

# Youth Basketball



## PLAYER HANDBOOK

Carmichael Recreation and Park District

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# Youth Sports Player Code of Conduct

The objective of all CRPD Sport Programs is to provide the opportunity for participants to benefit from a quality recreational activity which encourages fitness, healthy competition, fun and community building in the form of organized sports.

Any behavior that violates this code of conduct may result in disciplinary action by the league. Officials may stop the game and alert the coach of this behavior. Officials may warn players directly and may involve recreation staff. Recreation staff may ask anyone to leave the games and/or facility if deemed necessary. Escalation may result in forfeited games, and/or additional disciplinary action by league administrators.

1. Play to have fun, regardless of outcome. Enjoy every moment on the court
2. Always demonstrate a high degree of sportsmanship and encourage teammates to do the same
3. Respect all coaches, teammates, opponents, officials and recreation staff
4. Obey the rules of the game and play within the spirit of the rules
5. Official/Referee decisions are final, trust their judgement and integrity. Do not argue with or complain about their calls or decisions
6. Learn and listen to the coaches. Cheer for your team and make only positive comments; do not taunt, boo, or distract your opponents.
7. Always maintain self-control. Fighting and mouthing off can hurt your team and spoil the game for everyone. Do not do anything to deliberately hurt or injure any other players.
8. Refrain from using any derogatory, offensive, and/or harassing behavior or language. Uphold a positive atmosphere on the court, in the field, the stands, the sidelines, the parking lot and all areas relating to the program
9. Support your team and show respect for the opposing team before, during and after the game, no matter the result.
10. Adhere to the no eating or drinking rule within La Sierra Community Center gyms. Sealed water bottles are allowed in the gyms but must be picked up before leaving.
11. Be humble in victory and gracious in defeat.
12. Take responsibility for your own behavior.

**All CRPD Sport Leagues are recreational.** While friendly, competitive games are welcome, these are not competitive-style leagues. Encourage good sportsmanship, effort, improvement and enjoyment for playing over everything else.

Concerns, complaints or issues with any aspect of the leagues can be submitted to the league administration via email:

- Tyler Tulowitzki, Recreation Coordinator – [ttulowitzki@carmichaelpark.com](mailto:ttulowitzki@carmichaelpark.com)
- Cameron Wiggins, Recreation Supervisor – [cwiggins@carmichaelpark.com](mailto:cwiggins@carmichaelpark.com)

# Spectator Code of Conduct

The objective of all CRPD Sport Programs is to provide the opportunity for participants to benefit from a quality recreational activity which encourages fitness, healthy competition, fun and community building in the form of organized sports.

Any behavior that violates this code of conduct may result in disciplinary action by the league. Coaches/Teams are responsible for their spectators. Officials may stop the game and alert the coach of the disruptive person(s). Officials may warn spectators directly and may involve recreation staff. Recreation staff may ask anyone to leave the facility if deemed necessary. Escalation may result in forfeited games, and/or additional disciplinary action by league administrators.

1. Always demonstrate a high degree of sportsmanship and encourage all others to do the same
2. Respect all players, coaches, officials and recreation staff. Respect all other spectators.
3. Official/Referee decisions are final, trust their judgement and integrity. . Do not argue with or complain about their calls or decisions
4. Cheer for your team and make only positive comments; do not taunt, boo, or distract your opponents.
5. Derogatory, offensive, and/or harassing behavior or language is prohibited. Uphold a positive atmosphere in the stands, the sidelines, the parking lot and all areas relating to the program
6. Support your team and show respect for the opposing team before, during and after the game, no matter the result.
7. All bells, horns, whistles and other noise makers are prohibited. Throwing confetti, debris or any other objects is prohibited.
8. I will adhere to the no eating or drinking rule within La Sierra Community Center gyms. I understand that water bottles are allowed in the gyms but must be picked up before leaving
9. Respect the law. All local, state or federal laws must be followed. All Carmichael Recreation and Park District Policies and Procedures are in effect and must be adhered to.
10. Take responsibility for your own behavior.

**All CRPD Sport Leagues are recreational.** While friendly, competitive games are welcome, these are not competitive-style leagues. Encourage good sportsmanship, effort, improvement and enjoyment for playing over everything else.

Concerns, complaints or issues with any aspect of the leagues can be submitted to the league administration via email:

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# Elementary School Basketball League Rules

## **Teams**

- Teams will have only five players on the court during play. More than five will be a technical foul. Two points and the ball will be awarded to the opposing team.
- A team can play with a minimum of four players. Three players and below will be an automatic forfeit.

## **Timing**

- The game is divided into four quarters, 8 minutes each quarter
- The clock continuously runs during quarters (even free-throws) except for the last two minutes of the 2nd and 4th quarters.
- Approximately 1 minute between quarters and 3 minutes for halftime.
- Timeouts: Each coach has two time-outs per half. Time-outs do not carry over from half to half or into overtime. One time-out per team is given for overtime period. Time-outs are approximately 45 seconds.
- Overtime: In the result of a tie at the completion of four quarters a 2-minute overtime period will be played. If the game remains tied after the 2 minutes have expired, the game ends in a tie.
- Substitutions: All players substituting into the game must check in with the score table. Players should not run directly from the bench onto the court to sub into the game.
- In 2nd & 3rd grade ONLY, on dead balls in the last one minute of the 4th quarter the game clock will not start until the ball reaches half court. (Games that have a 10-point difference or more will not abide by this rule).
- Teams only have ten seconds to advance the ball past half court.

## **Scoring**

- Any basket from the floor scores two points (no three-pointers). One free-throw counts as one point.
- The team that is ahead at the end of the game is declared the winner.
- Technical fouls will score two automatic points and ball possession for the opposing team.
- If a team is ahead by more than 15 points, the score will be kept on paper only and the score board will only show a maximum of 15-point difference.

## **Putting the ball into play**

- Jump ball in the center jump circle will start the game.
- Throughout the game, the alternating possession rule will be used when the ball is tied up between two opposing players, or when an out of bounds ball possession is uncertain.
- After each successful basket or free throw, the ball is put into play at the end of the court by the team against whom the score was made.
- PRESSING:
- 2nd and 3rd grade levels are NOT allowed to full-court press at all during the game.

- 4th – 6th grade levels can only full-court press during the last two minutes of the fourth quarter and any overtime period.
- If a team has a lead of 10 points or more by the last two minutes of the fourth quarter, then the team with the lead CANNOT press during this time.
- If a team has a lead of 10 points or more during anytime of play, coaches must call off any half-court press or trap defense.
- Violations of these pressing rules will result in a technical foul on the Coach.

### **Violations**

The penalty for a violation will be the awarding of the ball to the opponents at the nearest out of bounds point. The following are violations.

- Traveling – taking more than one step with the ball without passing, dribbling, or shooting
- Stepping out of bounds with the ball, last touching the ball which goes out of bounds.
- Double Dribble – a second series of dribbling without another player handling the ball, palming (not clearly batting) the ball or dribbling the ball with both hands at once.
- Stepping out or over a restraining line during a jump ball or free-throw.
- Intentionally kicking the ball.
- Remaining in the key more than three seconds by the offensive team under their offensive basket (Three seconds start once the ball crosses half court).

### **Personal Fouls**

- Personal fouls are things like holding, pushing, hacking, tripping, charging, blocking, and unnecessary roughness.
- The following acts are a foul when committed against a ball handler/dribbler:
  - Placing two hands on the player
  - Placing an extended arm bar on the player
  - Placing and keeping a hand on the player
  - Contacting the player more than once with the same hand or alternating hands
- When a foul is called, the referee will signal the number of the player who committed the foul to the scores table.
- If the foul was committed on the ground, then the ball will be awarded on the sideline.
- If the foul was committed while shooting, then two free-throws will be awarded (unless basket was made then only one free-throw will be awarded).
- All fouls committed in the last two minutes of the 2nd and 4th quarters are automatic free throws including offensive fouls.
- Each player only gets 5 personal fouls called against him/her. Once the fifth foul is called, that player is disqualified and cannot play the rest of the game.

## **Technical Fouls**

- Include failure to report substitution, delay of game, unsportsmanlike or disrespectful conduct (players, coaches, and fans).
- Any technical foul is an automatic two points for opposing team.
- Technical fouls and personal fouls are combined.
- An unsportsmanlike technical foul results in immediate expulsion for the remainder of the half. Depending on the severity, an unsportsmanlike technical foul may result in immediate expulsion for the remainder of the game (decided by the referee and coordinator).
- A technical foul may accompany a personal foul. If the personal foul warrants free throw(s), the fouled player will take shots without players on the free throw lanes. The ball is then awarded out-of-bounds at half court to the team who was fouled.
- Coaches' technical fouls will be given after the official first warns the offender to stop directing unnecessary, rude, and uncalled for comments to the officials. If a coach fails to comply, a technical can be called on the offending coach. No coach will yell at or make rude comments to an official.

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## **Officials**

- Officials will be assigned to all games by the Recreation & Park District and will have complete charge of the games.
- They have the power to banish any player, coach, fan from the game or gym for misconduct delaying the game, or any other reason deemed necessary for the good of the game.
- Remember this is a RECREATION league (not competitive) please always be respectful to officials. If you have a concern about an official, please talk to the league coordinator.
- Continuous disrespectful behavior by a coach will result in a request to step-down as coach for the remainder of the season.

# Middle School Basketball League Rules

## **Goals and Objectives of League:**

- To better provide a recreational basketball program in which all interested 6th – 8th grade boys and girls may actively participate.
- To instruct and develop fundamental and basic skills pertaining to basketball.
- To develop and encourage those attributes relating to good sportsmanship.
- To emphasize a sense of team unity and de-emphasize personal or individual play.

## **Equipment:**

- Each recreation and park district will furnish basketballs, jerseys and other necessary equipment for their own teams.
- NO jewelry will be allowed during play.
- All players must wear tennis shoes.

## **Player Eligibility:**

- All boys and girls must be in the 6th, 7th or 8th grade.

## **Registration:**

- All players must be listed on the roster provided by each recreation and park district.
- A team using players not registered, or registered for another team shall forfeit all games in which said players took part in.
- No new players may be registered after the first week of games. Special exceptions will be authorized by league administrators only.

## **Teams:**

- Teams will have only five players on the court during play. More than five will be a technical foul. Two points and the ball will be awarded to the opposing team.

## **Scoring:**

- Any basket from the floor scores two points, except 3-point line will be three points and a free throw, one point. The team that is ahead at the end of the game is declared the winner.
- Technical fouls will score two points for the team awarded the foul, plus loss of possession when applicable.

## **Timing:**

- There are four 9-minute running quarters.
- Stop time will be played during the last two minutes of the 2nd and 4th quarters.
- Three minutes between halves.
- One minute between quarters.
- Each team has two-time outs per half.



- In cases of tie games, overtime period will be two minutes stop time with one time out permitted for each team. Previous time outs from the regular time period do not carry over. Only one overtime period is allowed and then move onto sudden death which will last an additional 2 minutes at maximum.
- Sudden Death will occur if the game remains tied after the first overtime period. In this case, the team to score first will be declared the winner.
- All players must play a minimum of 9 minutes throughout the game as coach deems.
- All coaches are encouraged to actively play as many players as possible during the regular game.
- The maximum deficit shown on the scoreboard will be limited to 20 points, after that the accurate score will be reflected on the scoresheet and will be adjusted on the scoreboard properly moving forward. If the deficit between two teams reaches 20 points the clock will continue to run including inside of 2 minutes of each half, the clock will only stop for time outs and injuries at that point. No full court press is allowed for the team up by 20+.

### **Putting the Ball into Play:**

The penalty for a violation shall be awarding of the ball to the opponents at the nearest out-of-bounds point. The following are violations:

- Traveling: Taking more than one step with the ball without passing, dribbling or shooting.
- Stepping out of bounds with the ball or last touching the ball which goes out of bounds.
- Double Dribble: A second series of dribbling without another player handling the ball, palming (not clearly patting) the ball, or dribbling the ball with both hands at once.
- Stepping out or over a restraining line during a jump ball or free throw.
- Kicking the ball.
- Remaining in the key more than three seconds by the offensive team under their offensive basket.

### **Personal Fouls:**

- Personal fouls are holding, pushing, hacking (striking), tripping, charging, blocking and unnecessary roughness.
- If a player is fouled during the act of shooting and the basket is missed, the player receives two foul shots. Exception: 3-point attempts get 3 foul shots.
- If a player is fouled during the act of shooting and the basket is made, the player receives the made basket and 1 free-throw shot.
- A player who has 5 personal fouls is disqualified from the game and must go to the sideline.
- Team Penalty – Two Free Throws after 5 team fouls in quarter. Once a team reaches 5 fouls in one quarter, two free throws are awarded for every common foul thereafter. The total number returns to zero at the start of each quarter.

### **Technical Fouls:**

- Technical fouls include unsportsmanlike or disrespectful conduct.
- Players receiving technical fouls must sit out the rest of the half.
- Technical fouls are also counted as personal fouls.
- Two technical fouls call for immediate expulsion for the remainder of the game, both regulation and overtime.
- A player may be removed from play without any previous technical foul if the official determines the act warrants such action.
- A player receiving two technical fouls or is removed from the game by the officials due to extreme unsportsmanlike conduct or vicious personal fouls is suspended and cannot play in the next scheduled game (including playoff games).
- Subsequent personal and technical fouls: A technical foul may accompany a personal foul. If the personal foul warrants free throws, the fouled player shall take such shots without players on the free throw lines and then their team is awarded the ball at half court.
- Technical fouls award opposing team two points and the ball.

### **Officials:**

- Officials will be assigned to all games by the recreation and park districts and will have complete charge of the games. They shall have the power to banish any player, manager, or any other person from the game or gym for misconduct, delaying the game, or any other reason deemed necessary for the good of the game.
- Any player banished from the game will not be allowed to direct remarks toward the officials during the remainder of the game, even though such players or managers are in the spectator area. Officials shall report all action of players banished from the game and any player who continues to direct remarks toward officials shall be suspended from further play in the league.
- For all rules, regulations, or incidents not specifically identified above the referees will follow the NFHS High School Rules.