



Thomas Township Parks & Recreation Youth Basketball Information

PHILOSOPHY: The primary purpose of this program is to give youth an organized and meaningful experience in basketball. Please remember our emphasis is on participating and learning- winning is secondary! As a coach, it is your responsibility to ensure that the benefits gained by each young person far outweigh the detriments! Let's work together to have fun and learn about basketball and sportsmanship.

POLICY AND PROCEDURES:

1. Coaches and/or their assistant are responsible for the conduct of their team and must abide by the Parks and Recreation Rules and Coaching Guidelines.
2. If a Coach's child is ranked as a #1 during the draft, the assistant Coach's child must rank as a #2 or lower in order to coach together.
3. All players must be registered and paid in full through the Parks and Recreation Department before participating. Final approval is up to the Parks and Recreation Department.
4. The younger age league will still be assigned by the Parks and Recreation Department. The older age league will participate in a draft conducted by Parks and Recreation staff and the volunteer coaches.
5. **Equipment:** Each player must wear tennis shoes or multi-purpose shoes (soft-soled). No street shoes will be permitted! All players must wear shoes. Other equipment is optional, like kneepads, sweatbands, etc.
6. No participant will be allowed to play with a hard cast.
7. Games will be held at Swan Valley High School on Saturdays. Practices are scheduled at either Havens or Shields Elementary Schools. Practice times are assigned by the Parks and Recreation Director. **Please remember that in the event of a SNOW DAY the school will not be available for any scheduled practices that evening.**
8. Parents and fans are requested to sit on the bleachers in the balcony. Only coaches and players are allowed on the floor or sideline.



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RULES & REGULATIONS: M.H.S.A.A. rules will be adhered to with the following exceptions:

1. No score will be kept in the younger league. Score will be kept in the older age league, but no standings, ranking and trophies will be awarded. The object of this league is to teach basketball with the coaches and with the referees helping to explain and make better basketball players. In the older age league a **Mercy Rule** will be to shut off the score part when there is a 25-point difference in the second half - **NOTE RULE #8**
2. The younger age games will consist of four 8-minute running quarters. A one minute break between quarters and a four minute break at half-time will be given. The clock will stop every four minutes for substitutions.
3. The older age games will consist of two 20 minute halves with running clock. Clock will stop the last two minutes of each half on whistles. This age will also have a four-minute break at half-time.
4. Coaches are responsible for keeping their team on the sidelines in their assigned team area. No running up and down the court with the team or going onto the court during the game will be tolerated. Coaches **must** remain in coaching box during the game.
5. Substitution: Each player must play a minimum of five minutes per half.
6. Time Outs: Each team is allowed two 30 second time-outs per half.
7. There is no pressing allowed. Defense must get back after a rebound and cannot begin again until the player with the ball crosses half court.
8. A team may play zone or man on man defense. There are no double teams allowed or trapping of any kind. If a team is ahead by 25 points at the end of the first half, the score board will be shut off and the following rules apply:
 - If you play a zone defense all five of your players must remain in the box or lane area and not come out of the box area until a shot is taken. (Officials will clarify for you if needed)
 - If you play a man-on-man defense you cannot pick up your man until they cross the 3-point line (this area will be defined by the Officials.)
 - If you are the winning team (after Mercy Rule), please do everything you can to involve all your players and to help the other team succeed in learning. We are all here to make sure these kids have fun, learn the game and sportsmanship.
 - Any Coach failing to abide by these rules to the best of their ability may be asked to leave the program at the Director's discretion.



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9. The older age league will shoot free throws when fouls are committed. This will not only teach the players that there is a penalty when a foul is committed, but also teach them the proper way to line up, stand, shoot, box out and rebound for free throws. **Free throws will be shot 1 on 1 after 7 team fouls and 2 shots after 10 team fouls. Team fouls will be re-set at the end of the first half.**

Again, we are a recreational league and the objective of this program is to get all kids involved in basketball and to find ways to make every child's experience enjoyable.

10. The younger league fouls will be called and the referees will explain what the player did wrong. The ball will then be turned over to the other team.
11. We will keep track of flagrant fouls (tripping, pushing, and hard elbows) in the older age league. Each player is allowed 5 fouls in a game and can foul out of the game.
12. For fouls that are not flagrant (incidental contact such as bumping and holding) in the older age league, the referee will instruct the player on what he/she did wrong without calling a foul. Play will continue with no turnover of the ball for the first game of the season. Fouls will be called and enforced for the remainder of the season.
13. A 28.5 diameter size ball will be used for both leagues.
14. The Parks and Recreation Director's decision is final in all disputes.