

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division I, II & V Objectives and Rules

OBJECTIVES

In Divisions I, II & V, the players' skills and confidence levels vary greatly. For most players, this is their first exposure to organized basketball. The experiences the players have and the confidence they develop throughout the season will determine whether or not they continue with basketball or other organized sports.

Therefore, our St. Francis League's objectives are to try to ensure each player:

- Has fun and enjoys the experience;
- Reflects an example of sportsmanship and Christian fellowship;
- Becomes schooled in the fundamentals of basketball;
- Develops confidence with their basketball skills; and,
- Feels a part of the team and the game and applies the value of teamwork.

While competition is natural and will happen, our emphasis should be on our league's objectives and not on winning. To help achieve these objectives, the following guidelines have been put in place. Each coach has the responsibility to ensure they occur.

- ✓ All players are to receive equal playing time. Playing time may be reduced for any player who misses practices without a legitimate reason or for disciplinary purposes.
- ✓ In each game, every player should have the opportunity to bring the ball up the court. The coach should rotate who brings the ball up court for even distribution. Teamwork should be discussed with the players.
- ✓ All players should have the opportunity to start the game and these should be evenly distributed over the number of games played in the course of a season.
- ✓ In each game, every player will have the opportunity to make a basket by shooting two free throws during halftime.
- ✓ The coach should conduct an organized practice once a week that focuses on skill development of the fundamentals: Dribbling, Shooting, Passing, Catching, Footwork, Man-to-man defense, etc.
- ✓ The coach should teach, emphasize and practice dribbling each practice so that all players become skilled at handling the ball and bringing it up the court.
- ✓ In Division I, the clock will be used, but the score will not be kept. This will keep the focus on teaching, fun, teamwork, and sportsmanship. Divisions II & V will keep a running score on the scoreboard.

GAME RULES

We will follow the rules of the National Federation of State High School Associations with the following exceptions to help us meet our league's objectives.

1. **START** -- Games will begin with a jump ball followed by the alternating possession rule. The possession arrow will point to the bench of the team that will get the next possession.
2. **TIME** -- Games will be two halves of 16 minutes each. The clock will stop for substitutions and free throws.
3. **SUBSTITUTIONS** -- The clock will be stopped on a dead ball for substitutions every 4 minutes. This IS NOT a time-out. Coaches should immediately have players ready to substitute.

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division I, II & V Objectives and Rules

4. LINE UP -- At the start of the game and for every substitution change, coaches need to walk out with their five players and quickly line up the players by ascending experience level with most experienced player closest to the scoring table. This will ensure more even competition on the court & prevent mismatches from occurring.

5. TIME OUTS -- Each team will be allowed 2 time-outs per half. Time-outs that are not used in the first half will be forfeited and cannot be carried over to the second half. Time-outs will last one minute and can be requested by the coach as well as any player on the court.

6. OVERTIME -- DIV II & V only - If time permits, (referees decision) one 2-minute overtime period will be allowed and will start with a jump ball. One extra time-out will be allowed for an over time period.

7. ALTER TIME -- If necessary, to keep the league's games on schedule, the referees may decide to alter the time remaining in a game to complete it within the time allotted.

8. HALF TIME -- Half time will be 5 minutes. Every player will shoot 2 free throws during half time.

9. FREE THROWS -- DIV II & V - Free Throw Line is the short black line in front of normal free throw line. (The coach may decide the appropriate distance for players who cannot reach the basket on foul shots) DIV I - The coach will decide the appropriate distance for each players skill level. A free throw will be awarded each half beginning with the 7th team foul and if it is successful, one bonus free throw will be awarded. Two free throws will be awarded each half beginning with the 10th team foul.

10. GOAL HEIGHT /BALL SIZE -- Basket height will be 8' for Division I and 9' for Divisions II & V. Basketballs will be size 28.5

11. LANE VIOLATIONS -- No 3 second or 5 second violations in the lane will be called. However, the referee will instruct players who stand in the lane to move out.

12. DEFENSE -- Zone defenses of any kind are not allowed. Only man to man defense will be allowed and must be restricted to the area within the three point arc on the defensive half of the court. DIV I ONLY - When an offensive player is in the act of shooting, the defensive player can only have his/her hands straight up in the air to stop the shot. Arms are not allowed to be leaning forward or over the offensive player.

13. MAN TO MAN -- The defenders must remain with the offensive player they are guarding when within the 3-point arc. A defender is not allowed to stand in the lane, unless they are guarding their player. Defenders must remain with the player they are guarding at all times, unless a defensive switch occurs. Surrounding the player with the ball is not allowed.

14. HELP DEFENSE SWITCHING -- Defensive switching is allowed for help defense as long as double-teaming does not occur. Defenders should switch back to their original offensive player once play is completed. If a switchback occurs, it must occur immediately without double-teaming.

15. DOUBLE TEAMING -- Double-teaming by the defense is not allowed. The referee will award the ball back to the offensive team for any missed shot or turnover due to double-teaming.

16. STEALING -- Steals are not allowed when an opposing player has control of the ball. This includes while dribbling or holding the ball. Steals are allowed on passes. Defenders may intercept a pass that is just outside the 3-point arc as long as both defender's feet are clearly behind (inside) the 3-point arc. DIV I - Players are allowed to hand the ball off without interference. DIV II & V - Hand-offs may be intercepted by the defense and will result in a jump ball.

17. Fast Break -- Pass from the back court to the front court may be intercepted outside the 3-point line. A fast break which includes multiple quick short intentional passes upcourt can not be intercepted by the defense team outside the three point line. The defense can not defened the ball --handler outside the three

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division I, II & V Objectives and Rules

point line. Defense player will be encourage to quickly return to their defensive postion within the 3-point area.

18. DOUBLE DRIBBLE / TRAVELING -- DIV I - In the beginning of the season, double dribble/traveling violations will result in the ball being given back to offensive player. Continued double dribbles/traveling by the same player should result in a turnover. By mid season, double dribble/traveling violations will result in a turnover. **DIV II & V** - Double dribble/traveling violations will result in a turnover being called.

19. LACK OF ACTION -- At no time may a team go into a stall to use up time on the clock. If in the opinion of the referee, the offensive team does not advance the ball, a warning will be given for the first offense. Subsequent violations will result in a technical foul.

20. DISQUALIFICATION -- DIV II & V - A player will be disqualified after committing his 5th foul. Any player who is disqualified from a game for committing one flagrant foul will be suspended from playing in the team's next scheduled game. Any player who commits two flagrant fouls during the season will be ejected from the league. Any coach receiving a technical foul for behavior must meet with the league president to discuss the situation. The coaches are role models for the players and parents. Their conduct along the sidelines should reflect the spirit of positive competition, sportsmanship and Christian fellowship

21. PRESSING -- Pressing is not allowed at any time.

OTHER RULES

1. SET UP / PUT AWAY -- It is the responsibility of the two coaches who have the first game of the day to Set Up the gym before the first game. It is advised to arrive at least 1/2 hour before game time. It is the responsibility of the two coaches and parents of the last game/practice of the day to put everything back into the closet. Please put away things neatly. All bottles, wrappers, papers and other trash should be thrown away. All left over clothing should be put in the closet. Chairs should be stacked neatly and correctly on the storage carrier.

2. START OF THE GAME / PRAYER -- Games will begin with all players, coaches and referees at center court. Ground rules will be reviewed with the players and a prayer will be offered before the start of the game.

3. VOLUNTEERS / REFEREES -- Each team will provide one volunteer for each game to act as timekeeper and scorekeeper. The coach or an assistant coach will referee the games in Division I. The league will assign referees for Division II and V games.

We thank everyone for their effort in helping us implement these objectives and rules. Your support of these guidelines will ensure that the St. Francis Youth Basketball League will continue to serve as a leadership model in the positive development of our youth. Thank you and have a great season!!

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division I, II & V Objectives and Rules

ST. FRANCIS YOUTH BASKETBALL LEAGUE CHURCH RULES

Please review the following rules with ALL members of your family. These rules apply to both the Community Center at St. Francis, the gym at other facilities the league may utilize.

- 1. ENTRANCE / EXIT** -- *The rear doors in the gym are for Emergency exit only.* All players and families should enter the gym through the building doors at the end of the building nearest to the parking lot or doors adjacent to the drop off lane in the church driveway. Please be respectful when entering the long corridor in Clare Hall, to others who are using the meeting rooms.
- 2. BEHAVIOR** – Players, siblings and spectators must be well behaved. All players, siblings and parents are encouraged to remain in the gym before, during or after practices. Parents and siblings may wait in the lobby area of Clare Hall. **Children may only be in the lobby if supervised by an adult.** *Running, ball playing, horse-play in the hallways or meeting rooms is not permitted at any time.* Failure to comply may result in league suspension or termination.
- 3. UNATTENDED CHILDREN** -- Parents must not leave children unattended at the games/practices or in the hallways or other common areas. Siblings may not be left at practices unless supervised by an adult.
- 4. FOOD / DRINK** -- No food or beverages, except water, are allowed in the gym.
- 5. CLEAN UP / PUT AWAY** -- It is the responsibility of the coaches, players and parents of the last game/practice of the day to put everything back into the closet. Please put away things neatly. All bottles, wrappers, papers and other trash should be thrown away. All left over clothing should be put in the closet. Chairs should be stacked neatly and correctly on the storage carrier.
- 6. BASKETBALLS** -- Balls are not allowed outside of the gym and are not allowed in the hallways.

Balls are not to be thrown, kicked or bounced off of the walls. Balls must remain in the storage basket during all games. Players should not enter the closet during games to get a equipment. Players should not be using the basketballs while another team is practicing.
- 7. PERSONAL ITEMS** – All personal items such as water bottles, clothing and personal basketballs should be taken home after each practice or game.
- 8. SPECTATOR BEHAVIOR** – Be a role model to positively support all players and teams. Remember that the players are playing for their enjoyment. Respect decisions made by the officials. Speech and actions should reflect Christian values. Be grateful to all who make the program happen.

The Catholic Community of Saint Francis of Assisi

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division I, II & V Objectives and Rules

Safe Environment Program: Supervision of Minors

On September 6, 2003, our then bishop, Joseph Gossman, issued a statement announcing the creation of a Safe Environment Program for each and every parish and ministry in our Diocese of Raleigh. Our current bishop, Michael Burbidge, has affirmed his support for this program. We at The Catholic Community of Saint Francis of Assisi have accepted and acted upon the Bishops' mandate.

Because all life is a precious gift from God, we must assure that all persons, especially the young and vulnerable, are to be treated with dignity and respect and are offered an environment which promotes safety. Everything we do as church must reflect our commitment to respect life in all situations.

The Safe Environment Program at our parish follows the Diocese of Raleigh Guidelines for the Supervision of Minors. One of the guidelines states: Church personnel are responsible for releasing minors in their care at the close of activities only to parents, legal guardians or other persons designated by parents or legal guardians in writing.

In order to insure a safe environment for our youth and to follow the guidelines created for that purpose, we require that parents or guardians come to the rooms where their children are located for programs both at the beginning of the program and at its conclusion. This creates a safe "hand-off" from one adult supervising the youth to the next one assuming that role.

We require three things of you as a parent:

- You are required to respect and abide by this policy. Do not drop off your children in the parking lot. Accompany them to the location of their program or activity. Then, come at the end of the program or activity for the hand-off. Children will not be released from the room until a parent or designated guardian comes to the room.
- Explain to your child beforehand that he or she will not be released from the room until you or a designated guardian comes to the room for the hand-off. Children should understand this is how programs operate at St. Francis of Assisi.
- Children must be under the supervision of a parent or properly screened volunteer or employee at *all* times. When you are the supervisor of your children, you are required to stay with them. They are not allowed in the corridors, rooms or grounds alone.

We are called through baptism to participate in the ministry of Christ. In accord with that call, we become Christ to others as we conscientiously tend to the welfare of those entrusted to our care. Parents, who are leaders of the "domestic church," provide the primary safe and formative environment for their children within and beyond the home. We support you in your vocation of parenthood and thank you for helping us create a safe environment for all children in our parish.

If you have any questions regarding this policy, you may contact Trish Adamkowski (847-8205, ext 236), Coordinator of the Safe Environment Program.