

# Basketball 2023-2024



HALL COUNTY PARKS & LEISURE

# Philosophy



- It is the goal of the HCPL athletic staff to provide a recreational league that allows the youth of our county to have fun and learn life skills through organized athletic activities. This is aimed at ensuring an equal and fun atmosphere that offers a positive learning experience for all that are involved. It is important that the fundamentals of the game are taught in a way that allows for participants to learn and develop in a competitively relaxed setting.

# Our Expectations for Coaches



- Insist that your players & fans demonstrate good sportsmanship toward the opposing team and the officials.
- Insist that all of your players demonstrate grace in winning & dignity in losing.
- Do not teach, tolerate, or allow taunting of other teams, “trash talking,” or foul language at any point.
- **LEAD BY EXAMPLE:** Compliment good plays by opposing players and do not get confrontational with officials, coaches, players, or fans.

# Mandatory Reporting Policy



- All coaches who are a part of Hall County Parks & Leisure are responsible to report any reasonable suspicion or knowledge of abuse to minors, including inappropriate touching, sexual or physical abuse, child endangerment, or neglect to Hall County Risk Department or an Immediate Supervisor or League Director.
- All Coaches are subject to this and is a mandatory policy to agree to once becoming a coach for Hall County Parks & Leisure

# Zero Tolerance Policy



- The Zero Tolerance Policy is in effect for the entire season.
- This includes all coaches, athletes, and fans.
- **Anyone that is ejected from a game is automatically ineligible to be at the next game.** Further suspension will be reviewed and decided by HCPL staff.
- A second offense will result in a suspension for the remainder of the season.
- Coaches are responsible for their team's parents.

# Background Checks



- We will require all coaches are on teams complete a full background check through NAYS.
- Go to [www.nays.org](http://www.nays.org) and create your coaches profile where it says register.
  - Page1: Fill out all required information to create an account and select youth sports coach.
  - Page 2: Fill out all required information and select what age group that you will be coaching.
  - Page 3: Select Hall Co. Parks & Leisure for affiliated organization, once selected, Select NAYS coach at bottom of page.
  - Once steps are completed, go back to dashboard and press Background Check. We will pay for background check itself but will be unable to pay for any additional trainings that NAYS offers.
  - Once background check is selected you may checkout and submit consent to have the background check take place.

# Bench Rules



- Only approved coaches or scorekeepers will be allowed in the bench area.
- Each team is allowed one head coach, one assistant coach, and a scorekeeper to be present in the bench area.
- Anyone that does not have a BGC on file with HCPL will not be allowed in the bench area.

# Important Dates



- Week of November 13<sup>th</sup> – Game Schedule Begins (K-3/Elite)
- Week of November 28<sup>th</sup> – Game Schedule Begins (Rec 4<sup>th</sup>-8<sup>th</sup>)
- Game schedule will go through 12/20 and then break for Christmas and New Years (will resume after the first of the year).



# Recreational League



# Recreational League Philosophy



- It is the goal of the HCPL athletic staff to provide a recreational league that allows the youth of our county to have fun and learn life skills through organized athletic activities. This is aimed at ensuring an equal and fun atmosphere that offers a positive learning experience for all that are involved. It is important that the fundamentals of the game are taught in a way that allows for participants to learn and develop in a competitively relaxed setting.

# Game Time Layout



- Games will be scheduled on 1 hour, 15 minute time blocks
- Games will be 1 hour.
- The time blocks will be as follows:

- Weekdays

- ✦ 5:45-7:00
- ✦ 7:00-8:15
- ✦ 8:15-9:30

- Saturdays

- ✦ 9:00 – 10:15
- ✦ 10:15 - 11:30
- ✦ 11:30 - 12:45
- ✦ 12:45 - 2:00
- ✦ 2:00 - 3:15
- ✦ 3:15 - 4:30
- ✦ (this could be extended if needed)

# Game Schedule Outline



- Game schedule will begin the week of 11/13.
- K-3<sup>rd</sup> Grades should conclude by Mid-February
- 4<sup>th</sup>-8<sup>th</sup> Grades should conclude by the end of January or early February

# Recreational League Outlines



## K – 3<sup>rd</sup> Grade

- Will play primarily on Saturdays until older age groups finish games. They could possibly conclude with a few week day games if needed.

## 4<sup>th</sup> – 5<sup>th</sup> Grades

- Will play weekday games on a Tuesday/Friday Set-up.

## 6<sup>th</sup>-8<sup>th</sup> Grades

- Will play Monday, Tuesday, Thursday, or Friday.

# Uniforms



- NBA replicas will be used for all Recreational League teams.
- Elite teams must supply their own uniforms, but must adhere to the uniform stipulations set forth by HCPL. No taping of numbers are allowed. (See Complete Rules and Regulations for details)
  - Legal Numbers – 0-5 or any combination of it.
- Home teams will wear the white/light side of their jersey. Away teams will be the darker side.

# Prominent Rule Outline



- New Rule; Teams can start the game with four players. There is no grace period, game time is game time.
- K-5<sup>th</sup> Grade Boys will use a 28.5 basketball; 6<sup>th</sup>-8<sup>th</sup> Boys will use a 29.5
- For all divisions, the scoreboard will remain on regardless of the score (no resetting of score).
- After the 3<sup>rd</sup> quarter has elapsed and there is a 30-point lead by a team the clock will run continuously except for injuries & timeouts (see mercy rule).

# Prominent Rule Outline



- K-1<sup>st</sup> – 3 point arc press in effect
  - Players will have 15 sec. from the time the ball is in-bounded to break the three-point line.
  - Defense can come out after the ball breaks the three-point line.
- 2<sup>nd</sup>-3<sup>rd</sup> – Half court press in effect
- K-3<sup>rd</sup> - Fast break rule
  - No passing up court to gain advantage, dribbling fast breaks are allowed.
- K-3<sup>rd</sup> - Correctable violations in the backcourt.
  - If a ball does role out of bounds in the backcourt, it will result in a turnover.



# Prominent Rule Outline



- Half Court Press – 2<sup>nd</sup> – 3<sup>rd</sup> Grades Only
- One coach is allowed on the court for Kindergarten and 1<sup>st</sup> Grade.
  - Coaches must stay between the time lines.
  - No coaches under the basket at anytime.
- Full Court Press – 4<sup>th</sup> – 8<sup>th</sup> Grade Rec and All Elite
  - If one team gains a 15 point advantage, they will not be allowed to full court press (Recreation League Only)

# Prominent Rule Outline



- Overtime:
  - No overtime in the Recreational League.
  - Elite Only - 2 minute overtime. If the game is still tied after the two minute overtime, the game will finish with a sudden death overtime. First team to score will win. Free-throws do count as a scoring play.
  - Elite League will follow this format until there is a winner, regardless of the time limit.
  - Teams in overtime will only receive one timeout. NO timeouts will be carried over from regulation. No timeouts in sudden death overtime.

# Prominent Rule Outline



- Free throw – players can move on release
- 3-Point Shots
  - Will count for all age groups
  - If fouled while attempting a 3 point shot, they will receive 3 free-throws

# Prominent Rule Outline



- Equal Playing Time
  - Players must play one full quarter in the 1<sup>st</sup> half (10 minutes required) and part of a quarter in the 2<sup>nd</sup> half of the game (5 minutes required).
  - Although this is our baseline rule, we encourage that all players get as much playing time as possible and that it done equally across all players.

# Complete Rules and Regulations



- Available at:
  - [https://cdn1.sportngin.com/attachments/document/7482-2565426/Basketball\\_Rules\\_and\\_Regulations\\_2022-2023.pdf?\\_gl=1\\*1j2g1ab\\*\\_ga\\*MTY5OTMxNTIoMy4xNjY3NDIxNzQ5\\*\\_ga\\_PQ25JN9PJ8\\*MTY2NzQyMTc1MC4xLjEuMTY2NzQyMTgzMS4wLjAuMA..#\\_ga=2.119408777.1202132876.1667421776-1699315243.1667421749](https://cdn1.sportngin.com/attachments/document/7482-2565426/Basketball_Rules_and_Regulations_2022-2023.pdf?_gl=1*1j2g1ab*_ga*MTY5OTMxNTIoMy4xNjY3NDIxNzQ5*_ga_PQ25JN9PJ8*MTY2NzQyMTc1MC4xLjEuMTY2NzQyMTgzMS4wLjAuMA..#_ga=2.119408777.1202132876.1667421776-1699315243.1667421749)

# Coaching Drills



- K-1<sup>st</sup> Grade

<https://youtu.be/Mb2z3nzOFDE?si=cisUjhYxHZWnTC7V>

<https://youtu.be/WOsNcAfuPAk?si=ydqwmdXKCr8PHetm>

[https://youtu.be/-viReV-\\_IOQ?si=sYHpbek6G7raVFd2](https://youtu.be/-viReV-_IOQ?si=sYHpbek6G7raVFd2)

- 2<sup>nd</sup>-3<sup>rd</sup> Grade

<https://youtu.be/Dikg7f870iM?si=RNeJqLjbvoRswv5U>

<https://youtu.be/Cm34CslixC4?si=B3MvLoh4LiD8jQBw>

- 4<sup>th</sup>-8<sup>th</sup> Grade

[https://youtu.be/\\_cGfvoLibN4?si=3\\_BhDcA1UhkgpZvO](https://youtu.be/_cGfvoLibN4?si=3_BhDcA1UhkgpZvO)

- General

<https://youtu.be/mjQY1epTRto?si=PczJV2kzQuM3nAzU>

[https://youtu.be/-3ZQ7rK\\_Rzc?si=PWRO0O-qKQCYNwFA](https://youtu.be/-3ZQ7rK_Rzc?si=PWRO0O-qKQCYNwFA)