

Table of Contents

Introduction	2
Basketball Committee List	3
Privileges and Obligations as a Coach	4
Basketball Coach's Code of Conduct	5
Problem Resolution	6
2008-2009 BPAA Basketball Rules	7
Team Rosters	8
Player participation	9
Substitution of Players, Substitute players	9-11
Uniforms & Equipment	11
Game Start & Forfeits	11-12
Length of Games	12
Time Outs	13
Fouls & Technical Fouls, Illegal Offenses/Defenses	13-14
Game Protests, Refs and Officials	15
Coaches, Players and Fans Responsibility	16-17
Harassment Policy	17-18
Disciplinary Action	18-20
In case of Injury	20-21
Cancellation of Practices	21
General Rules for Each Grade Division	21 - 23
Grade Level Performance Standards	24 - 26
Sample Practice Schedule	26
Shooting Mechanics and Check List	27 - 28
Defensive Position	29
Basketball Practice Drills	30 - 32

Introduction

Dear Coach & Assistant Coach,

On behalf of the Brooklyn Park Athletic Association(BPAA), we extend our sincere thanks to you for volunteering your time to support the youth of our communities. We appreciate and applaud the commitment you have made in dedicating your free time to this basketball program. Hopefully, this season will be a rewarding experience for both you and your team. **Without you, this program could not be accomplished.**

Throughout the many hours on and off the court, please keep in mind **BPAA's philosophy is that of providing organized sports in a positive and constructive atmosphere for all players.** If at anytime you have a question or need help with an issue, feel free to contact your League Commissioner.

This booklet is the Basketball Committee's attempt to provide Coaches with information about practice schedules, coaching techniques, coaching aids and basic basketball skills. Within this booklet you will also find information on how to resolve issues should they occur.

Through the experiences you encounter throughout the season, please know the committee is here to support you. If you have ideas on how this booklet and/or the program can be improved, please communicate this information to your league commissioner or member of the committee.

Once again, thanks for your help. Have a great season!

Your 2008-2009 Basketball Committee

Brooklyn Park Athletic Association 2008-2009 Basketball Program Committee

Elementary League	Phone	Email Address
-------------------	-------	---------------

Jerry Gamber	763-493-3930	Jerry.Gamber@ferguson.com
Don Kovacovich	763-424-8690	DAK@WexfordFinancial.com
Mike Bertrang	763-493-4874	mbertrang@uswaterservices.com
Courtney Cassem	763-493-4573	ccassem74@gmail.com

Junior/Senior Leagues	Phone	Email Address
-----------------------	-------	---------------

JERRY GAMBER	763-493-3930	
	Jerry.gamber@ferguson.com	
Patti Littrell	763-561-0915	pjlitt@aol.com
Courtney Cassem	763-493-4573	
		ccassem74@gmail.com

Equipment Manager	Phone	Email Address
-------------------	-------	---------------

Website: www.bpaasports.org

BPAA Basketball Elementary Basketball Program

Privileges and Obligations as a Coach

I understand all that is expected of me is I do my best, the same standard I will apply to all of my players. I also understand my success as a BPAA Coach is not measured by my team's win-loss record, but in how well I succeed in providing a positive learning experience while promoting a fun playing environment for every member of my team.

I have the right to coach in my own manner when assigning positions, emphasizing particular aspects of the game, holding a reasonable number of practices and in all other positive aspects under my jurisdiction as a Coach. I understand the BPAA Basketball Committee will support me in my coaching privileges, in which if I have any problems, I can call on any member of the Committee to help me in any way they can.

I understand my actions and the manner in which I coach will have a profound influence on my players' attitude toward sports and their future participation in this program.

I further understand that few things I do in my leadership role as a Coach will set a better or poorer example for the youth on my team and our fans than my conduct during a game. I know it is my responsibility as a Coach to remain with the members of my team at practices and game sites until all players have been picked up. No player shall be left alone until a parent or family member picks them up. We require two adults be present at all practices and games.

I will require my team members and request my team's fans not to ridicule any member of the other team or the Official(s). I will do my best by example, and instruct my team members of all the qualities of good sportsmanship whether it is before, during or after a game.

I have the right to question a Referee's decision, but I will do so calmly and quietly by requesting a time-out or through whatever method is appropriate, so to discuss the matter with the Official(s). Any communication with the referees must be done through the **HEAD COACH**.

Basketball Coach's Code of Conduct

As a Coach, my conduct will set the standard for the influential youth on my team. For many of my players, this team experience may not be repeated and will never be forgotten. My goals are to teach skills and sportsmanship, and to allow all the members of my team to have fun.

In my influential role as Coach, I will adhere to the following code of conduct:

1. I will set a good example by my actions and words.
2. I will be fair and treat all players equally.
3. I will teach and require good sportsmanship of my players at all times.
4. I will adhere to the B.A.B. rules of participation and fair play.
5. I will treat players, Coaches, fans and Officials with respect.
6. I will be available to discuss the concerns of my players and parents.
7. I will motivate players with praise and instruction, not put downs.
8. I will keep my team environment alcohol and drug free.
9. I will do my best to make youth sports fun and safe.

All assistant coaches must sit on the bench during the entire game. Only Coaches can stand in the team bench area, defined as the rows of chairs flanking the scorer's table.

Problem Resolution

There are occasional conflicts between coaches, parents and referees. As a means to “police” our program, we have established the following plan to evaluate and resolve complaints, and determine appropriate action.

1. If possible, complaints should be resolved by the Coach.
2. Complaints that cannot be resolved by the Coach should be directed to the League Commissioner. The League Commissioner will discuss the complaint with the Coach and/or plaintiff for resolution, and inform the Basketball Committee Chairperson of the complaint.
3. Depending on the nature of the complaint, the Chairperson may resolve repetitive or chronic complaints according to the Basketball Program’s Disciplinary Action Policy.
4. BPAA Officers will be kept informed of any serious complaints and any subsequent disciplinary action.

BPAA BASKETBALL

ELEMENTARY BASKETBALL PROGRAM 2008-2009 RULES AND POLICIES

THE PURPOSE OF THE BPAA IS TO BENEFIT THE PHYSICAL, MENTAL, MORAL AND CHARACTER DEVELOPMENT OF ITS MEMBERS AND OF THE YOUTH IN OUR COMMUNITY BY PROVIDING MAJOR SPORTS PROGRAMS AND ACTIVITIES FOR BOYS AND GIRLS, REGARDLESS OF ABILITY OR FINANCIAL STATUS.

ALL GRADE DIVISION GAMES ARE PLAYED ACCORDING TO THE CURRENT OFFICIAL MINNESOTA STATE HIGH SCHOOL LEAGUE RULES FOR BASKETBALL, EXCEPT AS STATED IN THIS DOCUMENT AND REFERENCED SUPPLEMENTARY RULES.

RULES AND POLICIES FOR ALL GRADE DIVISIONS

1. TEAM ROSTERS:

The League Commissioner will have given each coach the official team roster for the members of his/her assigned team as well as an official team roster for each team within their grade division.

Team rosters consist of a minimum of seven (7) players and a maximum of nine (9) players, depending upon overall registrations in each grade division. The Basketball Committee Chairperson, League Commissioner and assigned Coach must approve team rosters of six (6) or ten (10) players.

Players have been assigned to team rosters on a first-come, first-serve basis, grouped first by grade and public school. The Basketball Committee determined which team a player is assigned to. Although the league has attempted to accommodate certain team requests, they have only been taken into account given no one team is "stacked" over another. If an insufficient number of players have registered to play at a school, or more than enough to form a full team, players may have been divided and blended with members from other schools to form teams.

All players who have registered after the normal registration period have been assigned to a team by the Basketball Committee Chairperson and/or League Commissioner based on what team has required an added player. Late registrants have no guarantee on which team they be placed and in no way have teams been reformed as a result of a late registrant.

The program is for children currently registered in school grades second through fifth. Players have been assigned to only one team, and must play in their respective grade division on that assigned team only.

No player shall participate in the basketball program before being properly registered. This means a signed registration form and payment has been received by the league. **There will be NO EXCEPTIONS to this rule.** A player whose name appears on a traveling roster for the basketball season is ineligible for the BPAA Basketball program. If a player has participated in more than three traveling tournaments

during the BPAA season (November 1-March 10), they are also ineligible to participate in this program.

2. PLAYER PARTICIPATION (This applies to both 3-on-3 and 5-on-5):

Each player must play a minimum of two full quarters per game unless:

- a) A player is injured.
- b) A player fouls out.
- c) A player is ejected or removed from the game for disciplinary reasons. If a player fouls out or is ejected from a game, their minimum playing time is forfeited.
- d) A player has registered late to the program in which they are required to attend (2) two scheduled practices prior to being allowed to participate in any scheduled game. **If a player is ineligible to play in a game, the coach must inform the opposing Coach and Referees before the start of the game.**
- e) **If a player is being restricted from playing for disciplinary reasons, the coach must inform the opposing Coach and Referees before the start of the game.**

NOTE: A player who did not play the first quarter of a game must play the second quarter. Players sitting out the second quarter must play the third. No player will sit 2 consecutive quarters during a game. If a player has not arrived by the start of the second quarter, that player will only be guaranteed one full quarter (3rd quarter for sure) of playing time.

If a team has only six (6) players at a game, the opposing Coach may, before the start of the second quarter only, select a player who played the first quarter not to play in the second quarter.

A player must play at least seven (7) games to be eligible for the end of the year tournament, unless he or she was out for injury or illness.

3. SUBSTITUTIONS OF PLAYERS:

- Substitution of players is allowed only in the fourth quarter except in the following circumstances:

- 1) The player is injured.
- 2) The player fouls out of the game.
- 3) The player is ejected.
- 4) Six players for a team. (See next bullet below)

In case of injury, participation in more than half the quarter constitutes a full quarter of play. The general rule is 3 or more minutes played in a quarter constitutes a full quarter of play.

- If a team has only six (6) players, they may substitute a player(s) in the third quarter, only if both players involved in the substitution have previously played both the first and second quarters.
- A player may be substituted for at mid point or later of the fourth quarter, only if he or she has previously played two full quarters and also has played the entire third quarter. (except if the team has nine (9) players—see below)

Note: Be careful when playing one player for four quarters. (See next bullet below)

- **No player may play in their fourth quarter of playing time until every other player on their team has played three quarters, or is playing in their third quarter of playing time.** When a player is playing their fourth quarter of playing time, those playing in their third quarter of playing time may not be substituted. Failure to observe this rule will result in ejection of player playing in their 4th quarter, a Technical Foul in which two points will automatically be awarded to the opposing team and the ball awarded to the opposing team.
- Teams with nine (9) players, can substitute at the mid point or later of the fourth quarter for a player who is playing in his or her third quarter even if that player sat out the complete third quarter.
- In the event of an overtime game, all players are eligible to play in the overtime sessions unless they have previously fouled out or were ejected from the game.
- If a player has an open wound or is bleeding, they may not participate in practices or games. They may resume participation when the bleeding has stopped and the wound has been properly bandaged.

4. **SUBSTITUTE PLAYERS:**

A registered player, with their Coach's approval, may play with a team in an older Grade Division to bring that team's roster up to six (6) players.

Substitute players may be used for one (1) game during the season without the League Commissioner's approval. **The League Commissioner must approve any subsequent use of substitute players.**

5. **UNIFORMS AND EQUIPMENT:**

Official team uniforms will consist of the BPAA jersey distributed to each player. The team jersey must be worn during games in order for a player to participate. No other uniform requirements apply.

Tennis shoes must be worn during physical activities at practices and games. At the start of the season, Coaches should check their players' tennis shoes to make certain they DO NOT leave marks on gym floors. Any shoes found to leave marks on the floor may NOT be worn during practices or games.

Jewelry, bracelets, necklaces, earrings, watches, belts, etc. shall NOT be worn by players during practices or games. **Tape or band aids over earrings and other jewelry is not allowed.**

Player mouth guards are recommended but not mandatory for participation.

6. **GAME STARTING TIME AND FORFEITS:**

All games will start promptly as specified on the League Schedule, or will be forfeited (score 2-0) by the team not ready to play after five (5) minutes of the scheduled game starting time.

Should a Referee(s) fail to show up after five (5) minutes of a game's scheduled starting time, each team will then supply one Referee. The substitute Referees may be a parent, Assistant Coach, or as a last resort, the Head Coach.

At least four (4) players must be ready to start the first quarter of a game, and five (5) players must play the remaining three quarters; otherwise, a team forfeits the game.

A practice game with officials may proceed after a forfeit.

7. LENGTH OF GAMES:

All games will have a one (1) hour time limit. This game time limit includes the time taken for warm ups, rules interpretation, discussion of Referee's calls, players' injuries, time outs, overtime sessions, etc.

The Referees will determine the end of the one (1) hour game time limit.

If it becomes apparent in the fourth quarter that the one (1) hour game time limit is going to be breached, the Referees will reset the clock to one (1) minute and stop clock time will be used to end the game within the game time limit. If the score is tied at the end of the game time limit, it will be recorded as a tie for both teams.

In the event of a tied game after four quarters of play, one regular overtime session of one (1) minute, stop clock time, will be played if there is sufficient time remaining in the one (1) hour game time limit. If there is not sufficient time to play an overtime session within the one (1) hour game time limit, the game shall end in a tie.

If the teams are still tied after the first overtime session and there is time remaining in the one (1) hour game time limit, they can play additional overtime sessions, within the 1 hour game time limit. If the game time limit is reached during the overtime sessions, and neither team has scored, the game shall end in a tie.

All players are eligible to play in the overtime sessions unless they have previously fouled out or were ejected from the game.

Tournament play-off games or championship games will not end with a tied score, and the 1-hour game time limit will not apply.

8. TIME OUTS:

Teams are allowed two time outs per half, non-accumulative, each consisting of one (1) minute. No time outs are allowed in overtime sessions. There are no special time outs for stoppage of the game to discuss the rules or Referees' calls.

The scorekeeper will log all time outs.

9. FOULS AND TECHNICAL FOULS:

Players foul out of the game on their fifth personal foul.

Flagrant and intentional fouls will automatically award two (2) points to the opposing team and possession of the ball out-of-bounds at half court. Flagrant fouls will also result in the ejection from the game of the offending player and will sit out the next game.

All **technical fouls**, whether called on a player on the court, or on a person on the bench, or on a team's fan(s) **will automatically award two (2) points to the opposing team and immediate possession of the ball** out-of-bounds at half court.

One and one bonus foul shots go into effect on the opposing team's seventh (**7th**) **team foul** in each half. **Two foul shots** are awarded on the opposing team's **tenth (10th) team foul** in each half. (This rule is subject to change in the high school rules.) **Note:** The team member who was fouled will be designated to shoot the two bonus shots.

On or after the **eleventh (11th) team foul** in each half, the opposing team will get **two foul shots and immediate possession of the ball** out-of-bounds at half court. **Note:** The team member who was fouled will be designated to shoot the two bonus shots.

For illegal offense and defense fouls, after a warning of the first violation, the opposing team will gain **2 bonus shots and immediate possession of the ball out-of-bounds at half court**. All illegal offense and defense team fouls will also be counted towards the total number of team fouls. **Note:** The team member who was fouled will be designated to shoot the two bonus shots.

In the event a team has only five players, and one or more of them foul out of the game (five fouls), they will be permitted to continue to play. However, the opposing team will be awarded an additional free throw and possession of the ball out-of-bounds for every additional foul made by a player who has five or more fouls.

In the event a team has six or more players and more than one foul out of the game, they will be permitted to play with five players but only with the last player(s) to foul out after reaching five players. The same free throw and possession penalty, as stated above, is in effect for those players with five or more fouls.

In the event a team has only five players remaining with less than five fouls and a player gets injured or ejected, the last player to foul out shall return to the game. The same free throw and possession penalty, as stated above, is in effect for those players with five or more fouls.

10. ILLEGAL OFFENSES AND DEFENSES:

Sending offensive players to areas of the court **beyond their limits of playing ability and participation** is considered an illegal offense. This would include “clear outs”, which is not allowed. At minimum, there need to be two players on each side of the court when conducting regular offensive plays.

Zone defenses are not allowed. A defensive player must either guard their assigned offensive player or go after the ball, not somewhere in between. Proper guarding of a player is when the defensive player is within six (6) feet of their assigned offensive player. Violation of this rule is considered an illegal defense.

2nd, 3rd & 4th grade divisions have a strict man for man defense outside of the lane with no double teaming the player with the ball. The player without the ball can only be guarded person to person. We will allow switching of guarded players.

A player without possession of the ball cannot be double, triple, etc. teamed.

The determination of an illegal offense or defense is a judgment call of the Referees and not the Coaches.

The first violation of an illegal offense or defense will result in a warning to both Coaches. The Referees will call a **team foul** for any subsequent violations resulting in the opposing team receiving **2 bonus shots and immediate possession of the ball** out-of-bounds at half court. This foul will also count towards your total number team fouls. **Note:** The team member who was fouled will be designated to shoot the two bonus shots.

11. GAME PROTESTS:

The Referees must be informed during the game that there is a protest and the reason the protest is being made.

The Coach must submit game protests, in writing, within 24 hours after the game to the League Commissioner. The Commissioner will investigate the protest and inform the Coach what decision they have made.

No protest may be filed on Referee's judgment calls.

12. REFEREES AND OFFICIALS:

The Referees will determine compliance with the rules. The Referees are in charge of the game and their decisions are final.

Should a Referee(s) fail to show up after five (5) minutes of a game's scheduled starting time, each team will then supply one Referee. The substitute Referees may be a parent, Assistant Coach, or as a last resort, the Head Coach.

Each team will be responsible for providing one parent or an Assistant Coach to serve as either the game scorekeeper or the timekeeper. Before the start of each game, the Referees will meet with the scorekeeper and timekeeper to provide instruction on the proper method for completing the score sheet and for running the time clock.

Before the start of each game, the Referees will briefly meet with the Head Coach for introductions. This time may also be used to discuss any pending concerns, rule interpretations, or playing conditions.

Questions and comments about referees can be routed to the Commissioner, appropriate Chairperson or Referee Supervisor, Sue Drag.

13. COACHES, PLAYERS AND FANS CONDUCT AND RESPONSIBILITIES:

The Head Coach of a team must be a minimum of 18 years old as of September 1, 2008.

Head Coaches are responsible for controlling themselves and their assistant coaches, their team and their fans. **All assistant coaches must be sitting during the entire game.**

A Coach must always be present when his or her players are in a school for practices or games. Following practices and games, team members should leave the school as soon as possible. **Coaches must not leave players unattended if a parent is not present. We highly recommend that there be at least two adults present at all practices and games.**

Only rostered players, parents of players, and Coaches should attend practices.

While attending practices and games, all Coaches, players and fans must remain in the gym, with the exception to obtain a drink of water or to use the restroom.

Only the head Coach and Assistant Coach and rostered players shall sit on the team's bench during games. Additional team support must sit in the area established for spectators.

No food or drink including water bottles shall be brought into the schools. This is a school district rule.

No tape or markings shall be placed on gym floors, except by Referees who may temporarily place tape on a gym floor to mark the free throw line during games.

If you notice any damage to the school facilities, or your team causes damage to the facilities, let the school monitor or custodian know immediately. Damage could consist of such things as torn nets on baskets, broken rims, marks on the gym floor, punctured basketball, etc.

Make sure the adjustable baskets are in the same position at the end of practice as they were at the start, and at the end of each evening, returned to the 10' height. (exception is Crestview—there, please leave the baskets

at the 8' height) This will require relaying information from one Coach to the next, so the last Coach of the evening knows at what height to leave the adjustable baskets.

There shall be no smoking, use of alcoholic beverages or drugs, or gambling in the school facilities or on the school premises. Coaches and Referees will enforce this rule. If problems arise, call the police at 911.

Coaches, players and fans are encouraged to cheer for their team. Negative cheering against opponents will not be tolerated. Coaches, players and fans are not to direct any verbal abuse, profanity, or other form of ridicule or harassment at a Coach, Referee, Committee members or player. A person doing so will be warned, and if it is repeated, the Referee may elect to call a technical foul, eject the offending person or declare the game a forfeit in favor of the non-offending team.

If fans of one or both teams harass a Referee, he or she may call "TIME" and ask the coaches to speak to their fans about confining their vocal efforts to cheering for their own team. If harassment continues, the Referee may declare the game a forfeit in favor of the non-offending team or "no contest" if both teams are at fault.

If any coach kicks a chair or scorer's table, or uses profanity or harasses a Referee or Basketball Committee member, he or she will be suspended for one game, including tournament games. This action will be reviewed by the Basketball Committee and is subject to further action. A second occurrence will result in termination from the program and any other BPAA program for the duration of one year.

It is the responsibility of each player and coach to report the use of threatening, abusive language and to report this problem to the Referee. The Referee will issue a warning. If the problem occurs again, a technical foul will be called and the player using the inappropriate language or action will be removed from the game and will be suspended for the following game.

- **Harassment Policy of the Brooklyn Area Basketball Committee**

Brooklyn Area Basketball believes that every participant has the right to an environment free of unwelcome verbal or physical conduct, which harasses, disrupts, or interferes with the individual's performance or which creates an

intimidating, offensive, or hostile environment. Brooklyn Area Basketball will not tolerate its members engaging in this type of behavior. Any member participating in such negative conduct will be subject to appropriate corrective action, which may include termination from all activities.

Member Harassment means - unwelcomed conduct directed toward a member that illegally discriminates against that member, unreasonably interferes with an individual's performance, or creates an intimidating, hostile or offensive environment.

Sexual Harassment means - unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature where:

- Submission to such conduct is made either explicitly as a term or condition of an individual's participation; or
- Submission to or rejection of such conduct is used or threatened to be used as the basis for participation; or
- Such conduct unreasonably interferes with an individual's performance or creates an intimidating, hostile, or offensive environment.

Guidelines:

If you become aware of a situation involving unwelcome and/or inappropriate behavior directed toward you or another participant, report it immediately to your coach, parent, or player representative.

If for any reason you do not feel that you can speak to your coach, parent, or player representative about the situation, please report to a Director or Executive Officer of BPAA.

Upon receipt of a written and signed complaint under this policy, BPAA will initiate an investigation of the situation. The investigation will document the responses of all individuals involved.

Disciplinary Action:

Any disciplinary action taken in response to the findings of a harassment complaint will be based on the individual circumstances of each situation. Disciplinary actions may include, but are not limited to written warnings, suspension or legal action.

In addition, if it is determined that a person has falsely and intentionally accused someone of harassment, appropriate disciplinary action may be taken, which may include suspension or legal action.

Disciplinary Action Policy of BPAA Basketball Program

The BPAA Basketball Committee will have the authority to take disciplinary action toward anyone who participates in the Basketball Program. This is to include committee members, coaches, players, parents and fans who are attending games or practices.

Disciplinary action by the Basketball Committee will be taken at its discretion concerning any complaint regarding any action either physical or verbal that is detrimental to the basic purpose of BPAA: the physical, mental, moral and character development of its members.

Intoxicating liquor will not be allowed on school property in accordance with School District Policy, Cities of Brooklyn Park and Brooklyn Center Ordinance. Violation of said policy or ordinance could result in notification of the Police and disciplinary action by the Basketball Committee.

Tobacco use is not allowed on school property and no consumption of alcoholic beverages or drugs by a coach prior to a start or during a game or practice will be tolerated. Violation will result in disciplinary action or suspension.

Violation of the Basketball Program's regular season rules and/or tournament rules, whether intentional or unintentional, will be cause for disciplinary action. Harassment, that to trouble, worry or torment in a repeated manner with either verbal abuse, the use of profane language or non-profane language, or physical gestures done to suggest physical harm, whether done intentionally or unintentionally, will be cause for disciplinary action. Unsportsmanlike conduct of being unfair, in rules and/or conduct will be cause for disciplinary action.

When a grievance is lodged against an individual or group in the Brooklyn Area Basketball Program, said grievance will be in written form and presented to the Chairperson or Chairpersons of the Basketball Committee within three (3) calendar days of said violation.

The Basketball Committee will then notify both the grievant and the person or persons grieved by mail of a meeting, with all concerned people present to hear the grievance.

The Basketball Committee will then consider the merit of the grievance. If disciplinary action is taken, the grieved may proceed to the Grievance Committee if the grieved does not accept the decision of the Basketball Committee. The grieved must notify the President of the Brooklyn Park Athletic Association within seven (7) calendar days of his or her intention to appeal the action of the Basketball Committee, or the decision of the Basketball Committee will be enforced.

Disciplinary action by the Basketball Committee will have no limits. The Basketball Committee will not be held personally liable by any legal action taken by the grieved for its disciplinary action.

WHAT TO DO IN CASE OF AN INJURY

If a player is knocked unconscious or seriously injured:

1. Notify the local police by calling 911.
2. Note the time the injury occurred. Leave the player lie in the same position as they have fallen, unless their breathing is being impaired.
3. Do not try to straighten a possible broken or fractured limb.
4. Cover the player to maintain body heat in the event of shock. If possible, put a covering on the floor and on top of the player.
5. Keep the player comfortable and soothe their feelings about the injury.
6. Keep other players and the crowd away from the injured player.
7. When the police arrive, they will decide if they can treat the injured player or if an ambulance is needed.
8. Notify the parents of the injured player, as soon as possible, of the injury and what action is being taken.

9. Report all injuries to your League Commissioner and to the School Office as soon as possible.

Remember to remain calm and use your best judgment on what to do in the situation. The practice or game can wait while attending to the injured player.

14. CANCELLATION OF PRACTICES:

When you are unable to use your scheduled practice time, please notify the Boys or Girls Division Chairperson, as soon as possible. We need to give the school district at least two weeks notice on any cancellations. We encourage all coaches to find another coach to exchange or give up your gym time. DO NOT call the Parks and Recreation Department, or the School Office.

GENERAL RULES OF PLAY FOR EACH GRADE DIVISION

The boys and girls divisions for grades 2, 3, and 4 are instructional, developed to better prepare basketball players for competitive, yet recreational basketball. As such, each division's season will be structured to include skills competitions, 3-on-3, and games as follows:

Grade	Basket Height	Free Throw Distance	Skills Events	3-on-3	Controlled Scrimmage *	Games
2	8'	10'	4 weeks	4 weeks	1 week	4 weeks
3	9'	12'	3 weeks	3 weeks	1 week	6 weeks
4	10'	15'	2 weeks	2 weeks	1 week	8 weeks
5	10'	15'				12 weeks

*no score will be kept during the controlled scrimmages, and the results will not count in season records for teams.

The 5th grade division is recreational and feature games exclusively. A junior size basketball is used for all competitions.

Skills Competitions

Refer to the supplemental rules for complete information regarding the skills competitions. At the conclusion of each skills competition session, any available time within the hour limit will be used to organize the players on both ends of the court to scrimmage 3-on-3.

3-on-3

- During the 3-on-3 portion of the season, the opposing teams will divide into two squads and compete on both ends of the court.
- One official will be assigned to each end of the court, and three (3) volunteer scorekeepers, at least one (1) from each team will need to be provided. One scorekeeper from each team will be assigned to either end of the court, and the third will be assigned timekeeping duties.
- Coaches should attempt to divide the teams equally in terms of size and ability of the players and should use this component of the season to coach players on movement without the ball (i.e. picking on the ball, picking off the ball). Coaches may re-divide the squads every week, but the squads cannot be changed during each weekly competition.
- Each contest will consist of four (4) 8 minute running time quarters, and score will be kept on both ends and added together to determine the winner for each contest.
- Two (2) points will be awarded for each field goal.
- On shooting fouls, players will line up along the free throw lane for a free throw attempt. If the free throw is successful, one(1) point will be awarded.
- At halftime, the squads from one team will change ends to oppose the other squad from the opponent's team.
- An alternating jump ball approach will be used to determine possession on held balls etc.
- A ball that goes out of bounds under the basket or at center court or on the sidelines will be checked back in behind the 3-point line.
- Any ties will be settled by running the free throw skills competition, multiple times if necessary.
- Any available time within the hour limit may be used to scrimmage 5-on-5.
- No timeouts are available during the 3-on-3 portion of the season.
- A four (4) minute break will be taken at halftime.
- Two (2) minute breaks will be taken between quarters.
- Personal fouls will not be recorded, and players cannot be disqualified.
- No bonus free throws will be awarded after the seventh or tenth team fouls.

A strict man-to-man defense is the only defense allowed for 3-on-3. Initial possession will be determined with each team starting with the ball on their end of the court (the end nearest their bench area). After each defensive rebound, the team with possession must dribble or pass the ball back to the 3-point line and begin play from there. On fouls, violations, and situations in which the ball goes out-of-bounds, possession must be checked by the defense (the offensive player must politely pass the ball to his/her defender who will pass it back politely when the defense is ready to begin play)

5-on-5 Basketball Scrimmages and Games

- Each team is allowed to have one (1) basketball for use for warm-ups.
- Quarters are eight (8) minutes long, running time, except during time-outs, jump balls, and free throws. (For 5th grade divisions, 6 minute quarters with stop time is used—clock stops for all referee’s whistles.)
- A two (2) minute break is taken between quarters and a four (4) minute break is taken at halftime.
- Each game will begin with a jump ball at center court. Possession of the ball for subsequent jump balls will be determined by alternate possession. All overtime sessions will begin with a jump ball at center court.
- Players cannot press in the backcourt and must fall back to center court when the opposing team establishes possession of the ball. (For 5th grade, defense can be played in the backcourt until the outlet pass is successfully completed—this applies to whether possession was established after a rebound, steal, or turnover—an inbound pass is considered an outlet pass for purposes of this rule.) For the first violation of this rule, a warning will be issued, but for subsequent occurrences, a technical foul will be called and the opposing team will be awarded two (2) free throws and possession of the basketball.
- In the frontcourt, a strict man-to-man defense will be enforced outside the lane. Switching of players including helping and recovering (a teammate steps up to help contain an offensive player who dribbles past his defender, and then returns to his/her player once his teammate hustles back into position) is allowed, but no double-teaming is permitted outside the lane. (For 5th Grade, double-teaming of the player with possession of the ball is allowed)
- The lane violation limit is 5 seconds. (For 5th Grade, lane violation is 3 seconds)
- There are no 3-point baskets awarded.

Each division’s season will culminate in a season-ending single elimination tournament with a 2 game minimum to be scheduled in early March.

NOTE: If there are not sufficient numbers of second and third grade players to form separate leagues, the second and third grade players will be merged to form a 2nd & 3rd Grade Division League. In this event, they will follow the Third Grade Division’s General Rules of Play.

NOTE: If there are not sufficient numbers of fourth grade players to form separate leagues, the fourth and fifth grade players will be merged to form a 4th & 5th Grade Division League. In this event, they will follow the Fifth Grade Division’s General Rules of Play.

Grade Level Performance Standards

The following Grade Level Performance Standards are intended to provide each Coach with a guideline of what skills and abilities should be developed during the basketball season. Some teams may exceed these standards by the end of the season, while others may not achieve all of the performance standards listed for their grade level. Keep in mind, they are not intended to be used as a measure of the success or accomplishments of your season, but are intended to be used as a coaching tool to help you focus on what should be stressed for your grade level.

Several websites depict the fundamentals of coaching basketball. You are encouraged to seek out the various websites for performance standards and other supportive material.

Second to Fourth Grade Performance Standards

Warm-up exercises at beginning of practice.

Basic dribble position with right hand and left hand going forwards and backwards. Includes speed dribble and crossover dribble.

Basic offensive and defensive stance.

Person-to-person defense.

Sideways step/glide to stay in proper defensive position on offensive player.

Pivoting forwards and backwards with both feet.

Chest, bounce, overhead and one-handed passes and proper technique when catching the ball.

One handed, two handed, free throw and lay up shots. Proper use of dribbling hand when approaching basket, and proper leg work when shooting.

Rebounding and controlling a loose ball.

Second to Fourth Grade Performance Standards

Lane violations and free throw rules.

Proper free throw positions.

Skills competition drills.

Pre-game warm-up routine.

The meaning and name of the different lines, markings, and floor areas on the basketball court.

Jump ball and throw in rules and positions.

The length of quarters, game, and time outs.

Referee calls and signals for traveling, double dribble, fouls, jump ball/alternate possession, and out of bounds.

Fifth Grade Performance Standards

NOTE: Many of the performance standards for the third/fourth grade must continue to be developed. Following are specific additional skills that should be developed at this grade level. Keep in mind that at this grade level both the basket height increases along with the distance to the free throw line.

Reverse pivot and figure eight dribble.

Offensive and defensive positions both on and off the ball.

Hook pass and crossover hook pass.

Left handed lay up and left handed one hand shot.

Jump shot.

Reverse lay up from both sides.

Picks and screens.

Blocking out.

Rebounding techniques.

Basic offensive plays, including jump ball, throw in, fast break, and two or three on one.

Three second lane.

Sample Practice Schedule

The following sample practice schedule is intended to give you an idea of how to organize a one (1) hour practice. When working with young or inexperienced players, you will need to spend time working on one individual fundamental at a time. When your players become more proficient in the fundamentals of dribbling, passing and shooting, you can begin to use skills drills that will help your players develop several fundamentals at one time. Keep in mind that you have an entire season to accomplish your goals.

5 MINUTES Players should be taught the importance of properly warming up before beginning strenuous exercise. Use warm-up exercises such as jumping jacks; running in place; running forwards and backwards; ball slap; ball pass around head, waist, knees, and ankles. Avoid forced stretching exercises.

10 - 15 MINUTES Practice of specific fundamentals or skills drills. These may include dribbling, passing, pivoting, rebounding, defensive stance and movement, and coordination drills. With young players, you may have to concentrate on one specific fundamental at a time.

10 - 15 MINUTES Shooting fundamentals for various shots.

10 MINUTES Conditioning drills such as running laps, line drills, fast break, etc.

20 MINUTES Practice various fundamentals of the game. This may include rules of the game; basketball terms; review of the basketball court, including the name and meaning of the various lines and floor areas; specific plays; jump ball; throw in; free throw alignments; and scrimmage.

5 MINUTES Organized player free time. This could include tag games, shooting contests, open time for players to work on basketball skills.

SHOOTING MECHANICS

A. ALIGNMENT

1. Point foot on ball side of body, "shooting foot", at the basket.
2. Feet shoulder width apart and square to the basket.
3. Non-shooting foot's toe even with instep of shooting foot.
4. Slightly bent knees with heels just off the floor.
5. Line up elbow with shooting toe. Height of elbow at nose level.
6. Hands on the ball at 6 o'clock and 9 o'clock.
7. Shooting hand cocked back so back of hand is parallel to the floor.
Under cocked hand = line drive shot. Over cocked hand = short

shot.

8. Shooting "FORK", first two fingers of shooting hand, in line with shoulder joint.

B. GRIP

1. Spread fingers until comfortably tight.
2. Rest the ball on shooting pads of hand and fingers.
3. Outside of thumb on the ball.

C. RELEASE

1. Push UP and THROUGH the ball for proper backspin.
2. "Wave Good-bye" to the ball by pointing your shooting fork through the basket.
3. Follow your shot to the basket for a possible rebound.

D. AIM

1. Focus eyes on target, the basket, and not on the ball.

E. ADJUSTMENTS

Distance: If ball often hits the front of the rim, eyes should focus on back of rim.

If ball often hits back of rim, eyes should focus on front of rim.

If ball often hits side of rim, distance is good but you should correct your alignment to the basket.

Shooting Range: To determine your personal shooting range, line up at a 45 degree angle to the basket and shoot bank shots. Start close to the basket, and move back one step at a time. When you feel a strain, STOP. That is your outside shooting range. Only practice shooting within your personal shooting range. As you become more proficient, gradually expand your shooting range.

SHOOTING CHECK LIST

SIDE CHECK -

- PARALLEL WRIST
- BENT KNEES
- WAVE GOOD-BYE

FRONT CHECK -

- STRAIGHT SHOOTING FOOT
- FEET SHOULDER WIDTH APART
- STRAIGHT ELBOW
- EYES FOCUSED ON TARGET

BACK CHECK -

- SHOOTING FORK OVER SHOULDER
- FINGERS SPREAD ON BALL
- BACKWARD ROTATION ON BALL

DEFENSIVE POSITION

ON THE BALL DEFENSE -

1. YOUR HEAD BELOW OPPONENTS HEAD. DO NOT BOUNCE WHEN YOU MOVE BACK AND FORTH WITH OPPONENT.
2. FEET COMFORTABLY WIDE. IF TOO WIDE YOU CAN NOT JUMP.
3. KNEES BENT.
4. BROOM HANDLE IN BACK. STRAIGHT WITH WEIGHT OVER FEET.
5. ARMS LENGTH OR MORE AWAY FROM OPPONENT WHEN OUTSIDE SHOOTING RANGE.
6. EYES ON CHEST AND BALL.
7. HANDS UP AND OUT, DO NOT REACH!! MOVE INSTEAD. MIRROR THE BALL WITH YOUR HANDS AND ARMS.
8. YELL "HELP" IF OPPONENT GETS BY YOU.

OFF THE BALL DEFENSE -

1. GUARD LINE BETWEEN BALL HANDLER, YOUR MAN, AND THE BASKET. "PREVENT THE PASS"
2. SEE BOTH THE PERSON YOU ARE GUARDING AND THE BALL.
3. WHEN SHOT IS TAKEN, "BLOCK OUT" YOUR OPPONENT. REBOUND!!!

BASKETBALL PRACTICE DRILLS

BASKETBALL SKILLS -

- BASKETBALL STANCE - OFFENSIVE AND DEFENSIVE READY POSITION
- JUMP STOP
- GLIDE STRIDE - SIDEWAYS STEP
- DRIBBLING - RIGHT AND LEFT HANDED FORWARD AND BACKWARDS, CROSSOVER DRIBBLE, REVERSE PIVOT DRIBBLE, AND FIGURE EIGHT DRIBBLE BETWEEN THE LEGS.
- PASSING - CHEST, BOUNCE, HOOK, CROSSOVER HOOK, OVERHEAD, ONE HANDED
- SHOOTING - ONE HANDED, TWO HANDED, FREE THROW, LAY UP
- REBOUNDING - OFFENSIVE AND DEFENSIVE END
- LOOSE BALL - GAINING POSSESSION
- PIVOT - FORWARD AND BACKWARD ON LEFT AND RIGHT FOOT
- PLAYERS POSITIONS - OFFENSIVE, DEFENSIVE, THROW IN, JUMP BALL AND FREE THROWS.
- ONE-ON-ONE
- PICKS, SCREENS, BLOCKING OUT
- PRE-GAME WARM-UP ROUTINE

BASKETBALL GAME RULES -

- MEANING AND NAME OF DIFFERENT LINES, MARKINGS AND FLOOR AREAS ON BASKETBALL COURT
- LENGTH OF QUARTERS, GAME, AND TIME OUTS
- LANE VIOLATIONS

- FREE THROW SHOOTING AND REBOUNDING RULES
- JUMP BALL AND ALTERNATE POSSESSION RULES
- THROW-IN RULES
- REFEREE CALLS: TRAVELING, DOUBLE DRIBBLE, FOULS, JUMP BALL, AND
- OUT OF BOUNDS

BASKETBALL PRACTICE DRILLS -

- WARMUPS - JUMPING JACKS, TWO FOOT JUMP, ONE FOOT JUMP (LEFT AND RIGHT), TOUCH TOES AND TOUCH FLOOR (SLOWLY), LEG STRETCHES, REACHING STRETCHES, AROUND THE CLOCK ROTATION STRETCHES, RUNNING FORWARD AND BACKWARD, SIDE STEP
- BALL HANDLING WARMUPS - BALL SLAP; BALL PASS AROUND THE HEAD, WAIST, LEGS, AND ANKLES, BALL TIPS ON FINGER TIPS
- FIGURE EIGHT BALL PASS BETWEEN LEGS - STATIONARY, WALKING, AND RUNNING
- KNUCKLE SCRAPERS AND HERBIES (KILLERS)
- FIGURE EIGHT DRIBBLING BETWEEN LEGS
- DRIBBLE TAG AND POM-POM PULL AWAY
- REBOUNDING DRILL
- LOOSE BALL POSSESSION DRILL
- ROLLING BALL PICKUP DRILL
- LINE PASSING DRILL
- HOT POTATO PASSING DRILL
- FOUR CORNER FIGURE EIGHT PASS AND RUN DRILL
- PIVOT, PASS, RUN DRILL
- JUMP STOP, PIVOT, PASS, MIS-DIRECTION RUN DRILL
- TWO MAN RUNNING PASSING DRILL
- BUTTERFLY (PRETZEL) PASSING DRILL

- ONE MAN STOP, PIVOT, SHOOT DRILL
- LAY UP REBOUNDING DRILL
- DOUBLE REVERSE SHOOTING DRILL
- THREE MAN SHOOTING DRILL (OFFENSE-DEFENSE-REBOUND)
- ONE ON ONE
- RUNNING FORWARD, BACKWARDS, SIDE STEP, GLIDE-RUN-GLIDE DRILLS
- RELAYS
- SHOOTING, DRIBBLING, REBOUNDING COMPETITION