

OSAA Basketball Program

2021 Handbook



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GOALS OF THE PROGRAM

The primary goal of the program is to introduce kids to the great game of basketball and provide an opportunity for them to learn. The program will provide a means for players to develop their skills in an organized manner. As with all youth sports programs, safety is a primary concern. The league will always be looking for ways to make the basketball experience both fun and safe for all that are involved.

ORGANIZATION

The Schuylerville youth recreational basketball program will be managed as a division of the Old Saratoga Athletic Association. The basketball program will have, at a minimum, one member on the OSAA board. The OSAA is a Not-For-Profit Organization. All coaches and league organizers are volunteers. All proceeds from fundraisers, registration fees and concessions will be used for basketball related activities.

The basketball program will have a committee made up of volunteers. The committee will be organized by the Commissioner(s). Committee members will be selected by the Commissioner(s) to serve on the committee.

Current Committee Positions:

❖ **Commissioner(s):** The duties of the commissioner(s) are, but not limited to the following:

- Game and Practice Scheduling
- Uniforms
- Inventory
- Awards
- Equipment
- Travel League
- Picture Night
- Gym Scheduling
- Draft
- Referees
- Job duties outlined in OSAA Bi-Laws

At the commissioner(s) discretion, a board of coordinators may be created to assist with job duties. These coordinators and job duties can be, but aren't limited to the following:

Instructional Division Coordinator:

- Leading instructional group coaching
- Coordinate and obtain equipment need with E/U coordinator
- Organization of practice instruction and schedule/times
- Organization of volunteer coaching group

Instructional Division Assistant Coordinator:

- Assist leading instructional coaching
- Coordinate and obtain equipment needs with E/U coordinator
- Assist organization of practice instruction and schedule/times
- Assist organization of volunteer coaching group

Rec 2-3 In-House Division Coordinator(s):

- Coordinate gym practice/game schedule with Gym Scheduling coordinator
- Coordinate and obtain equipment needs with E/U coordinator
- Organize team coaches/rosters
- Create and update game rules for the season

Rec 4-6 In-House Division Coordinator(s):

- Coordinate gym practice/game schedule with Gym Scheduling coordinator
- Coordinate and obtain equipment needs with E/U coordinator
- Organize team coaches/rosters
- Create and update game rules for the season

Equipment/Uniform (E/U) Coordinator(s):

- Inventory and Order Equipment for each division
- Order player uniforms and coach's shirts
- Organize hand out of uniforms
- Organize hand out and return of all equipment

Gym Scheduling Coordinator:

- Fill out school facility use forms
- Organize with division coaches practice and game schedules/times
- Create master schedule for practices and games, communicate to commissioners and coordinators

Special Events Coordinator:

- Organize picture day
- Organize end of season events

ADKYBL Commissioner:

The 4-6 travel group is coordinated by a group of volunteers both from the OSAA and other participating area cities/towns/villages. The ADKYBL will work in concert with the OSAA basketball commissioner(s) on organizing tryouts, gym scheduling for practices and games, team coaching staffs, equipment, and uniforms.

PARTICIPATION/ELIGIBILITY REQUIREMENTS

All children who are grades K to 6th and who are located within the Schuylerville Central School District are eligible to participate in the basketball program. Participants must adhere to all rules and guidelines put forth by the OSAA in house rec division and ADKYBL travel program.

IMPORTANT DATES

Dates regarding registration, travel try outs, picture night, and end of season tournaments are all TBD each year. When dates are solidified, they will be shared on the OSAA website and with coaches.

COMMUNICATION

Communications will be sent through the school (handouts to children), via email, and through the OSAA website to keep parents informed of upcoming events. Parents are encouraged to routinely check the OSAA website basketball page for the latest news.

Website: osaasports.org

or

Email: osaabasketball@gmail.com

REGISTRATION

Online registration for the league will begin on or around October. Late registration will be available for specific division programs, the travel group has specific deadlines for tryouts and late registration cannot be accommodated once the tryout practices have occurred. Parents are encouraged to sign their children up online. Details will be available on the OSAA website and through school handouts/communications.

FUNDRAISER

In addition to registration fees, each family may be required to participate in an annual fundraiser. Fundraisers are determined each year by the commissioner(s).

PROGRAM STRUCTURE

The program will have instructional, in-house recreational, and travel groups providing for multiple skill and age classifications. The grade/skill level of the athlete will determine the level of play that he will be allowed to participate in. The divisions will be set up as follows:

All divisions/programs run from late fall to the beginning of March, subject to gym availability.

Instructional Division: Grades K-1

The Instructional division program is designed to introduce players to the game of basketball. Players will learn passing, dribbling, shooting, game rules and game language. Depending on numbers, practice groups and gym times will be split up between K- Girls, K-Boys, 1st-Girls, and 1st- Boys. Groups may become co-ed depending on division numbers and gym time allotted. 1st grade groups will be introduced to structured game play and will scrimmage amongst their group after the mid-point of the season. With commissioner approval a 1st grade player, based on skill level, will be able to participate in the 2-3 in house rec division.

2nd-3rd In-House Rec Division: Grades 2-3

The 2nd-3rd grade in-house rec division is designed to introduce players to competitive game play and compete against other in-house rec division teams leading up to an end of season tournament. Players will continue to develop their skill level during team practices and scheduled games. Teams will depend on registration numbers and can be compiled of co-ed teams or separate boys and girls teams. Overall group skill level will determine basket height. Instructional ball size will be used. Each team will be assigned a head coach and assistant coach. One coach from each team will be on the court at all times during games and will officiate the games accordingly while still developing and teaching the players appropriate in-game direction. Teams will have scheduled practice(s) during the week and games will start after Christmas Break on regular schedule.

4th-6th Travel Division: Grades 4-6

The 4th-6th grade travel division consists of teams of boys and teams of girls at each grade level. This is the most competitive division within the program. All teams compete in the Adirondack Youth Basketball League made up of other area cities/towns/villages. This division is subject to the rules and regulations established by the ADKYBL. Rosters are selected following tryout practices (generally at the end of October) led by the travel teams head and assistant coaches. The roster size is selected at the head coach's and commissioner's discretion. All teams must abide by game play rules and regulations established by the ADKYBL. With commissioner approval and within guidelines set by the ADKYBL travel organization, a 4th or 5th grade player can "play up" on an older team based on roster size need and division numbers.

4th-6th In-House Rec Division: Grades 4-6

The 4th-6th grade in-house rec division consists of players who were not selected to one of the travel teams as well as players who did not seek to tryout for one of the travel teams. Players will continue to develop their skill level during team practices and scheduled games. Teams will depend on registration numbers and can be compiled of co-ed teams or separate boys and girls teams. Each team will be assigned a head coach and assistant coach(es). All teams will play using the travel league's game play rules. Games can either be conducted in-house or through scrimmages with other local communities.

ADDITIONAL NOTES ON TEAM ROSTERS

❖ Parents must communicate their request to the commissioner(s), that their son/daughter be allowed to play up prior to the start of the season in the eligible divisions.

❖ Players will only be allowed to play one age group ahead.

**Exception: Due to risk of injury, Kindergarteners are not eligible to play up

❖ The ultimate decision as to whether or not a player is allowed to play up will be determined by the commissioner(s).

HEAD COACHES AND ASSISTANT COACHES

Selection of Head/Assistant Coaches: Parents who are interested in coaching or being an assistant coach for a team will be given an opportunity to volunteer at the time they register their child(ren). **Coaches will be selected from the pool of candidates by the commissioner(s).**

In the event there are more candidates than there are coaching positions, the commissioner(s) may request information from all interested volunteers to determine the most qualified candidates. Factors affecting the decision can be, but aren't limited to the following:

- ❖ Previous OSAA basketball coaching experience at all levels (instruction/rec/travel)
- ❖ Previous year's program commitment (i.e. board meetings, volunteering for a committee position)
- ❖ Previous personal basketball experience. Assistant coaches will be selected by the head coach of each team from the volunteer pool and approved by the commissioner(s). Head Coaches will be given a list of people who signed up to volunteer to coach and/or help out in some capacity. Head Coaches have the option to select from the list of volunteer assistant coaches, but parents with children on the team will be given the right of first refusal. Head coaches and assistant coaches will need to pass a required background check. The background check will be paid for through OSAA.

Setting the Right Example:

Head coaches and assistant coaches will be expected to adhere to the OSAA Athletic Code of Conduct. Our players should be able to look to head coaches and assistant coaches for an example of how they are expected to conduct themselves, especially as it relates to sportsmanship. Head coaches and assistant coaches are expected to treat referees, spectators, and all opponents including players and coaches with respect. Questioning and/or arguing calls made by a referee, even if the referee is an opposing head coach or assistant coach, will not be tolerated. The commissioner(s) may remove any person from the position of head coach or assistant coach at any time after their selection and at the commissioner(s) discretion. Our primary goal is for the kids to have fun playing the game of basketball. The focus of every head coach and assistant coach should be to keep the game fun for the kids, while trying to teach fundamental basketball skills and good sportsmanship along the way.

2nd-3rd In House Rec Division Game Rules

Equipment:

1. Ball size - 27.5
2. Rim Height adjusted to meet skill level of division.

Coaching/managing:

1. 1 Head coach for each team on the court doubling as an official.
2. 1 Assistant coach for each team on the bench.
3. Clock – Coaches decide who is keeping clock.
4. Teams should be in color designated uniform for all games.

Team:

5. Players may not play for more than one team.

Time:

6. Two 20 minute halves. Running time. 5 minute halftime.
 - a. Clock stops
 - i. During all substitutions (every 5 minutes the clock will stop and subs made)
 - ii. During last 2 minutes of first half. Last 2 minutes of game for all game stoppages/whistles.
 - iii. Injuries
 - iv. Timeouts
 - b. Overtime
 - i. 5 minute overtime period if game ends in tie. (This will only apply for end of season single elimination tournament)
7. Timeouts
 - a. At coach's discretion, specifically during coaching periods in the middle of game play.

Fouls

- b. Fouls will be called by coaches on the court.
 - c. Free throws will apply on shooting fouls.
8. Foul out
 - a. Players cannot foul out, However, players will be warned by on court coaches of excessive fouling and could be subject to removal from game.

Defense

9. Man-to-man defense only
 - a. Zone is not permitted
 - b. Man-to-man is defined by:
 - i. Each player must be in close proximity to player he/she is guarding
 1. Exceptions
 - a. Weak side – if the offensive player is on the weak side, the defensive player may be in the lane but not beyond the midline of the half court marked by the rim (or have one foot only in the paint)
 - b. Players who in the referee's opinion are trying to find the offensive player they are guarding and not actively guarding an area.
 - c. Violation

- i. On court coaches will can authorize game stoppage to correct defensive assignments.
 - ii. **Teams on defense CANNOT extend their defense outside of the 3-point line. All defensive players must remain inside the 3-point line until there is a change of possession.**
- d. Double teaming
 - i. No double teaming allowed; players must maintain one on one defense even after a defensive switch.
- e. Press
 - i. Pressing will not be allowed at any time.

Offense

10. Fast break offense is NOT allowed at this level at the beginning of the game play regular season. If it is determined that the skill level is adequate enough to allow fast break offense and BOTH coaches agree, fast break offense will be allowed during game play.

11. During a change of possession, the team going on defense will be given time to make their way back down the court before the team on offense with the ball can advance. On court coaches will be heavily involved in ensuring this during game play.

ADKYBL and 4th-6th In House Rec Division Game Rules

Equipment:

- 3. Ball size - 28.5
- 4. Home team is responsible for providing the game ball.
- 5. Home team responsible for paying referee \$100 for each ref for all 3 games. \$35 per game if only 2 games played. (for travel league only.)

Coaching/managing:

- 10. 1 Head coach on the bench
- 11. 1 Assistant coach on the bench.
- 12. Clock - home team is responsible for managing
- 13. Book - both teams are responsible for keeping the book and tracking fouls and points to allow for comparison if there is any questions
- 14. Rosters of the players, including names, numbers and identifying anyone who is from the grade above or below, must be provided to the other team before the beginning of the game.

Team:

15. Players generally may not play for more than one team.

16. Exceptions:

- a. If a team has made no cuts and has 7 or less players, the team may apply to the league to borrow players from the grade below. If none are available from the grade below, the team may request to borrow players from the grade above. If this is permitted by the league, those players from other grades (above or below) need to be identified on the roster at the beginning of the game. Players from other grades may not start the 1st or 2nd half and may not play more than half of the game. These borrowed players may play without restriction with their regular team on the same day.

Time:

17. Two 16 minute halves. 3 minute warm up, 2 minute halftime.

- a. Clock stops
 - i. All game stoppages/whistles.
 - ii. Injuries
 - iii. Timeouts
- b. Clock Running Time (Stop on foul shots)
 - i. 2nd Half lead of 15 points or more
 - ii. Stop clock on foul shots and if lead is under 10 (9 or less)
- c. Overtime
 - i. Duration – 2 minutes
 - ii. Stoppage – all game stoppages/whistles
 - iii. If overtime ends in a tie, the game ends as a tie

18. Timeouts

- a. 2 one minute timeouts per half
- b. One 30 second timeout per game (can be carried over to the second half)
- c. 1 one minute timeout for overtime

Fouls

19. Lane violation

- a. Enter the lane prior to the release of the free throw
- b. 5th/6th grade boys, 6th grade girls – shooter foot on/over the line before, during, or after the shot

- c. 5th grade girls may cross the line after the shot
- d. 4th grade – may shoot from one foot in front of the line and may jump ahead without penalty.

20. Bonus

- a. Double bonus after 7 fouls in a half

21. Foul out

- a. After 5 fouls, including technical fouls

Defense

22. Man-to-man defense only

- a. Zone is not permitted
- b. Man-to-man is defined by:
 - i. Each player must be in close proximity to player he/she is guarding
 - 1. Exceptions
 - a. Weak side – if the offensive player is on the weak side, the defensive player may be in the lane but not beyond the midline of the half court marked by the rim (or have one foot only in the paint)
 - b. Players who in the referee's opinion are trying to find the offensive player they are guarding and not actively guarding an area.
- c. Violation
 - i. 1st violation – warning
 - ii. 2nd violation - warning
 - iii. 3rd violation and each subsequent – technical foul
- d. Double teaming
 - i. Players are allowed to double team the ball as long as they are not guarding a region but rather the player with the ball.
 - ii. This can only occur if the offensive player with the ball being double teamed comes into the double teaming defensive player's area. When the double teaming defensive player leaves the offensive player with the ball, they must return to the unguarded offensive player.
- e. Press

- i. Must be man-to-man. Any player playing an area will be considered to be playing a zone as above.
- ii. Is allowed:
 - 1. 4th, 5th, 6th grade – last 2 minutes of each half
 - 2. If a team is winning by less than 15 points. If winning by 15 points or more they may not press.

Conduct

Section 2 rules for coaches, players and fans. If a fan is asked to leave by the official they will not be allowed to return to any more games that season. They may appeal to the board of representatives of the ADKYBL. This needs to be enforced by the teams coach.