

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division III, IV & VI Objectives and Rules

OBJECTIVES

In the upper divisions of the league, the players' skills and confidence levels continue to vary greatly. For some players, this is their first exposure to organized basketball. For all players, the experiences they 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 attend tryouts prior to being placed on a team. Tryouts are held in order to evenly distribute the skill level of all players throughout the division. This ensures balanced competitiveness amongst the teams.
- ✓ 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. *(new 2010) It is requested that the league commissioner approve this penalty to the player 7 days prior to the action of reduced playing time.. This is done to for player fairness and consistency within the league.*
- ✓ No player can play more than 5 minutes of another player during the regular playing time. All player are available for the first over-time. If there is a second overtime it is required that the players on the bench play and start in the second overtime (expectation 2 OT (4 min) each player has minimum 2 minutes). For teams with more than 10 players, the 11 player have played 2 minutes at the end of a third OT.
- ✓ 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.
- ✓ The coach should conduct an organized practice once a week that focuses on the continued development of the fundamentals (Dribbling, shooting, passing, etc.) and the introduction of offensive and defensive concepts of the game of basketball.

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** --Significant rule Change for 2010 *Rule Change: Games will be two halves of 20 minutes each. The clock will stop only for substitution, team timeouts, injuries or at the discretion of the referee. The clock will continue to run through , free throw and shoe tying. During the last two minutes of the second*

ST. FRANCIS YOUTH BASKETBALL LEAGUE

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half the CLOCK will stop for all violations, blown whistles (out of bounds) in the last 2 minutes of each game. During over-time the clock will stop for violations and free throws.

3. SUBSTITUTIONS -- The clock will be stopped on a dead ball for substitutions every 4 5 minutes. This IS NOT a time-out. Coaches should immediately have players ready to substitute. (*within 30 seconds*)

4. 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 not be carried over into over time. Each team will be given ONE time-out for each over-time period.* Time-outs will last one minute and can be requested by the coach as well as any player on the court.

5. OVERTIME -- One 2-minute overtime period will be allowed and will start with a jump ball. *Each team will have ONE time-out per over time period.*

6. 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.

7. HALF TIME -- Half time will be 3 minutes.

8. FREE THROWS – Division 3 ONLY 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.

Division 4 & 6 Two throw will be awarded each half beginning with the 7th team foul. Two free throws will be awarded each half beginning with the 10th team foul.

9. LANE VIOLATIONS – Div IV & VI - 3 second violation. DIV III - 5 second violation.

10. GOAL HEIGHT /BALL SIZE -- Basket height will be 10'. Basketballs will be size 28.5 for Divisions III and VI.

11. FULL COURT PRESS/ BACK COURT DEFENSE – A full court press (back court defense) will only be allowed in the last two minutes of the game. EXCEPTION: **A team that is ahead by more than 10 points is not allowed to press or play back court defense.**

DEFENSE: Zone Defense are permitted.

12. TECHNICAL FOULS: Criticizing referee calls, using profanity, **dunking and hanging on the rim** are not allowed and WILL result in a technical foul. A player that receives a technical foul must be removed from the game immediately and sit out of the game for at least the next 5 minutes of game time. A player dunking the ball will be given a technical foul as well as sit out for next 10 minutes of the game. If a player dunks in the last 5 minutes of the game, that player will have to sit out the first 10 minutes of the next scheduled game.

12. DISQUALIFICATION -- 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

OTHER RULES

ST. FRANCIS YOUTH BASKETBALL LEAGUE

Division III, IV & VI Objectives and 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.
- 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. Division III games will be refereed by volunteer referees, Div IV and VI will have paid referees arranged by the league.
- 4. Dunking or Hanging on the Rim: is not allowed at any time, and will result in that player begin ejected for the league after the second infraction.**

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 III, IV & VI Objectives and Rules

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Please review the following rules with ALL members of your family. These rules apply to both the Fellowship Hall at St. Francis and gyms at other facilities the league may utilize.

5. **TEAM PARENT** – Each team is required to have a team parent present at all practices and games to help implement these church rules
6. **ADULT PRESENCE** -- There must be at least two adults present at all times with the children. Parents should stay in the gym whenever possible. Coaches are not babysitters.
7. **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.
8. **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.
9. **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.
10. **FOOD / DRINK** -- No food or beverages, except water, are allowed in the gym.
11. **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.
12. **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.
13. **PERSONAL ITEMS** – All personal items such as water bottles, clothing and personal basketballs should be taken home after each practice or game.
14. **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.

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The Catholic Community of Saint Francis of Assisi

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.