

Youth Basketball League

Equipment: Jewelry is prohibited. Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.

Division: 5-6 yrs and 6-7 yrs

PLAYING RULES

5.01 Coaches will act as referees during games – Coaches should use discretion in calling fouls and violations.

5.02 There will be no scorekeeping in order to focus on development rather than on the outcome.

5.03 Games will consist of (2) continuously running 20 minute halves which will be kept by one of the coaches. A 5 minute halftime will be observed. Each team will get (2) time-outs per half lasting 1 minute each. There are no overtime periods.

5.04 The rims will be set to (7) feet in the 5-6 division and (8) feet in the 6-7 division. Grabbing and/or hanging on the portable rims is not permitted.

5.05 All players need to play 8-12 minutes per half, and 20 minutes per game.

5.06 The home team will inbound the ball from the baseline to begin the game. The home team will be determined by which team is listed first on the schedule. Possession will alternate if it is not clear who the ball went out of bounds off of, and at the start of the second half.

5.07 There will be no free throws. The ball will be inbounded to re-start play.

5.08 Defensive Philosophy:

There will be no man-to-man defense, full court, or ½ court pressure. All defensive players must play a zone. There will be no reaching in. The only time a defensive player can steal the ball is when a pass is thrown or there is a loose ball.

5.09 Substitutions must be made during a dead ball situation.

5.10 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the

wound covered. An athlete is required to remove, change or cover any article of clothing that has blood.

Division: 7-8 yrs

PLAYING RULES

5.01 Coaches will act as referees during games – Coaches should use discretion in calling fouls and traveling.

5.02 There will be no scorekeeping in order to focus on development rather than on the outcome.

5.03 Games will consist of (2) continuously running 20 minute halves which will be kept by one of the coaches. A 5 minute halftime will be observed. Each team will get (2) time-outs per half lasting 1 minute each. There are no overtime periods.

5.04 The rims will be set to (9) feet in the 7-8 division. Grabbing and/or hanging on the portable rims is not permitted.

5.05 All players need to play 8-12 minutes per half, and 20 minutes per game.

5.06 The home team will inbound the ball from the baseline to begin the game. The home team will be determined by which team is listed first on the schedule. Possession will alternate if it is not clear who the ball went out of bounds off of, and at the start of the second half.

5.07 There will be no free throws. The ball will be inbounded to re-start play.

5.08 Defensive Philosophy:

Teams can play zone or man-to-man defense, but cannot apply full court or ½ court pressure. There will be no reaching in. The only time a defensive player can steal the ball is when a pass is thrown or there is a loose ball.

5.09 Substitutions must be made during a dead ball situation.

5.10 A player who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered. An athlete shall not continue competition unless the bleeding is controlled and the wound covered. An athlete is required to remove, change or cover any article of clothing that has blood.

5.11 Implementation of Progression Plan:

In order to better prepare kids for the 9-10 age group in which they will be playing "real" basketball, we will be focusing on something and/or implementing something new each week. Rules will accumulate.

Week 1 (through game 1): Intro, fundamentals, basic team principles.

Week 2: Offensive principles - Moving the ball, moving without the ball, picks, cuts.

Week 3: Defensive principles - Help defense, man-ball, positioning without reaching.

Week 4: Cover traveling in practice, stop play in the game for blatant travels.

Week 5: Cover double dribbles in practice, stop play in the game for blatant double dribbles.

Week 6: 1/2 court pressure allowed for the final 5 minutes of each half.

Week 7: Lining up for jump balls and free throws covered at practice. Game will start with a jump ball, we still will not shoot free throws. Just too time consuming for the game.

Coaches Code of Ethics

I hereby pledge to provide positive support, care and encouragement for the children. I am coaching in youth sports by following this code of ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well-being of a child ahead of any personal desire to win.

I will insist that we play in a safe and healthy environment.

I will demand a drug, alcohol, and tobacco-free sports environment for the children, and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not adults.

I will do my very best to make youth sports fun for the children.

I will expect the children to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will always be available to discuss any issues with parents concerning their child in a private environment.

I will encourage teamwork and camaraderie.

I will continue to be a student of the game.

I will always be fair and treat everyone equally when discipline is required.

I will have organized and structured practices.

Parents Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this code of ethics:

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports events.

I will place the emotional and physical well-being of my child ahead of any personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.

I will demand a drug, alcohol, and tobacco-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.

I will remember that the game is for children and not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

I will always address any issues with my child's coach in private.

I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.