

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.

POLICIES & 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. 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.
3. The younger age league will still be assigned by the Parks and Recreation Department. The older age league will participate in a draft with the Parks and Recreation Commission and selected coaches picking their own teams. (see attached draft guild lines).
4. Equipment: Each player must wear tennis 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.
5. No participant will be allowed to play with a hard cast.
6. 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.**
7. Parents and fans are requested to sit on the bleachers in the balcony. Only coaches and players are allowed on the floor or sideline.
8. Last team listed will be responsible for getting a parent to run the clock. First team listed will be responsible for getting a parent to keep the fouls book in the older age league.

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 & the refs 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.

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 4 minutes for substitutions.
3. The older age ages will consist of two 20 minute halves with running clock. Clock will stop the last 2 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. Teams are allowed to use zone or man-to-man defense.
8. Teams using an illegal defense will be given one warning. Afterwards, the possession of the ball will turn over to the other team.
9. No pressing allowed. Man to man defense allowed after midcourt.
10. 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.**
11. The younger league fouls will be called and the refs will explain what the player did wrong. The ball will turn over to the other team.
12. 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.
13. 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.
14. The older age league will have to check in at the clock table (which will be along the wall on the north court). Each team will be on one side of the clock table.
15. A regulation basketball will be used for the older age league and a women's size ball will be used for the younger age league.
16. The Parks and Recreation Director's decision is final in all disputes.