



Winter 2012  
In-House Basketball League  
All Girls Grades  
Coaches Handbook



**Bartlett Park District**  
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Tel: (630) 540-4800 Fax: (630) 540-4869  
[www.bartlettparks.org](http://www.bartlettparks.org)

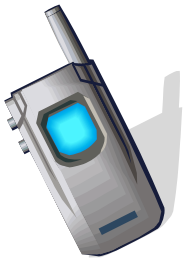
Dear Coaches,

Welcome to the start of the in-house basketball league at the Bartlett Park District. I wish you the best of luck this season coaching your team and hope that you have an enjoyable experience. Please remember it is a privilege, not a right, to coach in the Bartlett Park District programs so I ask that you act accordingly and represent yourself, and your team, in a positive manner. The in-house leagues are designed to accommodate all players, regardless of ability or experience. Our focus is on creating a positive learning environment to help each child reach his/her potential. We guarantee equal playing time and suggest that your aim should be for every player on your team to have scored a basket by the end of the season! We do not keep and post scores and standings and this is a recreational youth sport – keep this in perspective when it comes to dealing with other coaches, the officials, your players and parents. Make it fun for everyone, including yourself.

Please feel free to contact me throughout the season with any comments or concerns. Remember I can't help improve things if I don't know about them.

Thanks,

Lynsey



### **CONTACT INFORMATION**

Lynsey Heathcote - Recreation Supervisor

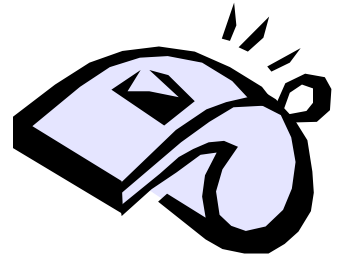
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For more youth sports information please visit [www.bartlettparks.org](http://www.bartlettparks.org)

## **COACHING AND TEAM FORMATION**

With approximately 800-1000 basketball participants between October and May in our entire program and approximately 60 players in 3<sup>rd</sup>/4<sup>th</sup> Girls, 50 in 5<sup>th</sup>/6<sup>th</sup> and 20 in 7<sup>th</sup>/8<sup>th</sup>, we rely heavily on volunteer coaches. Coaches are primarily responsible for holding practices (1 x 1 hour/week) and coaching on game days. Additionally, you should communicate information throughout the season regarding the team's events and activities. While we understand any personal requests for coaches, friends and car pools, to be fair to everyone we cannot honor them if we are to remain consistent and keep balanced teams.



Teams of 10 players are formed. Teams play a 10 game season, typically with two practices before the first game. Games are played on Saturdays. Scores are not kept in this league.

## **OFFICIALS**



All our officials are Illinois High School Association (IHSA) certified and are employees of the Bartlett Park District.

We have a zero tolerance policy as far as official abuse and ask that you respect the officials, let them do their job and not shout or criticize from the bleachers. The officials are instructed to officiate games according to the grade level to help player development and ensure success. Please don't expect every game to be officiated like the WNBA! An adult (coach or parent) who receives a technical and/or is ejected from a game will receive a one game suspension and will not be allowed to coach and/or watch their child's next game. Any concerns about officials should be reported to me.

## Guidelines for Practices in Sycamore & Prairieview Elementary Schools.

Our youth basketball leagues are dependant on the U-46 schools for practice time and our relationship with them is very important to the continuing success of the Bartlett Park District programs. With that said please consider the following guidelines:

- Do not attempt to enter the school building before 6:15pm each night. Both schools run an after school SAFE program and no-one is permitted to enter until that program is over. Please inform the parents of this and do not let them drop kids off early as the school will not be open.
- Please arrive at and leave the school promptly before and after your scheduled time. No-one is permitted to stay beyond their scheduled time and should not be in the gym without a gym supervisor.
- Drinks and snacks should be left outside the gym to avoid spills and potential safety hazards.
- Please treat the school gymnasium with respect and ensure that all trash is picked up after practice.
- Do not allow the kids to jump or climb on the blue wall mats. These are easily damaged and should not be touched.
- Please do not try to gain access to the school gym storage areas. The Park District supplies your practice equipment and school equipment is not to be used.
- The custodian at each school is responsible for providing the crank to raise and lower the basketball hoops. The gym supervisor is responsible for finding the custodian and getting this taken care of. At the end of practices please ensure the hoops are returned to the original height.
- In the unlikely event of a mix up with practice times please try to resolve the issue amicably and work out a way for everyone to practice who has showed up.
- If you have problems or concerns at the school please direct these to the gym supervisor who will in turn contact me. I will communicate with the school principal to problem solve. Please do not direct any comments or concerns to school staff.

Not abiding by these guidelines may result in our facility use being restricted. Thanks in advance for your help, support and cooperation.

## **PICTURE DAY**



*Wednesday, January 18th @ BCC Gymnasium*

Players should wear their basketball team t-shirt and black shorts. Advise your team to arrive 15 minutes prior to the scheduled time. Players should **NOT** bring basketballs.

Pass out picture packets about 1-2 weeks prior to picture night. Extra packets are available at the front desk or on the night of pictures.

Schedule is available online.

## **ONLINE GAME SCHEDULES AND STANDINGS**

Bartlett Park District will have upto date online schedules posted for the 3<sup>rd</sup>/4<sup>th</sup> Grade Girls, 5<sup>th</sup>/6<sup>th</sup> Grade Girls or 7<sup>th</sup>/8<sup>th</sup> Grade Girls division. To view the schedules please visit [www.bartlettparks.org](http://www.bartlettparks.org) Click on “athletics” followed by “athletic league schedules and standings” and then “youth leagues”. Select the division under basketball and view your schedule.

Please use the web-site and direct your team parents there too.



## **REPORTING GAMES TO THE EXAMINER**



The kids love to see their team and name in the newspaper!

Visit [www.examinerpublications.com](http://www.examinerpublications.com) and click on sports scores and basketball to report your game information. Remember to not focus on the score and who scored all the points but to highlight everyone’s contribution, no matter how small.

The deadline for sports scores in Wednesday’s paper is Sunday at 5pm.

## 3<sup>rd</sup>/4<sup>th</sup> Grade & 5<sup>th</sup>/6<sup>th</sup> Grade Girls Basketball League Rules

### **I. The League**

- A. All league play will be governed by the IHSA (Illinois High School Association) rules unless otherwise stated in these Bartlett Park District rules and regulations.
- B. The official park district representative has the power to issue a technical foul on a coach, player, or fan for unsportsmanlike conduct. Grounds for this action could include such things as verbal criticism or unsportsmanlike gestures. A Technical Foul on a coach results in a minimum of a one game suspension plus the coach will have to sit down during the game it was issued and will not have the right to stand in the coaches boxes.

### **II. General Information**

- A. Please come no earlier than 20 minutes before your game time. Court 2 may be available for warm up but is not guaranteed and it will be shared by the next four teams about to play.
- C. Uniforms: Game T-Shirts will be handed out before the first game. All players are required to wear their T-Shirt and black shorts.
- D. No jewelry can be worn. This includes earrings, bracelets, bobby pins or anything hard used to clip hair back.
- E. Each player must check into the game with the official scorekeeper every time they enter the game. All players must report in at the beginning of each quarter, regardless if they played the previous quarter or not.

### **III. Playing Time**

- A. Every player that shows up for the game must play two full quarters start to finish. **There are 3 exceptions:**
  - 1) Illness - be sure to tell opposing coach and the score keeper
  - 2) Discipline problems - after speaking to the player's parents ahead of time
  - 3) Injury
- B. If a team has 7 players or more, each player must sit out one full quarter start to finish. If either team has 6 players or less, no player from either team has to sit out, but everyone still has to play two full quarters start to finish. If a team starts out with 7 players, and one of them fouls out leaving them with 6, each player must sit out one full quarter.
- C. Substitutions - All players must play their full 2 quarters. Substitutions can only be made at the start and end of each quarter. The only other instance is in the case of injury. At this time both players will be charged with playing that quarter.

### **IV. Timing**

- A. 4 x six minute stop time quarters
- B. 3 x three minute overtimes followed by a sudden death overtime
- C. 2 minutes between quarters and 4 minutes between halves.
- D. 2 x one minute time outs per half
- E. 1 time out per overtime.

### **V. Special Rules – 3<sup>rd</sup>/4<sup>th</sup> Grade**

- A. There will be a jump ball to start the game. Afterwards, the ball will alternate possession.
- B. Officials may call time outs to explain violations or problems to the players.
- C. All baskets will be lowered to 9 feet for all games.
- D. Free throws will be shot from a marked line approx. 12 inches in front of the existing foul line.
- E. Players will use a 27" junior size basketball.
- F. Three-point line will be used

- G. An offensive player controlling the basketball must be allowed to cross the yellow line on the court before the defense is allowed to put pressure on him. No full court press. The player with the ball has 5 seconds to cross the yellow line. Once the line is crossed the ball is live and the player cannot go back behind the yellow line expecting another 5 seconds.
- H. If a defensive player fouls or presses, the first time the referee will wave them away and he may add time back on the clock at his discretion. If the infraction occurs again the referee will call a technical foul on the bench. The offensive team will be awarded two free throws and possession of the ball out of bounds. Each successive foul/press of the same nature will result in a bench technical foul.
- I. No zone defenses allowed. Man to man defense must be played – no exceptions.
- J. There will be no double-teaming on a player with or without the ball. “Help” defense is permitted. When the defensive player is beaten a player guarding off the ball may step in and help prevent an open shot. When the beaten player catches up, players must go back to their original positions. The officials will distinguish between double teaming, zone defense and help defense and make the appropriate call.
- K. If a coach encourages players to foul close to the end of the game they must ensure players understand they must go after the ball and not the player. A hard foul on a player may result in an intentional foul.

#### **VI. Special Rules – 5<sup>th</sup>/6<sup>th</sup> Grade**

- A. There will be a jump ball to start the game. Afterwards, the ball will alternate possession.
- B. Players will use a 28.5” junior size basketball.
- C. An offensive player controlling the basketball must be allowed to cross the yellow line on the court before the defense is allowed to put pressure on him. No full court press.
- D. If a defensive player fouls or presses, the first time the referee will wave them away and he may add time back on the clock at his discretion. If the infraction occurs again the referee will call a technical foul on the bench. The offensive team will be awarded two free throws and possession of the ball out of bounds. Each successive foul/press of the same nature will result in a bench technical foul.
- E. No zone defenses allowed. Man to man defense must be played – no exceptions.
- F. There will be no double-teaming on a player with or without the ball. “Help” defense is permitted. When the defensive player is beaten a player guarding off the ball may step in and help prevent an open shot. When the beaten player catches up, players must go back to their original positions. The officials will distinguish between double teaming, zone defense and help defense and make the appropriate call.
- G. If a coach encourages players to foul close to the end of the game they must ensure players understand they must go after the ball and not the player. A hard foul on a player may result in an intentional foul.

## 7<sup>th</sup>/8<sup>th</sup> Grade Girls Inter-Village Basketball League Rules 2012

Participating Districts: Bartlett, Dundee, Hoffman Estates, Roselle & Streamwood

**All participants will adhere to these Inter-Village League Rules.**

**All other rules not defined here will be subject to IHSA/NFHS official Basketball Rulebook.**

### **1. Conduct:**

- a. The officials may remove any player or coach from a game for unsportsmanlike conduct, including inappropriate language. In severe cases, the League Administrator may remove a player or coach from league play.
- b. Team coaches are responsible for the conduct of their players, parents and spectators. If an official finds their conduct disruptive to the game, the following courses of action may be taken:
  1. First                Warning to the team coach.
  2. Second            Technical foul against the team.
  3. Third                Forfeiture of the game.
- c. Three (3) technical fouls on a team in a given game shall constitute a forfeit.
- d. Two (2) technical fouls on a coach or player will result in disqualification and the coach/player will be asked to leave the gym and will be suspended from coaching/participating in the next scheduled game.

### **2. Length of the game:**

- a. 7<sup>th</sup>/8<sup>th</sup> Grade Games    4 x 7 minute quarters    Stopped clock.
- b. Overtime                    3 minute period (First two minutes - running clock. If the game is still tied the sudden death overtime will be played).
- c. 1 minute break between quarters.
- d. 3 minute break at half time.

### **3. Timeouts:**

- a. Each team is allowed 2 timeouts per half. An unused 1<sup>st</sup> half timeout does not carry over into the 2<sup>nd</sup> half. A 2<sup>nd</sup> half unused timeout does not carry over into overtime.
- b. Each team is allowed 1 timeout for the overtime period.

### **4. Substitutions:**

- a. All players must play the equivalent of 2 full quarters, unless one of the following occurs:
  1. If a player gets called for 3 fouls in a quarter. (Coaches decision to remove a player)  
Note: A player fouls out once they have received 5 fouls.
  2. A player is injured.
  3. Injury time = playing time.
- b. No player may play more than three quarters when their team has 7 or more players present for that game.
- c. The scorekeeper will buzz in substitutes. Each player must report their number and the number of the player they are substituting. (#1 for #22)
- d. If time is stopped for an injured player, that player must be taken out of the game. The injured player may return to the game on the next dead ball.

### **5. Defense:**

- a. Can press the entire game, except when they are up by 10+ points.
- b. May play zone or person to person defense.

**6. Free Throws:**

- a. Regulation (15 ft.)

**7. Fast Break Rule:**

- a. 7<sup>th</sup>/8<sup>th</sup> Grade teams are allowed to fast break given the opportunity.

**8. Offensive Lane Violations:**

- a. 3 seconds

**9. 3-point shots:**

- a. When there is a 3 point line, 3-point shots will be counted for all grades.

**10. Officials:**

- a. Two officials will be used for each game.

**11. Equipment**

- a. 28.5" Women's basketball
- b. No jewelry is to be worn. (Medical alert bracelets, necklaces or religious items are not considered to be jewelry, but must be secured to the body).

**12. Player Movement**

- a. Teams must have a minimum of 5 players to start a game.
- b. If a coach anticipates having less than 6 girls prior to game day, additional players can be pulled from across the division, or from the division below. Coaches can only pull players from within the league. Coaches cannot pull from outside the league. Coaches cannot pull girls if they are committed to another game. Coaches may only contact players until 8 players have confirmed. Coaches must confirm the addition of girls with the opposing coach prior to game day to ensure that penalties are not sustained on game day as a result of ineligible players.

**13. Roster Challenge**

- a. Teams may challenge another team if they feel as though ineligible players are participating. Challenges must always go through the scorekeepers table, and never directly to the opposing coach. Scorekeepers will consult the rosters they have in their site binders. If a player is found to be ineligible, the illegal player and coach will be ejected from the game, and may be subject to additional penalties. If the challenging team loses the challenge, they will be penalized a time-out.

**Mandatory: Visiting team must call home team to confirm each game**