

6. COACHING REQUIREMENTS

- NATIONAL YOUTH SPORTS COACHES ASSOCIATION (NYSCA)
 - Requirement for one(1) coach per team
- BACKGROUND CHECK
 - Required for EVERY coach who helps with team.

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)
 - DECEMBER 12th
 - JANUARY 16, 19, 26,30
 - FEBRUARY 6th

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
2022/2023 Biddy Basketball
Rules and Regulations**

INTRODUCTION:

The 2022/2023 HRC Biddy Basketball League will be governed by the Kansas State High School Athletic Association (K.S.H.S.A.A.) Rules *except* where modified for youth. These rules have been drawn in accordance with the purposes and the aims of Hays Recreation Commission (HRC), and have as their basis the development and teaching of the elements of good sportsmanship and fair play. HRC shall be the interpreter of these rules.

RULE 1. PLAYERS/TEAMS

- A. Teams are randomly formed through HRC computer program.
- B. Players may only play on ONE (1) team in the league, and it must be the team they are rostered.
 - a. Exception 1 being a player is allowed to sub up for a team in the older age groups.
 - i. Exception a1: 3rd grade boys and 3rd and 4th grade girls may borrow players from within their division when they are short on players (5 players or under).
- C. All players must be registered through HRC. NO "GUEST" PLAYERS ARE ALLOWED.
- D. Teams/Leagues will be made up of players in their respective grade levels.
- E. 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.

RULE 2. SPORTSMANSHIP

- A. Positive sportsmanship shall always be a top priority in all leagues.
- B. Head coach is responsible for the action of his/her players, assistants, and spectators.
- C. There will be a ZERO tolerance for foul language.
- D. There will be a ZERO tolerance for alcohol, tobacco, or drugs on the premises.

RULE 3. GYM/COURT CONDUCT

- A. No street shoes will be allowed for practice or games. Youth must bring, not wear, their shoes to the gym.
- B. Players shall not wear anything which is dangerous to other players such as watches, rings, necklaces, bracelets, earrings, etc...
- C. 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. When at all possible, HRC will provide at least one (1) ref per game who is licensed through KSHSAA.

RULE 4. PRACTICES

- A. Practices are allowed to begin the week of December 12TH.
- B. ALL practices must be assigned, approved, and scheduled through the HRC office. THIS INCLUDES ALL OUT OF TOWN TEAMS, as well as ANY TEAM WHO CHOOSES NOT TO PRACTICE AT HRC.
- C. Teams are allowed TWO (2) practices per week lasting ONE (1) hour in length.
 - a. Penalty for more than allotted practice time per week are as follows
 - i. First offense the coach will be suspended for one (1) game.
 - ii. Second offense the coach will be suspended for two (2) games.
- D. Practices will be held at the HRC and 13th Street Gym.
- E. Teams will be scheduled on one-half of the court.
- F. PRACTICE BALLS will be provided by HRC.

RULE 5. GAMES

- A. Games will begin on Saturday, January 7th and run through Saturday, February 11TH.
- B. Game and practice cancellation information can be found by signing up for TextCaster.
- C. Officials may NOT start the game before scheduled game time.
- D. Game balls will be provided by HRC
- E. Four (4) players must be present to start the game.
- F. Lineups must be turned in to the scorekeeper five (5) minutes before game time.
 - a. Lineup sheets are in coaches packet
- G. Games will consist of four (4) – eight (8) minute quarters. Halftime will consist of a three (3) minute halftime. One (1) minute will be allowed between quarters.
- H. Teams will be awarded two (2) timeouts per half w/ no carryover.
 - a. Exception: if game goes into overtime, unused 2nd half timeouts will carry over.
 - b. Each team will be awarded one (1) timeout if Overtime is played.
- I. The game clock will run continuously and will stop only on injuries, free throws, timeouts and mandatory substitutions. Clock will also stop in the last one (1) minute of the 4th quarter.
- J. Forfeit time is ten (10) minutes after the scheduled game time. For example, if game time is 10:00am, forfeit time is 10:10am. The referee's watch is the official watch.
- K. 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 game is tied at end of overtime, the game will end in a tie.

- L. Once/if 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 game without the score being kept.

RULE 6. EQUIPMENT/UNIFORMS

- A. Teams/Coaches are responsible for finding their team sponsor who will purchase the team uniforms.
- B. Team color will be assigned through HRC.
- C. Uniforms are required to have a number on the back.

RULE 7. PLAYING TIME

- A. This program is designed so that all participants will have the opportunity to learn and have fun, regardless of experience or ability.
- B. Each player who is suited up to play, must play at least eight (8) minutes per half.
- C. Mandatory substitutions will be signaled **BY THE OFFICIAL** near the four (4) minute mark of each quarter.
 - a. A player that checks into the game at the 4-minute mark, must remain on the court the rest of the quarter.
 - i. Exception being foul trouble or injury.
 - b. Teams are NOT allowed to substitute at any time during the first four minutes of each quarter.
 - i. Exception to this rule is a player that is injured or in foul trouble.
 - 1. Three (3) or four (4) fouls during the first or second quarter will be considered foul trouble.
 - 2. Four (4) fouls in the 3rd quarter will be considered foul trouble.
- D. If for any reason a coach sees fit not to play a player (disciplinary reasons), that manager/coach must first notify the HRC Sports Director for approval.

RULE 8. GENERAL RULES OF ALL LEAGUES

- A. A jump ball will be used to start the game, and if necessary, overtime. All other jump ball situations will be handled by the alternate possession rule.
- B. A player will be removed from the game on the fifth (5th) personal foul.
- C. The bonus (1+1) will be in effect on the seventh (7th) team foul of each half. On the tenth (10th) team foul per half, teams will receive two (2) free throws.

RULE 9. COACHES CONDUCT

- A. HEAD Coaches must remain seated on the bench, within the coach's box, at all times while the ball is in play except to:
 - a. Confer with players on the bench
 - b. Signal to players to request a timeout
 - c. Attend to an injured player
 - i. Must be beckoned by an official first
 - d. To replace a disqualified player

- e. To react to an outstanding play.
- f. Give instructions to his/her players.
- B. Assistant coaches must remain seated at all time while the ball is in play.
- C. COACHES MAY ASK OFFICIALS QUESTIONS REGARDING A CALL.
 - a. There will be a ZERO TOLERANCE policy regarding poor conduct toward officials.
 - i. First Offense: loss of coaching box
 - ii. Second Offense: Technical Foul
 - iii. Third Offense: Disqualification/Suspension
- D. Coaches are responsible for the actions of their spectators and fans.

RULE 9. 3RD GRADE BOYS & 3RD/4TH GRADE GIRLS LEAGUE SPECIFIC RULES

- A. League will be played on 8 ½ foot goals
- B. League will utilize a Junior Size (27.5) ball.
- C. Lane violation will be 5 seconds
- D. 3 Point shots will only count as 2
- E. Free throws will be attempted from thirteen (13) feet. A line will mark this spot on the floor.
- F. Teams must play man-to-man half-court defense. Full court and zone defenses are not allowed.
- G. Man-to-man defense is defined as guarding within six (6) feet of the offensive player.
- H. Once a team is up by fifteen (15) points, defense must fall back to behind three-point line.
- I. Defensive double-teaming is only allowed when the offensive player with the ball is in the lane. If defensive double teaming occurs outside of the lane, the first two violations are warnings, and subsequent violations will result in a technical foul.
- J. Defensive players cannot steal off the dribble or out of the opponent's hands.
- K. Once defensive player secures the rebound, it is considered possession in the backcourt. If a defensive player secures the rebound and the offensive player reaches in to "tie up" the ball, the referee should waive off the "jump ball" and award the ball to the defensive team.
- L. Offense must make one pass in the frontcourt before a shot is taken. Handoffs will not count as the first pass of a possession in the front court. Penalty for zero passes before shot attempt will result in a turnover.

RULE 10. 4TH GRADE BOYS LEAGUE SPECIFIC RULES

- A. League will be played on 8 ½ foot goals
- B. League will utilize an Intermediate Size (28.5) ball.
- C. Lane violation will be 5 seconds.
- D. Man-to-man defense must be played
- E. Man-to-man defense is defined as guarding within six (6) feet of the offensive player.

- F. Teams may double team the ball in the half-court until they are up by fifteen (15) points.
- G. Once a team is up by fifteen (15) points, defense must fall back to behind three-point line
- H. Teams are allowed to full court press in the last one (1) minute of the game if the score is within 10 points.

RULE 11. 5th GRADE BOYS, 5th/6th GIRLS, 6th GRADE BOYS LEAGUE SPECIFIC RULES

- A. Leagues will play on a ten (10) foot goal
- B. Leagues will play with Intermediate Size (28.5) ball.
- C. Teams can only full court press in the final one (1) minute of the game.
 - a. Full Court Press also allowed in overtime period.
- D. Officiating in this age group will be by KSHSAA rules.

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, exhibiting 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 wellbeing 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 wellbeing 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