Garden City Parks and Recreation
Youth Basketball League

GARDEN CITY
PARKS & RECREATION

Rules Packet / Coaches Manual

The goal of the Garden City Parks and Recreation Youth Basketball Program is to provide wholesome recreation for youth who take part in the program. **Emphasis is on learning fundamental skills, basic rules of the game, and participation**. Objectives of the program will be to provide development in motor skills associated with basketball, to build character in each individual by stressing sportsmanship and fair play, and to build stamina and healthy minds and bodies through physical activity. Through these objectives, the successful attainment of our primary goal can be realized.

ADMINISTRATION

The Athletic Supervisor, with the approval of the Director of Parks and Recreation will establish the policies governing the program. Evaluations, surveys, and input from advisory committees will be used to help formulate those policies. The Athletic Supervisor will be responsible for administering the policies in such a manner to assure an equitable, competitive, and enjoyable program for all.

ELIGIBILITY & REGISTRATION

Anyone meeting the grade level requirements will be eligible to participate in this program. All boy's and girl's wanting to participate must be registered and fees paid before they will be allowed to play. For those unable to pay the fee, scholarships are available through Garden City Recreation. Registrations will be accepted **ONLY** at the Garden City Recreation Office, 310 N 6th St. A registration period will be established by the Athletic Supervisor. Registrations after the deadline are accepted only as roster space permits or as new teams can be formed.

COACHES & ASSISTANTS

Volunteers are used as coaches and assistants for all teams. Any parent that volunteers is allowed to coach his/her own child. A coaches training session and organizational meeting is conducted each year prior to the start of the season. It is strongly recommended that all volunteers attend. All volunteer coaches will be required to submit a background check to the Garden City Parks and Recreation, along with any assistant volunteer coaches helping out.

TEAM SELECTION

Teams are established by means of evaluation and group rating by the coaches involved in individual leagues for the 5-6th grade. Workouts are held to rate players. All players are highly encouraged to attend. Each player participating in the workout is assigned a numerical rating. Teams are selected then by going upon requests, school affiliation, and ratings on players if available. All 1-2nd grade and 3-4th grade will be done by request and school affiliation as best seen fit by Athletic Coordinators.

GENERAL RULES

1. Youth basketball is played in a manner similar to Jr. High and High School basketball. All games are governed by the latest official Kansas High School basketball rules except when local rules are specified.

2. Protests are allowed only for the purpose of determining an ineligible player. All other questions regarding a call by an official shall be settled on the spot by the official or supervisor.

3. **REMEMBER: 90% of our youth officials are younger rookie officials that are working for the enjoyment of working with kids, much like the coaches! We need to remember this!**

PARTICIPATION AND CONDUCT

1. **NUMBER OF PLAYERS** - A team must have a minimum of four **(4)** players present at game time to avoid a forfeit. If, for any reason, a team is reduced to less than three (3) players after the game has started that team forfeits the game. The game will then be played as a scrimmage with use of officials.

2. **PLAYING REQUIREMENTS -** No player can play more than three quarters of a game (six 4-minute periods) except under the following conditions:

Player Illness/Injury	Player Discipline
Player fouls out	Player must leave
Team has six or less players.	Technical Fouls

   - **Each player must play at least four** 4-minute periods. Players cannot be removed during a period except for injury or illness. EXCEPTION: substitutions are allowed in the fourth quarter if all players have played and sat their required time.

   - Officials must be notified prior to game of any players sitting out for injury or illness unless injury or illness occurs during the game.

3. **PLAYER DISCIPLINE -** Players may be sat out for disciplinary reasons including non-attendance at practice. The coach must notify the parent and Sport Director and the Sports Director must approve prior to disciplinary action.

4. **Zero Tolerance Rule** - There will be zero tolerance for players, coaches and spectators who engage in harassing and/or unsportsmanlike behavior with umpires / officials, other spectators, game supervisors, other players, or GCPR Athletic Staff. Officials, game supervisors and GCPR Athletic Staff have the authority to penalize the player, coach, spectator, or team if an official is sworn at, harassed, argued with, or insulted. Penalties will range from: warning, to ejection from game to suspension from future games and possible forfeiture of the game.
5. **UNSPORTSMANLIKE CONDUCT -** Unsportsmanlike conduct will not be tolerated. Officials, Supervisors and the Sports Director and ANY Garden City Recreation Staff have the authority to remove players, coaches and spectators from the game for unsportsmanlike conduct if deemed necessary.

   - **Coaches and Assistants are responsible for the conduct of their players and parents or relatives of players. If this becomes out of your control bring it to the supervisor's attention.**

   - **Tobacco products are NOT permitted at any of the GCPR / Holcomb or GCHS Premises. Coaches should act and dress like role models around the youth.** Any coach or spectator under the influence of alcohol will be automatically asked to leave the facility.

   - **Coaching box will only be used for COACHING of players; any other use of this box can result in a technical foul.**
   - **"**A coach is one who instructs and trains a performer or team, one who instructs players in the fundamentals of a sport and directs team strategy**."**

6. **TECHNICAL FOULS -** Players that receive a technical foul for unsportsmanlike conduct during a game is required to sit out the remainder of the half and the next half. If the technical is in the second half the player is required to sit out the first half of his/her next scheduled game. **Coaches** that receive a technical foul are dismissed from coaching for the remainder of the game and must leave the premises. If deemed necessary by the Sports Director a coach may be dismissed from coaching for additional games including the remainder of the season.

LEAGUE RULES

1. **LENGTH OF GAME**
   - **5th/6th grade – Play four eight (8) minute quarters. The clock will run continuously the entire game except for the last 2 minutes of the game if they are within 10 points.**
     - During the last two minutes of the game and overtime periods the clock will stop according to High School Rules.
   - **3rd/4th grade - Play four eight (8) minute quarters. The clock will run continuously the entire game.**
   - **1st-2nd grade - Play four six (6) minute quarters. The clock will run continuously the entire game.**
   - Additionally, the clock is stopped for time outs, end of quarter, injuries, and substitution time outs. Five minutes is allowed for half time.

2. **OVERTIME -** (5th / 6th grade only) Overtime will be a 2-minute sudden death period. The first team to score will win the game. If after the two minutes the score remains tied the game will end in a tie. Tie games in 1st & 2nd and 3rd & 4th grade league will not be broken.

3. **TIME OUTS -** Teams are allowed three 30 second time outs per game. Additionally, the clock will stop every four (4) minutes of each quarter for coaches to make substitutions. **THIS IS NOT A TIMEOUT** and play should resume immediately after the substitutions have been made. The game will be stopped for about 15 seconds, then the horn will sound and the clock will resume.

4. **Teams do not alternate possession during the mandatory timeouts for substitution. The team in possession of the ball retains possession**.

5. **ALTERNATING POSSESSION -** Following a jump ball to start the game team's alternate possession at the end of each quarter and any jump ball. The team with possession of the ball at substitution time outs retains possession when play resumes. If neither team has control of the ball possession is awarded according to the next alternating possession. 1st/2nd grade will have the home team start with the ball and the visitor get the first alternating possession.

6. **DEFENSIVE RULES**
   - **5th & 6th Grade -** Teams must play man-to-man defense, can't pick up until half court, and cannot double team or trap the ball.
   - **3rd & 4th Grade -** Teams must play man-to-man defense, can't pick up until half court, and must start inside the 28-foot line (volleyball spike line). Teams also cannot double team or trap the ball.
   - **1st & 2nd Grade –** Teams will be required to play man to man defense but are required to stay inside the 3-point arc.
     - Teams may come outside the 3-point arc during the last 3 minutes of the game, as long as they are not more than 10 points ahead.
   - **Man-to-Man Defense** - Defensive players can only come off their assigned person to guard someone else if giving help, not to trap or double team. Also, players giving help defense must come off the person they are guarding to help and cannot sit in the lane and wait for players to need help. (i.e. play zone).

7. **FULL COURT PRESS –** (5th / 6th grade only) **during the 1st 3 quarters**, offensive players must cross half court before they can be guarded. Once a team gains possession of the ball the defensive team must fall back across half court and allow the offensive team to bring the ball up unopposed. **Teams may press ONLY during the 4th quarter provided they are not 10 or more points ahead**. Penalty: Teams will be warned and if it continues a technical foul is assessed to the bench.

   NOTE: presses are not allowed at any time in 1st/2nd and 3rd/4th grade leagues.

8. **COURT MODIFICATIONS**
   - **5th/6th grade -** Regulation distances are used with the use of the 3-point line.
   - **3rd/4th grade - Goal height will be 10 ft. for boys & 8 ½ ft. for girls.**
     - **Free Throws – Players will shoot behind original line, no violation if they go over the line.**
   - **1st/2nd grade - Goal height will be 8 feet (will not shoot free throws)**

9. **Basketball Size**
   - **5th/6th grade – 28.5**
   - **3rd/4th grade – 28.5**
   - **1st/2nd grade – 27.5**

VIOLATIONS AND FOULS

1. **PERSONAL FOULS –** Players foul out of the game after five **(5)** personal fouls.

2. **SHOOTING FOULS –** Shooting fouls will be shot according to High School Rules. All other free throw procedures will adhere to KSHSAA regulations. Beginning with a team's fifth foul in each quarter, two free throws are awarded, regardless of whether or not the first free throw is successful. Team fouls will be reset at the beginning of each quarter.

3. **LANE VIOLATIONS –** The penalty for three-second lane violations may be enforced. (Not in 1/2 grade)

4. **3-point shot will be used in 5th & 6th Only and will count for 3 points.** In all other divisions the 3-point shots will only count as 2 points. Do not allow your players to shoot out that far.

SCORES AND STANDINGS

1. **GAME SCORES –** If a team is **15** points ahead, the scoreboard is shut off and the score is not recorded beginning in the 4th quarter. Standings will be updated at www.gcrcathletics.com