

7. TEAM SPONSORS/COLOR

- Shirts must have numbers printed on them.
- Team sponsors indicated on team sheet.
- TEAM COLORS ARE ASSIGNED ON TOP OF YOUR ROSTER

8. IMPORTANT DATES GYMS WON'T BE AVAILABLE:

- MIDDLE SCHOOL BBALL GAMES (TYPICALLY DONE BY 6:00)
 - DEC. 6 & 10, JAN. 17, 21 & 31, FEB. 4, 7, 21
- HS INTRAMURAL TOURNAMENT
 - FRIDAY, DECEMBER 14TH.

9. DIVISION OF TEAMS:

- Participation breakdown.
- Teams pre-formed by the HRC.
- Team sheet.

10. SUGGESTIONS OR COMMENTS:

***Don't forget to turn in your practice request sheet tonight!**



**Hays Recreation Commission
2018/2019 Bidy Basketball
Rules and Regulations**

The 2018/2019 HRC Bidy Basketball League will be governed by the KSHSAA rules except where modified for youth.

GENERAL RULES

1. Games will be played on Saturdays and some Sundays at the Hays Recreation Center (1105 Canterbury).
2. Teams are allowed two (2) practices per week lasting one (1) hour in length. Practices will be scheduled on one-half of the court. Practices will be held at the Hays Recreation Center and the 13th Street HRC gym. Practices are scheduled through the HRC office. **If a team practices more than the allotted time per week the penalty is as follows: The first offense the coach will be suspended for one (1) game. The second offense will be that team forfeiting one (1) game and the coach will be suspended for two (2) games.**
3. No street shoes will be allowed for practice or games. Youth must bring, not wear, their shoes to the gym.
4. A player shall not wear anything which is dangerous to another player such as: watches, rings or neck chains.
5. No food or soft drinks are allowed in the gym.
6. Practice balls will be provided and the kids will be able to keep them at the end of the season. Game balls will be provided on game days. The basketball used for practices and games is the women's basketball which is 28.5 for 4th Grade Boys and up, and Youth/Junior Size 27.5 for 3rd Grade Boys and 3rd & 4th Grade Girls.
7. Line-ups must be turned in to the scorekeeper five (5) minutes prior to the start of the game. Teams will be given line-up sheets prior to the start of the season.
8. Protests are allowed only for the purpose of determining an ineligible player. All other questions regarding a ruling by an official shall be settled on the spot by the official and supervisor if available. Judgment calls are not open to discussion.
9. Game and practice cancellation information can be found by signing up for TextCaster.

10. Forfeit time is ten (10) minutes after the scheduled game time. If game time is 10am, forfeit time is 10:10am. Note: The referee's watch is the official watch.

11. Two (2) referees will be used to referee the games. The referee's authority granted to him/her by the laws of the game commence as soon as he/she enters the court.

12. **Each player must play at least EIGHT (8) MINUTES EACH HALF.** Mandatory substitution will occur at the four (4) minute mark of each quarter. At the four (4) minute mark the referees will stop play, the game clock will be stopped and substitutions will take place. This will not be a time-out, teams must substitute only during this time. **Teams are not allowed to substitute at any time during the first four (4) minutes of each quarter.** Teams are allowed open substitution during the last four (4) minutes of each quarter with one exception. The exception being that teams will not be allowed to substitute for a player that was put in during the mandatory four (4) minute substitution. Exception to this rule is a player that is injured or in foul trouble. Three (3) fouls or four (4) fouls during the first four minutes of the first and second quarter will be considered foul trouble. Also if a player receives his/her fourth foul in the third quarter they may be substituted for. Each player will also sit out for one (1) four (4) minute period during the game.

13. **If for any reason a coach sees fit not to play a player (disciplinary reasons), that manager/coach must first contact the Sports Director for approval.** Unless approved by the Sports Director, all players must play. Violators of this rule will forfeit the game. If someone is present and cannot play due to injury, then the coach must notify the official. Coaches must have a justifiable reason for not playing their players. Coaches should contact parents first to determine the reason a player is absent. Some reasons are legitimate.

14. Games will consist of four (4) eight (8) minute quarters. Half-time will consist of a three (3) minute break. One (1) minute will be allowed between quarters.

15. **The clock will run continuously and will stop only on injuries, free throws and time outs and on the mandatory substitution. It will also stop the last one (1) minute of each half. Then the clock will be stopped on all dead ball situations.**

16. Four (4) players must be present to start the game. If a team does not have enough players, four (4), to begin the game that team will forfeit the game. A team can continue and finish play with less than four (4) players.

17. Teams will consist of six (6) to eight (8) players per team. **Teams may pick up player(s) from a younger age group if they do not have enough players to play.** If a team only has five (5) players then an emergency sub may be utilized for that game. Coaches will be warned once for a violation of this rule and second violation will result in a one (1) game suspension of that coach.

18. A jump ball will be used only to start the game and to start overtime periods. All other jump ball situations will be handled by the alternate possession rule.

19. In case of a tie score at the end of regulation, **a two (2) minute overtime period will be played with the clock stopping on all dead ball situations.** If the game is still tied at the end of the first overtime the game will end in a tie.

20. Teams will be awarded **two (2) time-outs per half/no carry over.** However, 2nd half time-outs can be carried over to the overtime period. Teams will be given one time-out for overtime. Coaches are allowed to call time-outs from the bench when in possession of the ball or on dead ball situations.

21. A player will be removed from the game on the fifth (5) personal foul.

22. The bonus (1+1) will be in effect on the seventh (7) team foul of each half. On the tenth (10) team foul per half, teams will receive two free throws.

23. On all free throw attempts, teams are not allowed in the free throw lane until the ball is released from the shooter's hand. On two shot or three shot penalties teams are not allowed to substitute during the first free throw attempt.

24. Once a team is ahead by twenty (20) or more points in the fourth quarter, the game will be declared over, however teams will continue to play the remainder of the game without the score being kept.

25. **Coaches must remain seated on the bench at all times while the clock is running or is stopped except to:** 1) confer with players on the bench, 2) signal to players to request a time-out, 3) to request a time-out for a correctable error, 4) attend to an injured player, but the coach must first be beckoned by an official, 5) to replace a disqualified or injured player or 6) to spontaneously react to an outstanding play. **The head coach may be off the bench in front of his or her seat within the confines of the designated coaches' box to give instructions to his or her players.** The coach's box will be marked on each court. Violation of this rule will result in a flagrant technical foul. **Coaches are not allowed to discuss calls with the officials. You are there to coach your team only.**

UNSPORTSMANLIKE CONDUCT

1. Unsportsmanlike conduct will not be tolerated. Any manager, coach or player who displays unsportsmanlike conduct will be given a technical foul (in the referee's judgment). If a second technical foul occurs in that game the manager, coach or player will be ejected from that game. On the third technical foul of the season that manager, coach or player will be suspended for the remainder of the season. Three (3) technical fouls against a team for any reason during a game will result in that team forfeiting the game.
2. Technical fouls will be classified as flagrant and non-flagrant fouls. Flagrant technical fouls will be called for the following reasons: 1) use of foul and or profane language audible to the referee, 2) unnecessary show of temper/anger at an official/player and/or continually challenging or questioning the officials judgment on any call, 3) throwing or kicking the ball in disgust. Non-flagrant technical fouls are the result of the following: 1) not reporting in and 2) grabbing the net. Flagrant and non-flagrant technical fouls go against player fouls as well as team fouls.
3. The use of tobacco (in any form) is strictly prohibited by any person, while in the gym. Alcohol consumption by players, coaches or officials is strictly prohibited. If any HRC staff member or official suspects that a player or coach has been consuming alcohol before their game, that person is ineligible to participate for the remainder of that day and will be asked to leave the premises immediately!
4. Coaches and assistants shall be responsible for the conduct of their players and parents or relatives of the players.
5. Spectators who display unsportsmanlike conduct can be asked to leave the gymnasium.

3rd GRADE BOYS, 3RD/4TH GRADE GIRLS RULES

1. The girl's league will be made up of 3rd & 4TH graders (2018/2019 school year).
2. The boy's league will be made up of 3rd graders (2018/2019 school year).
3. Eight (8) and 1/2 foot goals will be used for this age group.
4. **A five (5) second lane violation will be used.**
5. **Three point shots will only count as a two (2) point shot.**
6. Free throw attempts will be attempted from thirteen (13) feet instead of fifteen (15) feet a line will mark this spot on the floor.

7. **DEFENSE.** Teams must play man-to-man defense. You are not allowed to extend defense past three point line. **Defense is not allowed to steal off the dribble.**

8. **NO DOUBLE TEAMING.** Double teams will only be allowed inside the lane. This is the official's discretion.

9. Officiating in this age group will be somewhat lenient on traveling and double dribble violations. These obvious violations will be called especially if the player gains an advantage by the violation. All other officiating will be by KSHSAA rules.

BOYS 4th GRADE LEAGUE SPECIFIC RULES

1. The boy's league will be made up of 4th graders (2018/2019 school year).

2. Eight (8) and 1/2 foot goals will be used for this age group.

3. A five (5) second lane violation will be used.

4. Three point shots will only count as a two (2) point shot.

5. Free throw attempts will be attempted from thirteen (13) feet instead of fifteen (15) feet a line will mark this spot on the floor.

6. **HALF COURT PRESS.** A team may press **half court** until they are ahead by ten (10) or more points. This means that the defensive team cannot exceed the mid-court line to apply pressure on the offensive team bringing the ball down. If a team is ahead by ten (10) or more points, the defensive players must drop back to inside the 3 point line. A team will be warned once to drop back to inside the 3 point line. On the second and subsequent violations a technical foul will be assessed. Two (2) free throw attempts and possession of the ball at mid-court, will be awarded to the offended team. **Teams are allowed to full court press in the last 1 (one) minute of the game if the score is within 10 points. Both teams can then press until the lead is again more than 10 points.**

7. **NO DOUBLE TEAMING.** Once a team is fifteen (15) or more points ahead that team **will not be allowed to double team the ball.** Exception to this rule is if the ball is inside the lane. A team will be warned once. On the second and subsequent violations a technical foul will be assessed. Two (2) free throw attempts and possession of the ball at mid-court, will be awarded to the offended team.

8. Officiating in this age group will be somewhat lenient on traveling and double dribble violations. These obvious violations will be called especially if the player gains an advantage by the violation. All other officiating will be by KSHSAA rules.

BOYS 5th, 6th & 7th GRADE LEAGUE SPECIFIC RULES
GIRLS 5th, 6th & 7th GRADE LEAGUE SPECIFIC RULES

1. The boy's league will be made up of 5th, 6th & 7th graders (2018/2019 school year).
2. The girl's league will be made up of 5th, 6th & 7th graders (2018/2019 school year).
3. Ten (10) foot goals will be used for this division.
4. **HALF COURT PRESS.** A team may press **half court** until they are ahead by fifteen (15) or more points. This means that the defensive team cannot exceed the mid-court line to apply pressure on the offensive team bringing the ball down. If a team is ahead by fifteen (15) or more points, the defensive players must drop back to the "free throw line extended." Once the ball passes the mid-court line and an offensive player is in control of the ball the defense can then defend the entire half court. A team will be warned once to drop back to the free throw line extended. On the second and subsequent violations a technical foul will be assessed. Two (2) free throw attempts and possession of the ball at mid-court, will be awarded to the offended team. **A team will be allowed to press full court the last one (1) minute of the game and if the score is within ten (10) points. At that time both teams will be allowed to press full court.**
5. *Officiating in this age group will be by KSHSAA rules.*



GUIDELINES WHEN USING THE GYM FOR HRC BASKETBALL TEAMS

PLEASE LOOK THESE RULES OVER AND SHARE THEM WITH YOUR TEAM!

- 1.) Bring your gym shoes to the gym. Never wear them to the gym.
- 2.) Stay only in the gym area.
- 3.) Teams are not allowed on the court until it is your scheduled time to practice. Be considerate of others because you would expect the same when you're practicing.
- 4.) Please NO soft drinks on the gym floor.
- 5.) There will be absolutely NO BASKETBALLS THROWN AT THE CEILING OR HIGH UP ON THE WALLS.
- 6.) No jumping on the walls or messing with any posters in the gym.

*Please feel free to contact the HRC office if you have any questions.



National Standards of NYSCA Coaches

The National Standards for Youth Sports place in motion a nationwide policy for youth leagues that strive to operate their programs with the best interests of children as their primary objective.

Copies of the National Standards For Youth Sports, with complete information including rationale and implementation, are made available to youth leagues by contracting NYCA Headquarters.

#1 Proper Sports Environment

Parents must consider and carefully choose the proper sports environment for their child, including the appropriate age and development for participation, the type of sport, the rules of the sport, the age range of the participants, and the proper level of physical and emotional stress.

#2 Programs Based on the Well-Being of Children

Parents must select youth sports programs that are developed and organized to enhance the emotional, physical, social and educational well-being of children.

#3 Drug, Tobacco & Alcohol-Free Environment

Parents must encourage a drug, tobacco and alcohol-free environment for their children.

#4 Part of a Child's Life

Parents must recognize that youth sports are only a part of a child's life.

#5 Training

Parents must insist that coaches are trained and certified.

#6 Parent's Active Role

Parents must make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach, league administrator and/or caring parent.

#7 Positive Role Models

Parents must provide positive role models, exhibit sportsmanlike behavior at games, practices, and home, while also giving positive reinforcement to their child and support to their child's coaches.

#8 Parental Commitment

Parents must demonstrate their commitment to their child's youth sports experience by annually signing the Parents Code of Ethics Pledge.

#9 Safe Playing Situations

Parents must insist on safe playing facilities, healthful playing situations, and proper first aid applications, should the need arise.

#10 Equal Play Opportunity

Parents, coaches, and league administrators must provide equal play opportunity for all youth regardless of race, creed, sex, economic status or ability.

#11 Drug, Tobacco & Alcohol-Free Adults

Parents must be drug, tobacco and alcohol-free at youth league sporting events.

Coaches' Code of Ethics

I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches' Code of Ethics.

I will place the emotional and physical well being of my players ahead of a personal desire to win.

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.

I will do my best to provide a safe playing situation for my players.

I will promise to review and practice the basic first aid principles needed to treat injuries of my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead by example in demonstrating fair play and sportsmanship to all my players.

I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth sports coach, and that the game is for children and not adults.

Coach Signature

Date

Players' Code of Ethics

I hereby pledge to provide a positive attitude and be responsible for my participation in Youth Sports by following this Code of Ethics:

I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice.

I will attend every practice and game that is reasonable possible and notify my coach if I cannot.

I will expect to receive a fair and equal amount of playing time.

I will do my very best to listen and learn from my coaches.

I will treat my coaches with respect regardless of race, sex, creed or abilities and I will expect to be treated accordingly.

I deserve to have fun during my sports experience and will alert parents or coaches if it stops being FUN!

I deserve to play in an alcohol, tobacco and drug free environment and expect adults to respect that wish.

I will encourage my parents to be involved with my team in some capacity because it's important to me.

I will do my very best in school.

I will remember that a sport is an opportunity to learn and have fun.

Players' Signature

Date

Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.

I will place the emotional and physical well being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth—not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans, and official, with respect regardless of race, sex, creed, or ability.

I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

I will read the NYSCA National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

Parent signature

Parent Signature

Date

2018-2019 HRC YOUTH BASKETBALL PLAYERS RATING FORM

In an attempt to evaluate the players in the Biddy Basketball league more thoroughly, we are asking that you complete the following ratings form on YOUR PLAYERS as completely and honestly as possible. These forms are used to help us position players by skill and ability level when we put together the 2018/2019 HRC teams. Please complete and return this form to the HRC office no later than Friday, March 8, 2019.

Head Coach _____ Team Name _____

Division _____ Boys _____ Girls _____

Please rate your players in the following categories:

- 1) **Offensive skills**-(Shooting, ball handling and dribbling skills)
- 2) **Defensive skills**-(Ability to guard the ball and away from the ball and quickness)

Rating Scale: 1 (excellent), 2 (average), 3 (needs improvement)

***7th graders do not need to be evaluated!**

(Please Print or Type)

Players Name	Grade	Position Played	Offensive	Defensive	Comments
			Skills	Skills	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					

*** Please feel free to use the back of this sheet for additional comments.**