



2018-2019

**Basketball Rule Book
Pre K – 2nd Grade**

Program Philosophy

Welcome to the Basketball Program of Arbuckle Parks and Recreation District. The Basketball Program is now open to Pre K through 6th grade girls and boys. Some rules have been modified for the 2016-2017 basketball season to allow for a greater emphasis of basic basketball rules. The Basketball Program is designed to prepare our youth for basketball action in an atmosphere of fun and good sportsmanship. The program concentrates on the basics of basketball with an important emphasis on both personal player development and team work. The purpose of this program is the instruction of our youth basketball players. The conclusion of the game should allow for each participant to feel like a winner. We place a strong emphasis on players and coaches having fun. Score will not be kept at the lower levels, 1st and 2nd grade.

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Schedule

Teams will have 1 practice a week that will run from ½ - 1 hour. This will be subject to occasional blackouts due to previously scheduled activities. Please contact the program supervisor to resolve any schedule conflicts. The games will four 8 minute quarters

Player Equipment

1. Ball sizes will be Youth Ball – 27.5”

Practice Balls will be passed out by program supervisor and must be returned at the end of the season. Game Balls will be provided at game time.
For warm up please use the practice balls.

2. First Aid-Each coach will be assigned an individual kit to be returned at end of program. First Aid kits are also available during game times.

3. Basket height will be 6 feet tall for pre K – K, 6 ½ feet tall for 1st graders. 2nd graders 7 feet tall

4. Gym shoes are required for practice and games, and should be free of all mud or dirt. (One way to help keep your gym shoes clean is to not wear them outside and wear other shoes to games and practices and change when you get to the gym).

5. Players must have their jersey for all games. Uniforms will be provided to the coaches before the first game .If you have a problem with your uniform please contact the program supervisor. Coach’s shirts will be provided to the coach. The Asst. coach will need to provide for his or her own shirt. Wrist Bands will be passed out to the coaches. They must be turned in at the end of the season.

6. Players are not to wear any object that is dangerous or could cause injury to other participants at practices or games. All personal jewelry and watches must be removed prior to participation in practices or games.

Parent Monitor Responsibilities

Parents are required to participate in supervision of the school area while players from their team are in the building for practice. There are no exceptions to this program requirement. This requirement is necessary to protect the integrity of the program from inappropriate behavior by unsupervised participants. The failure to provide monitors practice sessions can result in the loss of our privileges to utilize school facilities.

Parent Conduct: REFEREE RESPECT

Parents will be required to sign an APRD Parent Code of Conduct before their child is able to participate in practice or games.

Many of our basketball referees are subjected to verbal abuse that is unfair and often presented at improper times. Occasionally, a bad call may be made. As a coach, parent or player you have a right to question a call. THIS HAS TO BE DONE AT THE PROPER TIME HOWEVER, BETWEEN QUARTERS OR AT THE END OF A GAME. Coaches as a participant, you must set an example for fellow coaches, players, and parents. If you have further concerns, please contact the program supervisor. Harassment of referees will not be tolerated. Such behavior can lead to the loss of coaching or playing privileges with Arbuckle Parks and Recreation District, Colusa Parks and Recreation or Maxwell Parks and Recreation. Abusive behavior by parents can lead to your son or daughter being dismissed from the basketball program. Parents and all family members will exhibit self-control and respect at all games. Abusive or derogatory behavior or language toward any player, coach or referee will not be tolerated. If an individual continues to exhibit such behavior after warning by a coach, referee, or program official the individual will be required to leave the gymnasium. If the individual refuses to leave, the game will immediately be suspended. Act responsibly and let the players play.

COACHING CONDUCT

Only coaches will be allowed to step out on to the court during game time to assist an injured player. Any coach arguing, raising his/her voice in a rude or abusive manner or using profanity will receive a technical foul and will be immediately removed to the spectator area. Such coach will be banned from the balance of that game and will not be allowed to coach the next additional game where the coach can attend the game, but will be restricted to the spectator area and will abide by all rules governing parental behavior. Any coach receiving a second technical foul during the same season will be banned from coaching the balance of the season. Furthermore the coach will only be allowed to coach the following season after a thorough review process conducted by their town’s Parks and Recreation District. Upon receipt of a technical foul by a coach, the opposing team will be awarded two points. In addition, the opposing team will then retain possession of the ball and will be allowed to in-bound the ball at mid-court.

FACILITY USAGE REQUIREMENTS

1. Any food, beverages, coffee, or post game refreshments are prohibited in all school buildings. These items are not allowed in the hallways or gyms. Distribute refreshments in the hallways or outside, weather permitting.
2. Smoking within all school buildings is strictly prohibited.
3. The presence and/or consumption of any alcoholic beverages while on any school property is strictly prohibited.
4. Coaches, players, parents, or siblings must not abuse any school equipment or facilities. This includes hanging from any basket rims, kicking balls inside gym area, climbing onto stage areas, attempting to open locked doors to hall lockers or otherwise abusing school facilities or displays. All washroom facilities should be treated with respect and left clean. Any damage to school property by players, parents, siblings or family members while attending a game will be responsible for reimbursement to the School District. There is to be NO dribbling basketballs in the hallways. Any child or adult found damaging school property, abusing emergency phone numbers or playing with the fire alarms will be held responsible for any and all costs levied as a result of their actions. Players will be suspended from the program if they are found damaging school property or abusing school equipment in any form. **THIS COULD RESULT IN PROGRAM LOSING PRIVILEGES TO USE SCHOOL FACILITIES.**
5. Coaches, players, parents or siblings are specifically limited to the gym and immediate hallway areas of the school building. Access to any other areas of the school building by adults or children is prohibited. It is not the responsibility of coaches to baby sit siblings at practices or games. Act responsibly and watch your family members.
6. As required by the school district, a parent monitor must be present in the school hallway area at any time a member of their team is present in the school building for practice. If there is no parent monitor, there will **not** be a practice.
7. School officials and custodial personnel are supporting our program. Everyone must follow their instructions and directions completely. Please give all school officials and custodial personnel your highest respect and cooperation.
8. Players from the next hour's practice should not be in the gym until it is time for the next hour's practice to start. When the last hour of practice is over, leave the school immediately. Pre or post practice meetings should be held outside instead of in the gym in order to maximize the gym time that can be used for drills, instructions, etc. Players will not be allowed to dribble basketballs in the hallways or outside at any time. Players must also refrain from dribbling balls in the gyms during another teams practice session. Parents should drop off players within 10 minutes of their practice starting times. Coaches are responsible for players' conduct at all times while inside the school and on school property. Parents must insure that the coach is present in the school before leaving school property.
9. When leaving the gym at the end of your practice the basketball nets **MUST** be put back up if they are down, even if they were down before your practice. We cannot leave the portable basketball backboards on the ground. Also the roll away basketball hoops must be put back in the appropriate corners of the gym.

COACHING RESPONSIBILITY

1. Instruct your team players in the skills, discipline and sportsmanship of basketball at the youth level. Make sure that your players are having FUN.
2. All players must be given equal game playing time and should be integrated into the team offense regardless of the player's skill or the game score.
3. Instruct players about the game rules appropriate for their level.
4. Work with the other coaches on the team in a cooperative effort to instruct your team players. Coaching is a collaborate effort.
5. Set a good example for your players by displaying good sportsmanship at all times. Emphasize displays of skill and team play at games, not the score.
6. Communicate information to your teams' parents regarding the facility usage and youth supervision requirements, practice schedule, game schedule, picture session, equipment requirements, time / scorekeeper assignment, player expectations and any other program activities.
7. Assign a parent to monitor the school area during the team practice as defined in the Facility Usage Requirements.
8. Assign parent time/scorekeeper to each game. Timekeepers and scorekeepers must be at least 16 years old when needed.
9. Coaches are also responsible for the conduct of their team parents on the sidelines during games. Parents should refrain from all screaming and hollering. All encouragement should be done in a positive manner. Abusive parents will not be tolerated by the referees.
10. Our program will emphasize skill development and teamwork, not hard physical play. Over aggressive physical play will not be tolerated.
11. Do not permit players to engage in any warm-up or practice drills which are unsafe or could cause injury.
12. Coaches are not allowed on the court during the game. The referees will help players If needed a time out can be called to teach skills or give a lengthy explanation
13. Coaches, Asst. Coaches and team parents are responsible for keeping their address, phone number and any other pertinent information current
14. No form of physical punishment is allowed in this program.
15. Discrimination or derogatory remarks are prohibited.
16. No adult is to be left alone with a child at any time. Two adults must be present for all games and practices.
17. It is the responsibility of the coach to report any routine injury of a participant to the APR. Any accident report must also be filled out and reported to the program supervisor.
18. Report any injuries requiring medical treatment immediately to the program supervisor.
19. It is the responsibility of the coach to report any injury that occurs to a player on the date of its occurrence to the program supervisor.
20. APRD reserves the right to drop a participant at any time for the following reasons: non-cooperation, physical or verbal abuse of another child or leader, lack of cooperation by parents or guardians, continual late pick up of a child, non participation, or other causes deemed critical.
21. Coaches must pick the child of the person that they want for their assistant coach on their first round of draft of the player is an eligible for draft
22. **All players must be given equal game playing time and should be integrated into the team offense regardless of the player's skill or the game score. Additionally all players must be given a chance to score and all players must also have time on the bench.**
23. **Coaches will be responsible for parent conduct at all games and practices. If a coach has an out of control parent or other relative they must attempt to control the situation. Parents will be removed for poor behavior with the possibility of the player also being removed from the game.**

YOUTH SUPERVISION REQUIREMENTS

1. All non-participating youths are restricted to the seating or sideline areas of the gym while the practice or games are in progress. Parents must watch their non participating children and must keep them in the seating area at all times.
2. Players are not allowed to warm up in the school hallway areas or outside by dribbling or passing balls prior to games or practices.
3. Unsupervised siblings are not allowed at practice sites or in adjoining gyms or basketball courts during Saturday games.
4. Parents who will not be attending games must make prior arrangements with one of the team coaches to assume the supervisory responsibility of the player while at the school site. It is not the coach's job to become a team babysitter.
5. Parents must confirm that there is adult coaching supervision of the player on site for games or practices before they leave the school site. Do not leave your children without confirming that a coach or team official are present.
6. Coaches must not leave any players they are supervising alone at the school before, during, or after their practice or game.
7. Each player must play ONLY in the division that they are registered with. Example: A Kindergarten player cannot play during a 2nd grade game even if they are signed up with the league. This includes practices as well as games.

**FAILURE TO FOLLOW ONE OF THESE SUPERVISION RULES MAY RESULT IN
DISMISSAL OF YOUR PLAYER FROM THE PROGRAM WITH NO REFUND.**

PROGRAM PARTICIPANT CONDUCT

1. Never argue or criticize the referee's calls. Question of a rule interpretation should be made in a calm, intelligent fashion during time-out or after the game.
2. Any misconduct by players, coaches, spectators or other program representatives may result in immediate dismissal from the program after review by the program supervisor.
3. Coaches have the prerogative to discipline a player for conduct or play detrimental to the team or injurious to other players. Examples include: players who do not inform the coach that they will be missing practices or games, players who fight with each other during practice or games, and players who try to intentionally hurt another player. Disciplinary action may take form in reduced playing time. Coaches should use this action only in rare circumstances and should try to work out problems with parents before action is taken. Contact the program supervisor to resolve any difficult situations.

TIMEKEEPER INFORMATION

Timekeeping responsibilities are held by an Adult from the Home team or hired employee.

TIME

1. Set the time clock at the beginning of each quarter.
2. Start time on inbound play after a time-out or at the start of the game.
3. Stop time only on injury, any time-out or at the direction of the referee.

POSSESSION ARROW

1. For all grades, the possession arrow is set to indicate the team that did not throw the ball in at the beginning of the game.
2. The arrow will be flipped after the ball is in bounded from a jump ball or change in possession situation.
3. The possession arrow will indicate the team receiving the next jump ball or possession.
4. The quarters and half will be started by the team receiving the next possession arrow.

SCOREKEEPER INFORMATION

Scorekeeper responsibilities are held by an adult from the Away team or a hired employee from the home team

GAME SCORE- No score will be kept for K, 1st grade or 2nd grade

FOULS-No fouls will be kept. The referee will explain to the children fouls as they happen to the players. .

Time of Play

Keep track of each time a player is put in the game.

Players must have equal playing time. Players that are short playing time will be put in during the 4th period at the referee's discretion.

Inform Coaches if a player has played too much or if a player is still in need of playing

THE SCOREKEEPER AND TIMEKEEPER SHOULD DOUBLE CHECK EACH OTHER IN ORDER TO AVOID POTENTIAL CONTROVERSIES. ALL SCOREKEEPERS AND TIMEKEEPERS SHOULD REFRAIN FROM HOLLERING OR SCREAMING DURING GAMES. POSITIVE ENCOURAGEMENT OF ALL PLAYERS IS ALLOWED.

START OF PLAY

Referees/Senior Staff will introduce themselves to the coaches before the start of the game

For all grades, the game will begin with the visiting team taking the ball out first. The possession arrow will be used to restart play at quarters and the half. At the start of the quarters and halftime for grades K – 2nd, the ball will be in-bound on baseline.

GAME RULES

TIME

1. Each game shall begin at the time specified on the specific grade schedule.
2. The duration of each game shall be four 8-minute quarters.
3. There shall be a one minute time-out between quarters and a four minute time-out at the half.
4. Running time is only stopped for injury or time-out. For long stoppages of play, the game must be shortened. No game will extend past the 55 minute mark of each one hour game session. If the referee notifies the coaches of a shortened game, the coaches must cooperate fully. There will be no exceptions.
5. K & 1st graders with play on the short courts with 2nd graders playing on the full court.
6. The season will run from December to January .

SUBSTITUTIONS

On the fly substitutions area not permitted at any grade level Substitutions can only be made at half way through each quarter, at the quarter or half when the referee calls for subs. The referee will attempt to stop the game at a point as close to the half way point of each quarter at a dead ball. Substitutions can also be made in the case of an injury or request from the player to be removed. A substitution must also be allowed by a referee. This will allow each team to make their substitutions without taking a timeout and allow for players to play an even amount of time. Players should line up at mid-court before play begins for the quarter. Coaches should then tell each player who their defensive assignment is during the lineup. Defensive match-ups do not have to be opposite each other.

If you have a player that will not be playing an equal amount of time due to health issues or discipline issues such as player that has missed practices, behavior issues, etc., you must approve with your program supervisor two days before the game so that they have ample time to resolve the problem with the player's parents before the game.

SCORING

Pre k – K -No score will be kept as this is an instructional program with an emphasis on players learning the basic rules of the game.

1st Grade – The 1st grade program is an instructional program with an emphasis on players learning the basic rules of the game.

Referees will be very lenient and instructional on calling fouls. Basic violations such as traveling, double-dribbling will be pointed out with the Offensive team maintaining possession of the ball for first two games of the season. As the season progresses, referees will be tighter on calling fouls and awarding the ball to the defensive team. Personal fouls will only be called if excessive. Players will be instructed and warned about all fouls by the referees. Again, the emphasis for 1st graders is for the players to learn the basic rules of the Game and have fun. **NO Score will be kept**

2nd Grade – The 2nd grade program is an instructional program with an emphasis on players getting ready for interleague play next season.

Referees will be lenient and instructional on calling fouls. Basic violations such as traveling, double-dribbling will be pointed out in the first half and called in the second half of the season.. As the season progresses, referees will be tighter on calling fouls and awarding the ball to the defensive team. Personal fouls will only be called in the second half of the season with the referees instructing the player what they did wrong. Score will be kept for the 2nd half of the season unless both coaches agree before the game to not keep score. **EQUALIZER**

RULES

Any team with a 10 point scoring lead will not be allowed to fast break down the court. The player with the ball must wait for all the players to come down the court and allow the defensive team to set up. Failure to comply will result in immediate turnover of the ball to the opposing team. If a score is made during a fast break then the points will not count and the ball turned over to the other team. Any team that is leading by 10 points will not be allowed to double team or trap the other team. If trapping or double teaming is happening during this time a team will be warned, but if it continues and the team is not complying after being told by the referee the player who continues it will receive a personal foul and can be asked to sit down for 5 minutes. Coaches need to attempt to not run up the score and if far ahead run their plays and offense **Substitution breaks are NOT to be used as time outs**

EQUALIZER RULES

Any team with a 10 point scoring lead will not be allowed to fast break down the court. The player with the ball must wait for all the players to come down the court and allow the defensive team to set up. Failure to comply will result in immediate turnover of the ball to the opposing team. If a score is made during a fast break then the points will not count and the ball turned over to the other team. Any team with a 10 point lead must play defense inside the 3 point line area. Any team that is leading by 10 points will not be allowed to double team or trap the other team. If trapping or double teaming is happening during this time a team will be warned, but if it continues and the team is not complying after being told by the referee the player who continues it will receive a technical foul and will be asked to sit down for 5 minutes. **The amount of steals must be limited.**

OFFENSIVE DIRECTION

The offensive direction of grades pre k – K grade will remain the same.

The offensive direction of grades 1st-2nd will change at the half.

NUMBER OF PLAYERS

Pre K and Kindergarten will play 3 on 3. 1st graders will play 4 on 4 & 2nd will play 5 on 5. If one team is short players, then both teams must play with the same number of players. A maximum of five and a minimum of three players from each team will be permitted to start or continue a game. If a team does not have enough players to play they will forfeit the game. At the discretion of the Program Supervisors and coaches for both teams a team member from another team may be substituted and the game may be played as a scrimmage only. Approval must be reached by coaches and Programs Supervisors before game time.

INTENTIONAL GROUNDING

No intentional grounding of the basketball out-of-bounds will be allowed. This will result in an immediate turnover of the ball to the opposing team. This includes intentionally grounding the ball off an opposing team player.

VIOLATIONS

All fouls and violations will result in the award of the ball to the offended team, except as specifically noted. Any type of hand on the body or if a player attempts to steal the ball and bumps the offensive player it will result in a foul. A defensive player can not put their hand on the offensive player to stop them that will result in a foul.

On screen or pick plays – the offensive player must be stationary. Movement by the offensive player to impede the path of the defensive player will result in a personal foul. Hand checking by either an offensive or defensive player will result in a foul. Only one hand can be used during the checking process and the hand cannot be laid on the body of the opposing player. Any violation of this rule will result in an immediate foul. Any player grabbing any part of an opposing players' uniform will be immediately charged with a foul and possibly a technical foul depending upon the degree of contact. No moving screens will be allowed in any part of the program which will result in a foul. Any coach receiving a technical foul will be required to leave the gym area. Any spectator who is abusive or otherwise out of control will be requested to leave the gym area. Failure to leave the gym area when requested will result in termination of the game. Any player receiving a technical foul will sit out the balance of a game and will not be allowed to continue to play in that game. Upon receipt of a technical foul by a player, the opposing team will be awarded two points. In addition, the opposing team will then retain possession of the ball and will be allowed to in-bound the ball at mid-court. Any player receiving three technical fouls over the course of the season will be banned from playing the balance of the season.

Moving violations such as traveling and double dribbling will be called at all age levels. Please see above for age groups. Carrying or palming the ball will not be allowed.

DEFENSIVE ARRANGEMENTS:

1. KINDERGARTEN

Kindergarten players will play defense by continuously staying physically in contact with the lane, with at least one foot fully within. This allows the offensive team an easier time to pass the ball and to encourage all offensive players to become actively involved. They will also wear a wrist band to know which player to guard. Players may not strip or steal the ball from another player.

2. GRADES 1st – 2nd

Defenses may not extend past a line across the court intersecting between the top of the key and the half court line.

Any defensive move that results in a player crossing the defensive line to gain control of the ball is not allowed. Once a defensive player gets a rebound or a turn over, neither their movement nor their pass can be defended or impeded by the opposing team until they reach the top of the defensive zone. Man to man defense will be used. Switching off on pick plays or picking up another player in the open court is allowed. Each player must make an honest attempt to guard his/her player matching their colored wrist band. Defensive players may also guard the player in possession of the ball if their offensive assignment is in close proximity to the ball handler. Defensive players may not leave their defensive assignment or fail to follow their defensive assignment to create a double team situation.

Players will be allowed to steal on a pass only

No stealing while the player is dribbling or stationary

Coaches need to take care that new/inexperienced players are not continually stolen from

During equalizer play coaches need to limit the amount of steals

DOUBLE TEAMING: GRADES K – 2nd

Double teaming will be allowed by the defense when an offensive player with the ball moves into the free throw lane. The offensive players assigned to the defensive players must be in the lane or moving into the lane for the defensive players to double team. Defensive players cannot plant themselves in the lane in a situation resembling a zone defense. If a referee spots this situation, personal fouls will be assessed to the defensive players if they continue to exhibit this behavior after a verbal warning from the referee. Triple teaming (or more) will NOT be allowed, players who do so will be assessed personal fouls

OFFENSE

The ball may be advanced on a fast break from a rebound or a defensive turnover by any combination of dribbling and passing the ball. Inbound plays must be completed in ten seconds at the K – 2nd grade levels, and in five seconds at all other grade levels. Defensive players must stay three feet away from an offensive player in-bounding the ball at all times for games. Players have ten seconds to carry the ball over the mid court line at all grade levels. The referee will use their discretion on all in bound plays and in awarding the ball to the opposing team. If the ball is not advanced into the defensive zone once crossing the half court line after 15 seconds, the referee will stop play and could result in a turn over of the ball to the defensive team. If one team is up by over 20 points the score will be cleared out with the scorekeeper continuing to keep score in the book. If the losing team is able to bring the score back to under a 10 point difference the scorekeeper will turn back on the scorebook.

If a game ends in a tie it will be up the supervisor of the facility if an additional 4 minutes of playing time will be allowed.

TIMEOUTS

Grades k – 2nd each team will be allowed two 30 seconds timeouts per game. Only one 30 second timeout can be called per half. These timeouts can only be called by the offensive team in possession of the ball. The coach must clearly signal the referee when the timeout is called. The time clock will be stopped during these timeouts. Following the 30 second timeouts, the offensive team will in-bound the ball at mid-court.

Rules that will be stressed

- All players must be given equal game playing time and should be integrated into the team offense regardless of the player's skill or the game score. **Additionally all players must be given a chance to score and all players must also have time on the bench.**
- Substitution breaks are NOT to be used as time outs
- Coaches need to attempt to not run up the score and if are far ahead need to take the opportunity to run their plays and offense.
- No Zone Defense, all play will be man on man defense.

Recent Rule Changes

- **If one team has only four players, then both teams must play with the same number of players. A maximum of five and a minimum of four players from each team will be permitted to start or continue a game. If a team does not have enough players to play they will forfeit the game. At the discretion of the Program Supervisors and coaches for both teams a team member from another team may be substituted and the game may be played as a scrimmage only. Approval must be reached by coaches and Programs Supervisors before game time**
- **All players must be given equal game playing time and should be integrated into the team offense regardless of the player's skill or the game score. Additionally all players must be given a chance to score and all players must also have time on the bench.**
- **Players will be allowed to steal on a pass only**
- **No stealing while the player is dribbling or stationary**
- **Coaches need to take care that new/inexperienced players are not continually stolen from**
- **During equalizer play coaches need to limit the amount of steals**
- **If a game ends in a tie it will be up the supervisor of the facility if an additional 4 minutes of playing time will be allowed.**
- **Referees/Senior Staff will introduce themselves to the coaches before the start of the game**
- **Coaches will be responsible for parent conduct at all games and practices. If a coach has an out of control parent or other relative they must attempt to control the situation. Parents will be removed for poor behavior with the possibility of the player also being removed from the game.**
- **Parents must sign an APRD Parent Code of Conduct before their child can participate in the practice.**
- **NO SCORE WILL BE KEPT**

Skills to Develop

Shooting

- ❖ One handed shooting with follow through
- ❖ Free throws
- ❖ Layups

- ❖ On toes ready to move in any direction
- ❖ Man to man defense (guard ONLY the player wearing your same color wrist band)
- ❖ Stay between the player and the basket

Dribbling

- ❖ Right handed
- ❖ Left handed
- ❖ Not looking at the ball
- ❖ Moving from one hand to the other

Fun Fundamental Concepts

- ❖ Offense (we have the ball and are trying to make a basket)
- ❖ Defense (they have the ball and we are trying to slow them down)
- ❖ Out of bounds
- ❖ Getting the rebound
- ❖ Take a shot if you are open

Defense

- ❖ Center of gravity low
- ❖ Use the backboards
- ❖ No traveling No two handed dribbling