attempt, a substitution may be made. If a thrower is to be replaced, be sure that it is legal for another player to attempt that throw. A substitute cannot replace a player designated to jump or designated to attempt a free throw; he/she must wait until the next dead ball, time-out situation.
- Scorebook of home team is official.

CODE OF CONDUCT

PLAYERS CODE OF CONDUCT

Each player will ensure that his/her playing conduct is that of a young lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the player is expected to:

Know the rules and abide by them.

Respect the game officials and refrain from addressing them or commenting on their decisions during the play of the game. The game captain or designate may address the officials during the game but only within the provisions of the rules and in a courteous, respectful manner.

Maintain control of his/her emotions, avoiding the use of abusive language or profanity, humiliating remarks, and/or gestures of ill temper, and physical assault upon another player at any time.

Respect the coaches and players of the opposing team and demonstrate appropriate gestures of sportsmanship at game the conclusion of the game – be humble and generous in victory and proud and courteous in defeat.

Follow all building and facility rules and regulations, respecting the property of others.

Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on sportsmanship, courtesy and manners of each individual player.

COACHES CODE OF CONDUCT

Each coach will ensure that his/her playing conduct is that of a lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the coach is expected to:

Know the rules and abide by them.

Instruct team members in the rules and coach his/her team in such a way as to motivate each player to compete according to the rules.

Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner.

Ensure that the players and spectators follow all building and facility rules and regulations.

Ensure that the fans of his/her team conduct themselves with sportsmanship and maturity while in attendance at game sites; assist game officials in maintaining control of spectators during the games.

Respect the coaches and players of the opposing team both during the play of the game and at its conclusion, win or lose.

Teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.

Maintain control of his/her emotions and avoid actions, language and/or gestures that may be interpreted as hostile and humiliating.

Instruct team support personnel (e.g., assistant coaches, line persons, scorekeepers, and timekeepers) in their responsibilities in accordance with established rules and procedures.

Not consume or allow the consumption of alcoholic beverages at SYC activities or be in an inebriated state during practices, games or in the presence of my players.

Never encourage, tolerate, or indulge in substance abuse.

Never smoke or use tobacco products in front of players during practices or games.

Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on its sportsmanship, courtesy, and manner.

SPECTATORS CODE OF CONDUCT

Each spectator will ensure that his/her conduct is that of a lady or gentleman while observing the competition and after its conclusion. To satisfactorily meet these responsibilities, the spectator is expected to:

Respect the rules of the game.

Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner.

Cheer for their team in a positive, supportive manner, refraining from making hostile, negative, or abusive remarks about the opposing team.

Refrain from coming onto the playing surfaces or from throwing objects or other foreign materials onto the playing surfaces. Exit in an orderly manner after the activity. If an indoor activity, enter the facility quietly and remain seated during the conduct of the activity.

Follow all building and facility rules and regulations, respecting the property of others.

Demonstrate appropriate gestures of sportsmanship at the conclusion of the game, win or lose.

Realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on sportsmanship, courtesy and citizenship of its fans.