Rec Hoops Girls 7th-8th Grade

Programs objectives for every player:

1. To participate in all games. (Participation over sitting on the bench)
2. To have fun. (Recreational competition over All Star development)
3. To learn and discover skills, abilities and potential.

LEAGUE ORGANIZATION AND RULES

A. LEAGUE PLAY: Summer League games will be held at Grace Community School.

B. ELIGIBILITY: 7th-8th Grade Girls. A player must play within his grade or move up a grade. **NO moving down unless approved by league coordinator. The program philosophy emphasizes participation rather than competition.**

C. UNIFORMS: City of Tempe Recreation Services will provide uniforms for each team. Coaches are to see that each player receives their uniform. Players will not be allowed to play without their uniform.

D. BASKETBALL SIZE: The basketball size that will be used is the Intermediate (28.5) basketball.

E. ARRIVALS: Coaches — DO NOT ALLOW YOUR TEAM IN THE GYM TOO EARLY. You are responsible for them while they are at the gym. PLEASE help us maintain control during this program.

F. PRIOR TO THE GAME: A five minute warm-up period shall be provided to each team before their game. The game will START at the end of the five-minute warm-up period.

G. CONDUCT - PLAYER, COACHES AND PUBLIC: All persons directly or indirectly connected with our Basketball Program are expected to conduct themselves respectfully and with good sportsmanship. Coaches are expected to show and teach good sportsmanship at all times.

H. FOOD, BERVERAGES OR CANDY: Food, beverage, candy or **GUM** is not allowed inside the gym at any time. Violators will be asked to leave. Coaches, please help us with this rule. Please assist with keeping the facilities clean.

I. GYM SUPERVISORS: Each gym will have a supervisor who will be in charge of the games, officials, rules and league information. They will handle your questions or problems as they a rise

J. SCOREBOARD: **Score will stay on regardless of the score.**

K. PLAYING TIME: Each quarter will last Ten (10) minutes. The clock will **ONLY** stop on each whistle during the **LAST TWO (2) MINUTES** of the game. All players must play at least 2 full quarters in each game unless unexcused absences. The clock will stop on each whistle during the last 5 seconds of any quarter.

L. TIME OUTS:
1. A team will be allowed two (2) time-outs per half. (1) time-out if game goes to over-time. Time-outs cannot be accumulated if not used.
2. Injury requiring time-outs will be charged as official's time.
3. Half-time will be five (5) minutes long.
4. Each intermission between 1st and 3rd quarters will be one minute in duration.

M. ALTERNATE POSSESSION: A jump ball will be used at the beginning of each game and overtime. After the jump ball possession, it will alternate between teams.

N. LANE VIOLATIONS: In this league 5 seconds will be allowed in lane.

O. FULL COURT PRESS: **Either team can press during the last 5 minutes of the 2nd and 4th quarter regardless of score. Press can also be applied throughout the game if the losing team is trailing by 10 or more points. Once the difference is less than 10 points press is off.**

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P. FOULS: Foul shots will be taken during the entire game and in overtime. Fouls will be penalized as follows:

- Seven (7) Team foul in each half - shoot one and one (bonus). On the tenth (10) team foul - shoot 2 foul shots (double bonus).
- Technical Fouls – shoot **1 foul shot** plus the ball out of bounds. (This will also count as a personal foul for the offending player). A **TIME-OUT** will be charged to the team. (Note: Officials time-out if the offending team doesn't have any time-outs left.) If a player receives 2 technical fouls in one game he/she will be on the bench for the remainder of the game.
- If more than 5 players are on the court NO Technical foul will be given. However, possession goes to the team who did not commit the violation.
- Intentional Fouls - shoot **2 foul shots** plus the ball out of bounds.

Q. DEFENSE: Zone Defense is allowed. **Teams may extend and "trap" within the zone defense ONLY**. **Man to Man Zone trapping is not allowed.** You will not be allowed to extend or "trap if your team is winning by more than 10 points. Teams need to "pack-it-into the paint" if playing a zone defense. **3 second violation**: When a player is pressured by a defender (within a 3 feet radius) and does not go anywhere, he or she has 5 seconds to get rid of the ball by either shooting or passing the ball.

R. TIE GAME: There will be 2 minute overtime in case of a tie game. If the game remains' tied after the 2 minute overtime, it's recorded as a tie.

S. SUBSTITUTES: At the 5:00 minute mark of each quarter a coach will have the option of substituting players into the game. At the end of each quarter, there are mandatory subs. Any child on the bench at the end of the quarter, must start the next quarter. Each player has to play half the game unless a player has unexcused absences. When a substitute is to enter the game they must report to the scorekeeper. The scorekeeper shall sound the horn if (or as soon as) the ball is dead. COACHES ARE STORNGLY CAUTIONED THAT WHEN SUBSTITUTING THEY MAKE SURE EACH PARTICIPANT PLAYS IN AT LEAST HALF THE GAME!!! *Any coach substituting to win the game instead of playing player(s) their two quarters could potentially be removed as coach.*

- **If a team has less than 7 players in attendance on game day there will be an official's timeout during the 5 minute sub opportunity (15-30 secs).**
- **Coaches will be able to freely substitute their rosters during the last 5 minutes of the 4th quarter.**

T. PRACTICE PARTICIPATION: A parent letting a coach know that they will not make practice does not count as an unexcused absence. If a player misses any practices that are unexcused (No call, text, e-mail or note).

Attends both practices scheduled	Has to play at least half the game
Attends half the practices scheduled	Has to play at least one quarter of the game
Attends zero practices scheduled	Has to play at least five minutes of the game

U. TWO - DEEP LEADERSHIP: The Basketball program, like all Tempe youth leagues, lives and dies on the strength of its volunteer coaches. The participants and parents know that without volunteer coach's time and effort they wouldn't be able to practice and play games. But in today's complex society, just donating time and effort isn't enough. Everyone must also be aware that relationships between youth and adults aren't as simple and easy as they once were. Years ago, coaches could show physical affection for their players. Now a coach can't be physical at all. **Affection must be verbal.** It was once acceptable for an adult coach to be alone with youth participants, but now that condition has changed. The recreation staff is recommending "two-deep leadership" at all practices or team gatherings. The Boy Scouts have used this method successfully. This means two adults in attendance all times.

To accomplish Two Deep Leadership coaches are asked:

1. Find an assistant coach and have that coach at each practice.
2. Nominate a "Team Parent" and have him or her assign an adult parent to be at each practice.
3. Call another coach in your league and hold a dual practice. Coaches are asked not to coach by themselves. If no one else is available they should cancel practice and immediately notify the parents. If you do cancel or end a practice early, remember that you cannot leave your players unattended. Every player must have a safe way home and be accounted for. If practice ends and a parent hasn't shown to pick up one of your players, an adult parent and coach must wait until the player has a ride and is accounted for. Do not abandon your players.

V. BACKGROUND CHECK: For the safety and protection of the youth program participants, the Community Services Department will conduct a background check on all volunteer coaches. Part of the process includes finger printing every volunteer coach once every year. The results of the background check will be held in the strictest confidence.

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