

**South Whidbey Parks & Recreation District**

# **YOUTH BASKETBALL**



# **HANDBOOK & RULES**

**Revised 0104/2019**

## Contents

<b>CONTACT INFO</b> _____	<b>2</b>
<b>SWYBAC</b> _____	<b>2</b>
<b>THANK YOU</b> _____	<b>3</b>
<b>SWPRD PHILOSOPHY</b> _____	<b>3</b>
<b>S.W. YOUTH BASKETBALL ADVISORY COMMITTEE</b> _____	<b>3</b>
<b>SKILLS EVALUATION</b> _____	<b>4</b>
<b>DRAFT</b> _____	<b>4</b>
<b>CODE OF CONDUCT</b> _____	<b>4</b>
<b>TAUNTING &amp; BAITING</b> _____	<b>6</b>
<b>DRUG, TOBACCO &amp; ALCOHOL POLICY</b> _____	<b>6</b>
<b>INCLEMENT WEATHER &amp; POWER OUTAGES</b> _____	<b>6</b>
<b>SEATBELT RULE</b> _____	<b>6</b>
<b>COACH / PARENT MEETING</b> _____	<b>6</b>
<b>GYM USE RESPONSIBILITIES</b> _____	<b>7</b>
<b>FACILITY USE LOG</b> _____	<b>8</b>
<b>FIRE ALARMS</b> _____	<b>10</b>
<b>CALL 9-1-1 IMMEDIATELY WHEN:</b> _____	<b>10</b>
<b>FIRST AID FOR BASKETBALL INJURIES</b> _____	<b>11</b>
<b>COMMUNICABLE DISEASE PROCEDURES</b> _____	<b>11</b>
<b>SPECIFIC INJURIES—TREATMENT AND PREVENTION</b> _____	<b>12</b>
<b>STRENGTHENING &amp; STRETCHING</b> _____	<b>14</b>
<b>PRACTICE GUIDELINES</b> _____	<b>15</b>
<b>RULES for GIRLS and BOYS, GRADE 2-3</b> _____	<b>17</b>
<b>RULES for GIRLS and BOYS, GRADES 4-5</b> _____	<b>19</b>
<b>RULES for GIRLS and BOYS, GRADES 6-8</b> _____	<b>23</b>
<b>BASKETBALL REFERENCES</b> _____	<b>26</b>
<b>SCOREBOARD OPERATION @ LMS</b> _____	<b>27</b>

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## THANK YOU

This handbook has been compiled to provide essential information for the up-coming youth basketball season. Become familiar with its contents BEFORE the season begins. Refer to it when problems or emergencies arise. Remember to enjoy the sport and make it a positive experience for all involved. Thank you for participating in the South Whidbey Park & Recreation youth basketball league.

**- South Whidbey Park & Recreation Staff**

## SWPRD PHILOSOPHY

To strive to provide a fun environment which realizes and challenges each participant's playing potential while maintaining the integrity of disciplined and fair "Team Play".

## S.W. YOUTH BASKETBALL ADVISORY COMMITTEE

The South Whidbey Youth Basketball Advisory Committee (SWYBAC) will be temporarily assembled to provide insight on the youth-athlete experience and to offer input on the rules, regulations, and policies that affect basketball players. Its purpose is to provide a superior basketball experience for youth in the South Whidbey Parks & Recreation District (SWPRD) basketball league by assisting SWPRD staff in the selection of coaches, the finding of sponsorships, the establishment of rules and standards, the maintenance of relationships with the South Whidbey School District, and providing training opportunities for coaches and referees.

The SWYBAC will assist SWPRD in the "nuts & bolts" management of youth basketball programs on South Whidbey, with the goal of providing a cohesive basketball program on South Whidbey; from young childhood through High School. The SWYBAC will demonstrate and promote basketball skill development, good sportsmanship, physical fitness and youth social development.

The SWYBAC is purely advisory in nature is not delegated any of SWPRD's authority. SWPRD staff will have final authority on all actions taken. The committee is temporary and SWPRD staff have the authority to disband the committee if it becomes unnecessary or counter-productive.

- Responsibilities of the Advisory Council include:
- Recruiting, screening, evaluating and selecting coaches
- Reviewing rules, policies, post-season evaluations and surveys
- Advising in setting a cohesive direction for South Whidbey's Basketball Programs
- Deliberating and acting on formal protests
- Promoting South Whidbey Basketball Programs
- Collaborating and communicating between basketball and other sports organizations to cooperatively provide opportunities for youth growth, fitness, and sports development
- Recommending changes for consideration by staff
- Reviewing and recommending action on special requests from parents/players
- Conducting hearings on "incidents," and recommending appropriate actions.
- Providing fair and balanced recommendations

## SKILLS EVALUATION

All kids who want to play will check in at the gym. They will be assigned a number to be worn on their shirt. Players will be evaluated by coaches at various skill stations, using a point system. Ratings will be tallied by coaches on a master sheet next to that player's number, and will be kept confidential. For the older kids, short scrimmages will be held. Coaches will discuss the players ratings before drafting.

### DRAFT

The goal is to form teams of similar skill, making for closer, more competitive games. Requests for carpooling or for a certain coach will be disregarded. There are two important parts to the forming of teams, the Skills Evaluation and the Draft (team assignments):

**Skills Evaluation** The purpose of the Skills Evaluation is to give coaches an opportunity to see what level kids are playing at so that teams can be assigned evenly. All kids who want to play will check in at the designated school. Players will be evaluated by coaches at various skills, using a point system. Each player will be asked to dribble, pass, do a lay-up, and try a free throw shot. For older grades short scrimmages may be held. He/she is then compared with the rest of the players in that age group for height, skill level, experience and coachability, and given a rating by the coaches in that age group. Ratings will be tallied by coaches, and will be kept confidential. Coaches will discuss the players' ratings before drafting.

**Draft (Team Assignments)** Typical scenario: Once all players have been evaluated, teams will be formed with the input of all coaches and the Basketball Coordinator, with the exception of any coaches' kids. Players who are siblings will be drafted onto the same team, unless requested otherwise. If there cannot be an equal number of players on each team, there will be a random drawing. Finally, the teams will be looked at and adjustments may be made if one is obviously lopsided based on age or skill (not friendships or carpooling). After it has been determined that the teams are as even as possible, coaches will draw a team randomly. The coach's children will be added to their team at this point, and adjustments may need to be done to teams if it appears that a coach's child has created an unfair advantage to any team.

Players will not be told how they were rated. After the draft, coaches will notify their own team members of their selection within 2 days. SWPRD will also be posting the team rosters on the basketball facebook page and website: <http://www.swparks.org/basketball.html>

### CODE OF CONDUCT

Participation in sports can be a great learning experience for players, coaches, referees, and parents. These experiences often transfer into our daily lives at home, at school, or in the office. The following standards were established so all people can enjoy organized sports. Please follow them when participating in, watching, or coaching a sports activity. As a coach, please help your players and their parents understand and adhere to the following standards.

The function of a coach is to properly educate students through participation in youth competition. Each child should be treated as though they were the coaches' own and their welfare shall be uppermost at all times.

The coach must be aware that he or she has a tremendous influence, either good or bad, in the welfare of the participant and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character. Coaches shall actively use their influence to enhance sportsmanship by their spectators. The coach shall take an active role in the pre-

vention of drug, alcohol & tobacco abuse.

Officials shall have the respect and support of the coach at all times. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical and will not be tolerated.

### **Coaches**

- Strive to provide a safe environment which challenges each participant's playing potential while maintaining the integrity of disciplined "team play".
- Be a positive role model to your players. Be concerned with their overall development. Exit the season having left the sport and players better served than the year before.
- Care more about your players than winning the game. Remember, players are involved in the sport for fun and enjoyment.
- Be generous with your praise when it is deserved. Be consistent, honest, fair and just. Do not publicly criticize players. Do not yell at or verbally/physically abuse players or officials.
- Organize practices that are fun and challenging to the players.
- Familiarize yourself with the rules, techniques and strategies of the sport. Encourage all of your players to be team players.
- Maintain an open line of communication with the parents of each player. Work with them to develop the goals and objectives of the program.

### **Players**

- Play for fun and enjoyment of the sport. Winning is a consideration, but not the only one, nor the most important one.
- Work hard to improve your skills.
- Be a team player- get along and cooperate with your teammates.
- Be on time for all games and practices.
- Learn the rules and play by them.
- Respect your coaches, teammates, parents, opponents and the officials.
- Respect the arena and its facilities. Without them you would not have a place to play.

### **Parents**

- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Emphasize the benefits of skill development and practices. De-emphasize games and competition in the lower age groups.
- Know and study the rules of the game and support the officials. This approach will help in the development of the sport.
- Applaud a good effort in both victory and in defeat; enforce the positive points of the game. Never yell or physically abuse your child after a game or practice. It is destructive.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.

## **TAUNTING & BAITING**

Regrettably, this point of emphasis has reached the game of basketball. Taunting and baiting of opponents or officials has no place whatsoever in community athletics at any level. Using “trash talk”, ridiculing motions, pointing fingers and gesturing are all forms of taunting and baiting. Such conduct is contrary to the basic concept of fair play and honorable competition which SWPR strives to provide for participants. It simply cannot be tolerated as part of an educational program and experience. Allowing players and their parents to commit acts of taunting or baiting without a reprimand or removal from the game is sending the message that it is acceptable behavior. Coaches must get directly involved in eliminating this type of conduct from the game. A responsible coach will use his best judgment and will react swiftly when it occurs. If everyone involved in the game does their job, these undesirable acts will no longer be a part of basketball.

## **DRUG, TOBACCO & ALCOHOL POLICY**

The following rules represent SWPR’s policy concerning substance abuse. They will be enforced uniformly with respect to ALL participants. Anyone who wishes to participate in the SWPR Basketball program is prohibited from the use of illegal drugs, tobacco, or alcohol during SWPR activities in accordance with chapter 69.33 of the Revised Code of Washington. Any such action will be reported to the appropriate law enforcement officials, and that person will not be allowed to participate in any further program activities, for the current season.

## **INCLEMENT WEATHER & POWER OUTAGES**

In the case of inclement weather or power outages there may be a need to cancel games or practices. If South Whidbey schools have closed, then basketball games or practices will also be canceled for that day. The South Whidbey Parks & Recreation District office will, if closed, leave a message on the voice messaging system indicating the status of basketball games for that day. Call (360) 221-5484 to reach that message. Reasonable attempts will be made to re-schedule canceled games within the confines of the regular season.

## **SEATBELT RULE**

Both coaches and spectators must mind our seatbelt rule: Coaches must remain seated on the sidelines and refrain from abusive or excessively negative shouting. They should not be pacing the sidelines, screaming at the kids or referees. Officials shall have the respect and support of the coach at all times. The coach shall not indulge in conduct which will incite players or spectators against the officials. Public criticism of officials or players is unethical and will not be tolerated. If a spectator or coach is out of control, they should be warned by either a coach or referee that this is unacceptable, and then asked to leave the gym if such behavior continues.

## **COACH / PARENT MEETING**

Have a meeting with parents before the season begins. The meeting should last no longer than 30 minutes. Use this time to discuss the details of the program and answer any questions they might already have. It is important that you begin each season with good communication between your players parents and yourself. This will eliminate problems and help to keep your team running smoothly and having fun.

Below are some topics you will want to discuss with parents during this meeting.

- SWPRD Philosophy
- Code of Conduct
- Gym Use Responsibilities
- Practice schedules
- Game schedules
- Picture Day
- Rules
- How parents can help:
  - Run scoreboard/timer
  - Keep scorebook
  - Gym monitor
  - Clean-up
- Concussion and Sudden Cardiac Arrest education and collect forms

Remind parents to emphasize to their players that the important thing is to enjoy playing and develop skills, not to win or be a “star”. Communicate to parents that by placing excessive pressure on youngsters they can detract from the potential that sports can have for enjoyment and personal growth.

## **GYM USE RESPONSIBILITIES**

The intent of these responsibilities is to show respect for our schools and the privilege of using them. The SWPR asks all coaches and parents to help carry out the following procedures. Thank you for your support and volunteerism.

### ***EXPECTATIONS FOR USING ALL GYMNASIUMS***

- Never allow persons into the facility that are not with the program or school district.
- Open doors and set up chairs/bleachers. This includes restrooms.
- NO FOOD OR DRINK (except water) IN THE GYM.
- When lowering or raising electrical basketball hoops STOP when the wheel stops spinning.
- Mechanical bleachers have a latch or locking feature. Know how they work before operating. At SWES only the referees or staff are permitted to pull the bleachers out, using a control panel. DO NOT DO IT BY HAND!
- At SWES, we re-mark the free-throw line 24” forward of the standard free-throw line before the games with tape. Please remove this tape at the end of the games.
- Keep the ball box locked. The leather game balls must not be used outside.
- Do not use emergency doors unless it is an emergency.
- Sweep the floors, pick up all trash and turn off lights when leaving the building.
- Make sure all doors, including emergency doors, are shut and locked before leaving.
- Parents have a responsibility to help in ensuring the above procedures are carried out. Remind them they can volunteer too!
- It is not the sole responsibility of the last winning team to clean the gym! Please make sure all teams help out.
- Coaches should keep an ongoing log of facility usage reports.





# Sudden Cardiac Arrest

## Information Sheet for

### Student-Athletes, Coaches and Parents/Guardians

SSB 5083 ~ SCA Awareness Act



**What is sudden cardiac arrest?** Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop beating and the individual to collapse. SCA is the leading cause of death in the U.S. afflicting over 300,000 individuals per year.

*SCA is also the leading cause of sudden death in young athletes during sports*

**What causes sudden cardiac arrest?** SCA in young athletes is usually caused by a structural or electrical disorder of the heart. Many of these conditions are inherited (genetic) and can develop as an adolescent or young adult. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. SCA also can occur from a direct blow to the chest by a firm projectile (baseball, softball, lacrosse ball, or hockey puck) or by chest contact from another player (called commotio cordis).

While a heart condition may have no warning signs, some young athletes may have symptoms but neglect to tell an adult. If any of the following symptoms are present, a cardiac evaluation by a physician is recommended:

- Passing out during exercise
- Chest pain with exercise
- Excessive shortness of breath with exercise
- Palpitations (heart racing for no reason)
- Unexplained seizures
- A family member with early onset heart disease or sudden death from a heart condition before the age of 40

**How to prevent and treat sudden cardiac arrest?** Some heart conditions at risk for SCA can be detected by a thorough heart screening evaluation. However, all schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). SCA can be effectively treated by immediate recognition, prompt CPR, and quick access to a defibrillator (AED). AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restore a normal heart rhythm.

*Remember, to save a life: recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!*



### Cardiac 3-Minute Drill

#### 1. RECOGNIZE

##### Sudden Cardiac Arrest

- Collapsed and unresponsive
- Abnormal breathing
- Seizure-like activity

#### 2. CALL 9-1-1

- Call for help and for an AED

#### 3. CPR

- Begin chest compressions
- Push hard/ push fast (100 per minute)

#### 4. AED

- Use AED as soon as possible

#### 5. CONTINUE CARE

- Continue CPR and AED until EMS arrives



**Be Prepared!  
Every Second Counts!**



## SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

## ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

## IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: \_\_\_\_\_

Hospital Phone: \_\_\_\_\_

Hospital Name: \_\_\_\_\_

Hospital Phone: \_\_\_\_\_

**For immediate attention, CALL 911**

*If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.*

For more information and to order additional materials **free-of-charge**, visit:  
[www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

# Concussion and Sudden Cardiac Arrest Awareness

## Student and Parent Form

South Whidbey Parks & Recreation District believes participation in athletics improves physical fitness, coordination, self-discipline, and gives youth valuable opportunities to learn important social and life skills. With this in mind it is important that we do as much as possible to create and maintain an enjoyable and safe environment. As a parent/guardian or student you play a vital role in protecting participants and helping them get the best from sport. Player and parental education in this area is crucial which is the reason for the Concussion Management and Sudden Cardiac Arrest Awareness pamphlet you received. Refer to it regularly. This form must be signed annually by the parent/guardian and student prior to participation in South Whidbey Parks & Recreation District athletics. If you have questions regarding any of the information provided in the pamphlet, please contact Carrie Monforte, SWPRD Recreation Supervisor at [programs@whidbey.com](mailto:programs@whidbey.com) or 360-2201-6788.

I HAVE RECEIVED, READ AND UNDERSTAND THE INFORMATION PRESENTED IN THE CONCUSSION RECOGNITION AND SUDDEN CARDIAC ARREST AWARENESS PAMPHLETS.

_____	_____	_____
Student Name (Printed)	Student Name (Signed)	Date
_____	_____	_____
Parent Name (Printed)	Parent Name (Signed)	Date

## FIRE ALARMS

- Evacuate the building. Quickly check for fire while exiting. Make sure you have ALL of your players!
- If there is no fire and the school staff or SWPR coordinators are not at the school, call 911, tell them you are at the school and there appears to be no fire.
- Once the possibility of a fire is eliminated and the alarm is silenced, games may continue.
- Games may be cancelled and rescheduled if the alarm can not be shut off quickly.

### CALL 9-1-1 IMMEDIATELY WHEN:

- Player is unconscious for any reason.
- Player is having a seizure.
- Player is choking or gasping for air.
- Player has an obvious angular limb fracture.
- Player has been struck on the head and has an obvious deformity.
- Player has taken a hard fall or blow to the head and is incoherent.
- Player has been impaled by a sharp object. DO NOT REMOVE OBJECT!
- Player has an eye injury.
- Player has knocked out 2 or more teeth.
- Player is hyperventilating.
- Player has profuse bleeding that can not be stopped.

In the case of major bleeding do your best to control the bleeding by applying pressure to the wound with a large, clean dressing until help arrives. A first aid kit will be available at all game sites. Do your best to calm the player and reassure him/her that help is on the way.

## FIRST AID FOR BASKETBALL INJURIES

Immediate treatment for most injuries is the same: R.I.C.E.S.

### ***REST***

Stop using the injured part immediately. Resting injured area prevents further damage.

### ***ICE***

Wrap ice and apply to injured area. Ice causes vessels to constrict, which keeps swelling down and decreases bleeding in the injured area. Do NOT apply ice directly to skin. Ice also helps to control pain. 20 minutes every hour.

### ***COMPRESSION***

Apply pressure to injured area through wrapping or other methods. Compression helps limit swelling. Ace bandages work great.

### ***ELEVATION***

Keep the injured area above heart level to decrease swelling from the injury.

Wrap elastic bandage around ice and injured area. Leave for 20 minutes. Unwrap and remove ice. Rewrap injured area without ice and wear for support for the rest of the day. Repeat 2 to 3 times per day and see a doctor as soon as possible. Do NOT wrap too tightly, as this will cut off blood supply. Use crutches if the athlete cannot walk without limping.

## **COMMUNICABLE DISEASE PROCEDURES**

Treat ALL body fluids as if they are contaminated, including but not limited to, blood, vomit, blister fluid and cerebrospinal fluid. Hepatitis B can be present in blood and can live even in dry blood. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

Protect yourself from all body fluids using gloves and other personal protection equipment. Immediately wash hands and other skin surfaces if contaminated with blood or other body fluids.

Stop the bleeding and cover any open wounds. If there is an excessive amount of blood on the uniform it must be changed before the athlete continues participation.

Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, resuscitation bags or other ventilation devices should be used.

Coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.

Contaminated towels, gloves etc... should be properly disposed in a biohazard bag & disinfected with bleach. Remember that body fluids should be handled cautiously. Always follow the guidelines on the "Blood Spill and Surface Clean-up Kit" when body fluid spills occur. Kits are located in the ball Box.

### **WHEN IN DOUBT - CALL 9-1-1**

## **SPECIFIC INJURIES—TREATMENT AND PREVENTION**

***SPRAIN: Injury to the ligaments characterized by sudden loss of function, localized and persistent pain in the joint.***

Causes: More tension is applied to the ligament than it can bear. So it tears resulting in the loss of function, pain and swelling.

Treatment: Immediate treatment utilizing RICE. Contrast bath OK; heat-ice-heat-ice; 2 minutes heat, 1 minute ice. End with ice.

When to exercise again: See a doctor or other health care professional. Stretch slowly and rest. If it hurts to exercise.

Prevention: Good warm-ups, do not over train, build endurance, and develop good work techniques and fundamentals. Strengthen the joint, wear braces or tape to support.

***STRAINS: An injury where muscle fibers are stretched and/or partially torn.***

Causes: Over exertion, over stretching, lifting an object improperly, & lifting heavy objects.

Treatment: RICES: Rest, Ice, Compression, Elevation, Support

**14** Prevention: Do not over exert, or overstretch or lift overly heavy objects. Lift properly.

***NOSE BLEED: Bleeding from the nose. An injury to the soft tissue of the nose.***

Treatment: Coach must use safety precautions. Keep victims quiet and place them in a sitting position, head in normal position. Have player pinch nose or insert a small, clean pad or gauze into one or both nostrils and apply pressure. A free end of the pad must extend outside the nostril so it can be easily removed. Pinch nose for 6-10 minutes. Clean up player & uniform. Be sure they are not hurting any-where else and rule out a concussion! If bleeding persists, seek immediate medical assistance.

***TENDON RUPTURE: A tear, resulting in complete lack of function of an area.***

Causes: Tight tendons, poor flexibility, and sudden violent contractions.

Treatment: Refer to a doctor. Apply ice immediately. Splint area to protect from further injury.

Prevention: Stretch tendons daily, strengthening programs and warm up properly.

***FRACTURES: This injury can be open or closed. Some are not obvious but most hurt in a small area.***

Treatment: Splint the area to support it. Always x-ray if a fracture is suspected.

***TENDONITIS: Inflammation of tendons that causes fibers to swell.***

Causes: Overuse

Treatment: Stretch and ice (these are the only successful treatment for Tendonitis). Stretch slowly and gently. Hold for 30 seconds. Ice the area 3-5 times a day.

Prevention: Improve flexibility by stretching daily. Strengthening programs help.

***HEAT ILLNESS: Characterized by fatigue, weakness, and inadequate intake of water to compensate for loss of fluids through sweating.***

Causes: Non-acclimation, out of shape or overweight, some medication, dehydration, temperature of the body increasing, lack of air circulation around the body to cool properly, humidity, and the kind of clothing worn.

Treatment: Give the victim sips of cool water (half a glass every 15 minutes over a period of one hour). Apply cool, wet cloths and fan or move to an air-conditioned room. Rest for a while (few days). Prevention: Do not exercise in extreme heat. Get in shape gradually and drink plenty of fluids. Wear proper clothing.

Stage 1: Cramps: Muscle cramps are painful sustained contractions of all the fibers in a muscle.

Treatment: Stretch and massage muscle. With the calf, squeeze the muscle with one hand and stretch it by pushing the front part of foot down with your other hand. For the biceps, squeeze the muscle with one hand and have a colleague straighten the elbow.

Prevention: Eat more fruits and vegetables. Drink lots of water. Do not rely on thirst. Bring water bottles to games.

Stage 2: Exhaustion Symptoms: Weakness, dizzy, headache, nausea, diffuse sweating, vomiting. Skin- cool & clammy, Vital Signs-normal.

Treatment: Rest, provide fluids and get out of heat.

Prevention: Eat more fruits and vegetables. Drink lots of water. Do not rely on thirst. Bring wa-

ter bottles to games.

Stage 3: Heat Stroke: **\*\*MEDICAL EMERGENCY\*\*** Symptoms: Irritability, aggressiveness, unsteadiness. Skin- hot & dry with body temperature very high.

Treatment: Call 911.

Prevention: Eat more fruits and vegetables. Drink lots of water. Do not rely on thirst. Bring water bottles to games.

***STITCHES IN THE SIDE: Sudden sharp cramping pains in the upper abdomen muscles.***

Causes: Eating just before exercising or intolerance to milk or wheat and lack of conditioning.

Treatment: Stretch side away from pain. Breathe rhythmically.

Prevention: Do not eat for three hours before exercising. Eat more fruits and vegetables.

### **CONCUSSION**

Causes: Any blow to the head resulting in a headache, loss of consciousness or any mental difficulties.

Treatment: IMPORTANT: Doctor clearance note required to return to play. Do not let players play for 1 week after headache subsides, due to second impact syndrome.

***LACERATIONS: Cuts.***

Treatment: Large cuts need stitches right away. Send them to local emergency room.

***HYPERVENTILATION: Fast breathing.***

Treatment: Keep calm. No need to use paper bags. Have them breathe slowly.

## **STRENGTHENING & STRETCHING**

The most important way to prevent injury in sports! Below are a few stretches which may minimize injuries:

- 1. CALF STRETCH-AT THE WALL***
- 2. QUADRICEPS STRETCH***
- 3. HAMSTRINGS STRETCH***
- 4. SIDE OF THIGH STRETCH***
- 5. ROTATOR CUFF/UPPER BACK STRETCH***
- 6. TRICEP STRETCH***
- 7. CHEST STRETCH***

***Starting a Practice***

Document attendance at the start of every practice. Part of being fair in distributing playing time is to play those that attend practice regularly, on time, and work hard. Attendance sheets will document this for you (and questioning parents).

Be organized. Have a written plan for practice. You may wish to deviate some from this plan as practice goes on, but know things you wish to practice. The first half of practice should be devoted to skills and fundamentals.

Hand out a two-to-four week practice and game calendar/schedule. Review periodically.

Start practices on time. Stress the importance of arriving on time, since there is such limited gym space for practice.

Have a regular drill (e.g. baskets-in-a-minute or lay-ins) that sends a message that practice has officially started. Players that come in after this starts will know they are late.

***Running a Practice***

Have an assistant coach that you can count on and that the kids like. The head coach sometimes may have to be the 'heavy', where the assistant can counter balance this effectively if the two coaches work together. Sometimes an assistant can serve as a player for setting up plays or scrimmages. Know what strengths your assistant possesses and utilize them.

Be positive. Encourage the players. Find something positive about each player during every practice.

As players become more accustomed to you and your coaching style, they will become more comfortable. This may result in players 'testing' the coach. Know this. Don't take it personally. Be willing to kid around at times, but also know when and how to draw the line and be serious. Basketball should be fun, but also hard work. Hard work is rewarded in the end by the satisfaction of knowing you worked hard, did your best and improved. Wins and losses will take care of themselves.

Have some regularity to your drills so players become accustomed to them. This will help instill confidence in knowing they did things right.

Introduce new drills periodically to avoid boredom in the old drills. Some practices should be designed to be much less intense or structured than others.

A good time to talk to your team is right after a running type drill, when players are tired. They will be more willing to sit still and listen. Insist on eye contact.

Try to avoid getting players to view running as punishment. Basketball players must run a lot to be in proper shape. Recognize and remind players that running is a positive and healthy physical activity.

Kids enjoy competition. Implement friendly competition within drills. Example: 3 teams of 3 kids at different baskets, one ball per team, first team to make 15 shots is the winner, with the 3 players shooting one shot then rotating between shooter, rebounder and feeder.

Have short, scheduled water breaks.

Always finish practice on a positive note. Point out what good things happened during practice. Encourage and remind players to work on their own.

## ***SAMPLE PRACTICE SCHEDULE***

**17**

- 6:00-6:05 Warm-up defensive slide / stretch
- 6:05-6:10 Dribble skills / side to side / push pull / drop step.
- 6:10-6:20 Snake drill / figure eight
- 6:20-6:25 Water break
- 6:25-6:30 Two foot stop with balance / pivot
- 6:30-6:35 Review defensive stance
- 6:35-6:45 Roll the ball defensive stance drill
- 6:45-6:55 Laying drill / pass ball to post, give and go, rebound, outlet pass, repeat.
- 6:55-7:00 Discussion and review of practice

## RULES for GRADES 1-2

### **Goals**

- To have fun and learn an appreciation of the sport.
- To teach basic skills needed to play basketball and the fundamentals of the game; the proper way to pass, dribble, pivot, and shoot.
- To stress the importance of team play and the importance of each individual to the team.

### **Rules/Violations**

SWPRD has adopted the basketball rules set forth by the National Federation of State High School Associations (NFHS); however, to better accommodate the philosophy and objectives of SWPRD, some adjustments to the NFHS rules have been made and are noted below. Some rules noted below are also standard NFHS rules, but are reprinted to give emphasis to a given subject.

### **Scoring and Timing Regulations**

- We do not keep score at this age level.
- Four (4), 7-minute quarters with a running clock.
- Two (2), 45-second time-outs per half per team.
- Five (5) minutes for half-time.
- Two (2) minutes between quarters and over-time periods.
- One (1) minute will be allowed for the player “match-ups” at the start of each quarter. Coaches may be on the court to assist in match-ups, but must exit the court before the start of play.
- Overtime: We do not keep score at this age level, so there is no need for overtime.
- Traveling: There should be no walking with the ball. Try to teach proper pivoting to avoid shuffling the feet.
- Jump ball to start the game and then alternate possession per quarter. All jump balls will alternate possession.
- All line boundaries will be called as out of bounds.
- Stealing the ball will be permitted, but fouls will be called. **No free throws will be shot.** The team that was fouled will take possession and take the ball out of bounds.
- Five (5) second in the key violations will be called.
- Any gross violations such as kicking the ball will be called, however at this age level it would be impossible to call everything so we try to stick with the basics. Fouls, such as intentional pushing or shoving should be called but there will be some contact due to the beehive effect that happens at this age level.
- We will play 4-on-4 using 2 guards and 2 forwards.

- We play player to player defense in the front court only. No back court defense will be allowed. Each player must attempt to guard the person they are assigned. You may switch who the child is guarding but not by putting two people on one player.
- Double Teaming: Assigning two defensive players to guard one offensive player is not allowed; however, if the ball is in control of one offensive player and comes within 5 feet of another defensive player the 2nd defensive player may then go after the ball even though the player who is controlling the ball is being guarded by another defensive player. The first two infractions of the rule result in warnings.
- Every player must play a minimum of two quarters per game, barring accident or injury, and no more than three quarters providing there are more than seven players on a team. This results in a fair amount of playing time for each player.
- Player substitutions will be allowed in the fourth quarter only, except for an injury.
- A 10-second lack of action is called when a player fails to make any attempt to move toward the basket.

### **General Information**

- No drinks (except water) or snacks will be allowed for any practices or games.
- Keep all children off the school stage area and school equipment.
- Team Uniforms – all participants are provided with a team jersey. Participants will be required to wear shorts or athletic pants to complete the uniform. Undergarments worn under basketball uniform shorts are not to extend beyond the lengths of the trunks. No jewelry is permitted on court during games. This includes earrings. Players will be told to remove any jewelry or not be allowed to play in that game.
- Officiating: This is a recreational league with a focus on teaching fundamental basketball skills for all the players. Use the opportunity as an official to teach the game, not win the game. Officials will use reasonable judgment so that the game doesn't stop every few seconds, and use the whistle together with a brief explanation of the call, in order to instruct all of the players on the court as to what was done wrong. **DO NOT ARGUE OR DEBATE WITH YOUR REFEREES OVER A CALL MADE OR NOT MADE IN A GAME.**
- Only players, coaches, referees and staff are allowed on the court; "non-participants" must leave the floor. This rule also applies for quarter breaks and half-time. The floor belongs to the teams.
- Regarding a participant's health and well-being: It is understood the well-being of any participant is of foremost importance in any SWPRD contest. Therefore, it is the coach's responsibility to be sure each participant is of sound enough health before and during any contest. So as not to compromise any athlete's well-being, if in the course of said contest the referee determines the participant's health has been or may be compromised or otherwise put in jeopardy if permitted to play, the referee may then disqualify that participant. The referee's judgment shall be final and supercede any parent or coach's determination as to the participant's readiness to play.
- This grade uses an 8 foot basket and Junior size ball (27.5").

## RULES for GRADES 3-4

SWPRD has adopted the basketball rules set forth by the National Federation of State High School Associations (NFHS); however, to better accommodate the philosophy and objectives of SWPRD, some adjustments to the NFHS rules have been made and are noted below. Some rules noted below are also standard NFHS rules, but are reprinted to give emphasis to a given subject.

### ***Scoring and Timing Regulations***

- Four (4), 7-minute quarters with time stopped for time-outs and shooting fouls.
- Two (2), 1-minute time-outs per half per team.
- Five (5) minutes for half-time.
- Two (2) minutes between quarters.
- Overtime: Each overtime period will be four (4) minutes in length with each team having one additional time-out per overtime. Any time-outs “not taken” in the second half may be used in an extra period.
- There will be a limit of two overtime periods per game. If a game is tied at the end of the second overtime, the official score of the game is a tie.
- One (1) minute will be allowed for the player “match-ups” at the start of each quarter. Coaches may be on the court to assist in match-ups, but must exit the court before the start of play.
- No 3-point field goals at this level.

### ***Illegal Defenses and Penalties***

Player to player defense only! No zone defense is allowed. Assigning a player to defend a certain area of the court will be deemed an illegal defense. A team employing an illegal defense will receive two (2) warnings. Subsequent infractions will result in a technical foul charged to the offending player.

It is understood that minimum requirements must be met in order to carry out the essence of a “player to player” defense, therefore, the following is a minimum requirement:

A defender, who chooses not to immediately “closely guard” his/her player, must position himself/herself directly between the basket and his/her player. The defender may have one foot in the lane as long as he/she is aligned between his/her player and the basket.

It is further understood, once a team substantially establishes front-court status and then initiates action toward the basket, the opponent will in turn initiate closely-guarded status to fulfill the “spirit” of a player to player defense.

Note: Officiating such a requirement can be extremely difficult; therefore, given the subjectiveness of the “call” the official’s final judgment will be based on whether or not the intent and spirit of a man on man defense is being played out. If the official’s judgment differs from the coach’s judgment, the coach must regard the “call” as they would any “judgment call” - honor it and play on.

### **Technical Fouls**

Technical fouls will result in an automatic two (2) points to the non-offending team plus the ball for division-line throw-in.

Double Teaming: Assigning two defensive players to guard one offensive player is not allowed; however, if the ball is in control of one offensive player and comes within five (5) feet of another defensive player who is guarding their person, the second defensive player may then go after the ball even though the player who is controlling the ball is being guarded by another defensive player. The first two infractions of the rule result in warnings. Subsequent infractions result in a technical foul charged to the offending player.

### **Free Throws**

Free throws are taken for fouls committed in the act of shooting or when a flagrant or intentional foul is committed. All other fouls result in a "turn-over". **There is no "bonus" (one and one)** at this grade level. The free throw line shall be placed 24 inches closer to the basket for foul shooting purposes only.

The game will be started with a jump ball. Ensuing quarters will be started according to the alternating possession arrow. Each overtime is started with a jump ball.

### **Time Infractions**

A three (3) second lane violation will be enforced. A ten (10) second "lack of action" will be enforced. Lack of action is the failure to move the ball towards the goal within 10 seconds. Also, there is a ten (10) second count in back court. These infractions result in a turnover. There is no "five second closely guarded rule" at this level.

### **Back-courting**

No back-courting is allowed. Definition of back-courting: Action by defensive player which inhibits an offensive player who is attempting to gain front-court status. Players must be allowed to bring the ball across the center line into front-court when on offense. The first two infractions result in a warning. Subsequent infractions result in a technical foul charged to the offender.

### **Minimum Rule/Substitutions**

Each player must play a minimum two (2) full quarters barring injury, illness or fouling out. Each infraction of the minimum rule results in a technical foul charged to the coach, and the player lacking the "minimum" must enter the game immediately.

A coach may pull a player (substitute a player out) at any legal time during a quarter if the player receives a fourth foul.

Except for the fourth quarter, any player starting a quarter with four fouls must play the entire quarter unless the player fouls out or is injured.

Except for the fourth quarter, new players must enter at the quarter only. No substitutions during the first three quarters, except for a player who receives a fourth foul or is injured. A coach may substitute at any stopped clock during the fourth quarter; however, the minimum rule must be complied with for all substitutions.

If a player arrives after the completion of the first quarter of play, the minimum two quarter requirement for that player is waived for that game. (The coach is not required to put that player in for any amount of time).

In extreme situations, players can be benched by the coach for disciplinary reasons such as missing practices, disruptive behavior, etc. Benching is defined as waiving the minimum rule for the game for that player. A player is benched one game at a time. The coach will notify the referee immediately before the game in which the player is benched. If possible, the league coordinator should be notified before the game.

A player who is removed for any reason during a quarter of play and has played 3 1/2 minutes or more of the quarter shall be "charged" for the quarter; however, only the substitute entering the game shall be "charged" for the quarter if he plays more than 3 1/2 minutes for that quarter. Only one player is charged for the quarter. A player must be "charged" a quarter of play for a partial quarter, but to meet the minimum rule that player must play enough minutes to equal two (2) full quarters unless the minimum has been thrown out for that player.

If a team cannot floor a team of five (5) within five (5) minutes of the scheduled start time, the game is forfeited to the opposing team. At this time a player from the opposing team or another SWPRD team can be allowed to play with the team that is short as long as both coaches agree. Playing the game will not eliminate the original forfeit status. Whichever team delays the start of a game shall be charged with a technical foul. The non-offending team will receive two (2) points plus the ball for a division-line throw-in. No jump ball is made to start the game. The technical foul serves as the start of the game.

All games will be completed unless suspended by the referee. Games which extend beyond the starting time of the following games will be allowed to continue to completion. There will be a minimum of five (5) minutes to assure player warm-up before the start of the next game.

### ***Flagrant Fouls and Penalties***

Any player committing a flagrant foul will be ejected from that game. A second flagrant foul in a season will result in ejection from that game and a one game suspension. A third flagrant foul in a season will result in ejection from that game and the rest of the season. Definition: A flagrant foul may be a personal foul or a technical foul of a violent or savage nature, or a technical non-contact foul which displays unacceptable conduct.

If a coach is ejected from the game, s/he will receive an automatic one game suspension.

NOTE: If any of the above ejections take place, please supply a written account of the situation to the referee coordinator or SWPRD.

### ***General Information***

No games will be rescheduled unless approved through the Youth Basketball Committee.

Unresolved grievances are to be addressed at a location other than the gym. If necessary, grievances can be addressed with the Youth Basketball Committee.

Regarding a participant's health and well-being: It is understood the well-being of any participant is of foremost importance in any SWPR contest. Therefore, it is the coach's responsibility to be sure each participant is of sound enough health before and during any contest. So as not to compromise any athlete's well-being, if in the course of said contest the referee determines the participant's health has been or may be compromised or otherwise put in jeopardy if permitted to play, the referee may then disqualify that participant. The referee's judgment shall be final and supercede any parent or coach's determination as to the participant's condition.

Team Uniforms – all participants are provided with a team jersey. Participants will be required to wear shorts or athletic pants to complete the uniform. Undergarments worn under basketball uniform shorts are not to extend beyond the lengths of the trunks. No jewelry is permitted on court during games. This includes earrings. Players will be told to remove any jewelry or not be allowed to play in that game.

Only players, coaches, referees and staff are allowed on the court; "non-participants" must leave the floor. This rule also applies for quarter breaks and half-time. The floor belongs to the teams.

This age group uses a 9 foot basket when possible and an junior (27.5") size ball.

## RULES for GRADES 5-8

SWPRD has adopted the basketball rules set forth by the National Federation of State High School Associations (NFHS); however, to better accommodate the philosophy and objectives of SWPRD, some adjustments to the NFHS rules have been made and are noted below. Some rules noted below are also standard NFHS rules, but are reprinted to give emphasis to a given subject.

### ***Scoring and Timing***

- Four (4), 7-minute stop clock quarters.
- Two (2), 1-minute time-outs per half per team.
- Five (5) minutes for half-time.
- Two (2) minutes between quarters and overtime periods.
- Thirty (30) seconds will be allowed for the player “match-ups” at the start of each quarter.
- Overtime: Each overtime period will be four (4) minutes in length with each team having one additional time-out per overtime. Any time-outs “not taken” in the second half may be used in an extra period. Overtime periods will be successive until a winner is determined.
- Three point field goals will be allowed.

### ***Fifteen-9 Rule (15-9 Rule)***

If a team has a fifteen (15) point advantage they may no longer execute a full court press against their opponent. This temporary suspension of the press remains in effect until such time when their point advantage is nine (9) points or less, at which point they may resume with a full court press. The first infraction of this will result in a warning. Subsequent infractions will result in a technical foul charged to the offending player.

Technical Fouls will result in an automatic two (2) points to the non-offending team plus the ball for division-line throw-in.

### ***Minimum Rule/Substitutions***

Each player must play a minimum of two (2) full quarters barring injury, illness, or fouling out. Each infraction of the minimum rule results in a technical foul, charged to the coach and the player lacking the “minimum” must enter the game immediately.

A coach may pull a player (substitute a player out) at any legal time during a quarter if the player receives a fourth foul.

Except for the fourth quarter, any player starting a quarter with four fouls must play the entire quarter unless the player fouls out or is injured.

Except for the fourth quarter, new players must enter at the quarter only. No substitutions during the first three quarters, except for a player who receives a fourth foul or is injured. A coach may substitute at any stopped clock during the fourth quarter of a game; however, the minimum rule must be complied with for all substitutions.

If a player arrives after the completion of the first quarter of play, the minimum two quarter requirement for that player is waived for that game. (The coach is not required to put that player in for any amount of time).

In extreme situations, players can be benched by the coach for disciplinary reasons such as missing practices, disruptive behavior, etc. Benching is defined as waiving the minimum rule for the game for that player. A player is benched one game at a time. The coach will notify the referee immediately before the game in which the player is benched. The league coordinator should be notified before a benching is initiated.

A player who is removed for any reason during a quarter of play and has played 3 1/2 minutes or more of the quarter shall be "charged" for the quarter; however, only the substitute entering the game shall be "charged" for the quarter if he plays more than 3 1/2 minutes for that quarter. Only one player is charged for the quarter. A player may be "charged" a quarter of play for a partial quarter, but to meet the minimum rule that player must play enough minutes to equal two (2) full quarters unless the minimum has been thrown out for that player.

**Fielding a Team:** If a team cannot floor a team of five (5) within five (5) minutes of the scheduled start time, the game is forfeited to the opposing team. At this time a player from the opposing team or another SWPRD team can be allowed to play with the team that is short as long as both coaches agree. Playing the game will not eliminate the original forfeit status. Whichever team delays the start of a game shall be charged with a technical foul. The non-offending team will receive two (2) points plus the ball for a division-line throw-in. No jump ball is made to start the game, the technical foul serves as the start of the game.

All games will be completed unless suspended by the referee. Games which extend beyond the starting time of the following games will be allowed to continue to completion. There will be a minimum of five (5) minutes to assure player warm-up before the start of the next game.

### ***Flagrant Fouls and Penalties***

Any player committing a flagrant foul will be ejected from that game. A second flagrant foul in a season will result in ejection from that game and a one game suspension. A third flagrant foul in a season will result in ejection from that game and the rest of the season. Definition: A flagrant foul may be a personal foul or a technical foul of a violent or savage nature, or a technical non-contact foul which displays unacceptable conduct.

If a coach is ejected from the game, he/she will receive an automatic one game suspension.

NOTE: If any of the above ejections take place, please supply a written account of the situation to the referee coordinator or SWPRD.

### ***Illegal Defenses and Penalties***

No zone defense is allowed. Assigning a player to defend a certain area of the court will be deemed an illegal defense. A team employing an illegal defense will receive two (2) warnings. Subsequent infractions will result in a technical foul charged to the offending player. Player to player defense only, however, assigning more than one defender to guard an offensive player is allowed.

### ***General information***

**Team Uniforms** – all participants are provided with a team jersey. Participants will be required to wear shorts or athletic pants to complete the uniform. Undergarments worn under basketball uniform shorts are not to extend beyond the lengths of the trunks. No jewelry is permitted on court during games. This includes earrings. Players will be told to remove any jewelry or not be allowed to play in that game.

No games will be rescheduled unless approved through the Basketball Coordinator.

Unresolved grievances are to be addressed at a location other than the gym. If necessary,

grievances can be addressed with the Youth Basketball Coordinator.

Regarding a participant's health and well-being: It is understood the well-being of any participant is of foremost importance in any SWPRD contest. Therefore, it is the coach's responsibility to be sure each participant is of sound enough health before and during any contest. So as not to compromise any athlete's well-being, if in the course of said contest the referee determines the participant's health has been or may be compromised or otherwise put in jeopardy if permitted to play, the referee may then disqualify that participant. The referee's judgment shall be final and supercede any parent or coach's determination as to the participant's readiness to play.

Only players, coaches, referees and staff are allowed on the court; "non-participants" must leave the floor. This rule also applies for quarter breaks and half-time. The floor belongs to the teams.

Equipment: This division shall use a 28.5 inch diameter ball. Basket rings will be 10 feet off the floor for both leagues.

## **BASKETBALL REFERENCES**

### ***Training***

- Online coaching training is available upon request, contact the Program Coordinator.

### ***Handouts***

- Contact the program coordinator if you would like handouts on coaching.

### ***Internet Sites***

- [www.basketballdrills.homestead.com](http://www.basketballdrills.homestead.com)
- [www.educatedsportsparent.com](http://www.educatedsportsparent.com)
- [www.bbhighway.com](http://www.bbhighway.com)
- [www.basketball-drills-and-plays.com/youth-basketball-drills](http://www.basketball-drills-and-plays.com/youth-basketball-drills).
- [www.degerstrom.com/basketball/drills/youth](http://www.degerstrom.com/basketball/drills/youth)

### ***Books***

- "Basketball Coach's Bible: A Comprehensive and Systematic Guide to Coaching" by Sidney Goldstein.
- NFHS Basketball Rules Book - available in the SWPRD office.



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