

City of Eaton Rapids

Youth Basketball Rule Supplement & Coaches Manual

League Web Site: **www.leaguelineup.com/CityofER**



The City of Eaton Rapids’ youth sports programs will provide a fun and safe environment which promotes physical fitness, sportsmanship, teamwork, and positive parent involvement.

## League Philosophy

## We are aware of the ever increasing level of competition in youth sports. While a sense of accomplishment and pride in winning is still a vital part of play, a serious problem develops when winning becomes the dominant element. The emphasis must be on skill development, teamwork and most importantly at this level - FUN! As coaches, you must understand and convey this message to parents and work to enhance these goals.

## The official rules for this activity are published by the National Federation of State High School Associations. The Michigan High School Athletic Association Basketball Rules are approved and adopted for this activity.

## Divisions/Grades

**Players grade determination**: opening day of the current league year.

|  |  |
| --- | --- |
| **Age Divisions** | **Grades** |
| Little Hoopers  | K – 1  |
| Jr. NBA | 2 – 3 |
| NBA All Stars | 4 – 5  |

## Code of Conduct

* All Coaches must complete a Criminal History Background Check to include a Sexual Offender Registration Check
* All Coaches and Parents must sign a City of Eaton Rapids Coaches Code of Ethics Pledge
* Any verbal misconduct by coaches, players or spectators before, during or after the games will be cause for suspension based on the severity of the misconduct. The offender will be asked to leave the premises.
* Any physical abuse with another player, spectator or staff will warrant ejection from the game and suspension from further participation in any City of Eaton Rapids program, as per the Administrative Policies.
* A coach is responsible for the conduct of his/her spectators.
* Ejected players, coaches and spectators must immediately leave the premises or face forfeiture of the game.

## Gym Rules

* All ERPS School Property **is Alcohol and Tobacco Free by** law
* Child spectators must be accompanied and supervised by an adult.
* Loitering around the school building before and after games or practices is not permitted. Coaches are responsible for supervising players before, during and after practices and games.
* Destruction of school property, fighting, theft, or any unauthorized play will result in immediate expulsion from City of Eaton Rapids activities.
* All games and practice sessions are conducted in school gyms, which we are privileged to use. Therefore, teams must enter through one door when possible, remove wet shoes and go straight to the gym. Coaches, parents and players must take care of the premises and clean up debris. If your team wishes to have snacks after games/practices, please have them in the school lobby or hallway and not in the gym.
* Gum chewing, eating candy and drinking refreshments of any kind (other than water) in the gym, is not allowed during games or practices.

## Roster Procedures

* The Rec1 roster provided by the City of Eaton Rapids is the official team roster for all youth leagues. This roster must be carried to each game by the team coach or manager. Coaches/managers are responsible to ensure each player is eligible to play
* All Players must register through the City of Eaton Rapids

## Weather Concerns

* Practice Dates when school is canceled – When ERPS cancels school due to excessive snow and ice, evening practices on that date will be canceled as well. This includes school district days off as well.
* Game Dates with Inclimate Weather – The Weather Information Line (663-8118 x 8536) will be updated at 8:30 am in the case of excessive snow and ice. The City will also utilize the Rained Out texting app

## Equipment / Game Balls / Rim Height

* Grades K-1 will use 25.5” ball shooting at a rim height of 8ft.
* Grades 2-3 will use 27.5” ball shooting at a rim height of 9ft.
* Grades 4-5 will use 28.5” ball shooting at a rime height of 10ft

## Uniforms

* Uniform shirts will be provided by the City of Eaton Rapids.
* Black Gym Shorts are strongly encouraged for all age divisions.
* Indoor Gym Shoes must be worn. No dress shoes, boots, sandals, etc.

## Game Staffing

## General Game Play – All Divisions

**Playing Time**

In the event that a team does not have enough players to play, the short-handed team may borrow a player from the other team.

All players will be given and equal opportunity to participate. Coaches are expected to allow each team member equal playing time in each practice & game. The only exception would be in case of an injury, illness or disciplinary action.

**Game Length**

* The game will begin with a jump ball. The alternating possession rule will be enforced thereafter.
* Grades K-1: Each team will have a 30 minute clinic style practice supervised by City of Eaton Rapids Instructors and volunteer coaches. Each game will consist of four (4), seven (7) minute quarters with substitution changes during the ½ quarter. See Game Supplemental rules for this specific division. The intermission period will be two (2) minutes.
* Grades 2-3 and 4-5: Each team will be allowed to warm up for five (5) minutes. Each game will consist of four (4), ten (10) minute quarters with a five (5) minute substitution change per quarter. The intermission period will be two (2) minutes.
* All Age Divisions: Teams are allowed one (1) time-out per half in all age divisions. In the event that a team does not have enough players to play, the short-handed team may borrow a player from the other team.
* The clock stops only for substitutions, injuries and time-outs.

**While on Offense**

***We are encouraging each team to practice the fundamentals of shooting, passing and dribbling the basketball during their practices. Game officials are encouraged to use their discretion in calling violations.***

* Traveling Violation – When a player commits a traveling violation where he/she gains an advantage on a defensive player, the official will blow the whistle to stop play. On the first offense by the offending player, he/she will resume play with the ball in-bounds and may only proceed with a pass once whistled to begin play by the official. The second offense by the same player in the same series will result in a loss of possession to the defensive team to be take out at the nearest side/base line. **Exception: Grades 4-5 Traveling will be an automatic loss of possession.**
* Free Throw Shooting – Will be allowed for grades 4-5 grade on shooting fouls only. Distance for free throws shall be approximately eighteen (18) inches in front of the foul line.

**Substitutions**

* Substitutes may enter the game only at the mid-quarter stoppage unless of an injury or referee stoppage for aggressive behavior.

**While on Defense**

* Man to man defense is the only defense permitted. This means no zone defenses. When play stops, coaches should match-up players with the opposing team before play resumes.
* There can be no more than one defensive player on any one offensive player at anytime. No double teaming. Switching man to man is permitted. This violation will result in ball out-of-bounds for the offensive team.
* Half Court Defense Rule: Back court guarding is not permitted when the ball is brought into play after a dead ball (such as a score or floor violation). All defensive players must fall back behind the half court line. The referee should ask the players to retreat if this occurs. Once the offensive team has advanced the ball across the mid court line the defense will be allowed to play defense on the whole half court.
* Fouls will be called, but a player cannot foul out. However, if a player is too aggressive the game official will have the authority to sit a player up to ½ of one quarter. All fouls will result in a change of possession.
* No stealing is allowed when the opposing player is dribbling the ball. You may steal only on passes. The ball must be leaving the player’s hand in order to be a pass. If the player is holding on to the ball, the opposing player may not steal the ball. **Exception: Grades 4-5 Stealing is allowed when the opposing player is dribbling the ball and on passes.**
* Defensive players must defend a shooter with arms straight up. They may not reach out to the shooter to block a shot. This violation will result in ball out-of-bounds for the offensive team. **Exception: Grades 4-5 may block shots**

 Little Hoopers Guidleines

Note: The purpose of Little Hoopers is to introduce young players to the game of basketball. It is meant to teach the basics of shooting, dribbling and passing. We encourage all coaches and players to keep this experience as positive as possible for all youth involved.

**No League Standings will be kept for Hoopers.**

### Pre-Game Clinic

* A Pre-Game Clinic will be a part of each game day and shall last approximately 30 minutes.
* The Clinic shall be conducted by volunteer coaches as well as instructors and game officials
* Teams will rotate through each station every 7 minutes

Station 1 – Jump Shooting Fundamentals

Station 2 – Dribbling and Agility

Station 3 – Passing Fundamental

Station 4 – Lay up Fundamentals

### Game Play Guidelines

* Each game will consist of four (4), seven (7) minute quarters with substitution changes during the ½ quarter. The intermission period will be two (2) minutes.
* Games will be played 5 vs 5.
* Only one coach allowed on the court at any time
* Game score will reset after each quarter.