



## YOUTH BASKETBALL LEAGUE RULE BOOK

### PROGRAM PURPOSE AND OBJECTIVES

The purpose and objective of NEW TERRITORY Youth Sports Programs are to teach sportsmanship, physical fitness, and personal development. We've designed this program to help children learn the fundamentals of basketball, gain a lifelong love of the sport, and to stay active.

#### A. PLAYER ELIGIBILITY AND REGISTRATION

1. Participants age 4-13 years old.
  - a. Early Registration Fees
    - i. \$90 R/\$105 NR
    - ii. \$105 R/\$150 NR
  - b. Regular Registration
    - i. \$105 R/\$150 NR
    - ii. \$120 R/\$165 NR

#### B. COVID POLICIES

1. **COVID-19:** Each participant must have a signed COVID-19 on file to participate in all New Territory-sponsored sports programs.

#### C. TEAM DIVISION AND FORMAT

1. **Team Balance:** New Territory Staff will do their best to ensure balanced teams, considering age and skill level.
2. **Please Note:** We may combine children of different ages and gender during periods of low enrollment.
3. **Special Request:** A player can request a friend on the registration form to play on the same team, but it **MUST** be mutual by the other party. *Request for coaches is NOT allowed.*
4. **Dropping Players:** Players cannot be dropped from a team. A player must finish the season with the team they were assigned to unless re-assigned by New Territory staff. If a player quits, the coach will notify the Athletic Coordinator before officially dropping the player.
5. New Territory Staff will have the final decision on all special concerns related to players/team formation. Any concerns must be submitted in writing.

#### D. PRACTICE

1. Each team receives one sixty (60) minute practice during the week, Monday thru Friday.
2. Teams may only utilize the facility for practice during their scheduled practice times.
3. Practice time and location are given to volunteer coaches in the order they registered and based on availability.

#### E. JERSEYS

1. All participants must wear the team jersey the Parks and Recreation Department provided during games.
2. Jerseys (maroon and gray) come in pairs and must be worn during each season's game. Jerseys from previous seasons may be worn.
  - a. **Jersey Fees**
    - i. Cotton: \$20
    - ii. Dri-Fit: \$35
3. Athletic-type shoes with non-marking soles are required.
4. Jewelry is prohibited.
  - a. Religious and medical alert medals are not considered jewelry.
    - i. These items may be worn but taped down to the body.

## F. EQUIPMENT & RULES

Leagues	Court	Ball Size	Goal
Ages 4-5	Cross	Size 5 (27.5)	8 ft
Ages 6-9	Cross	Size 6 (28.5)	9 ft
Ages 10-13	Full	Size 7 (29.5)	10 ft

## G. GAME FORMAT

- Cross Court Games:** each game consists of (4) 8-minute quarters with a mandatory water break at the 4-minute mark.
- Substitution**
  - No player can play two more periods per game than any other player on the team.
    - Example: Player A plays six periods, then Player B has to play at least five periods.
  - If you have eight players or fewer, you **MUST** play each child for two uninterrupted periods per half.
  - No player can play more than six consecutive periods per game.
    - Exception: when there are less than five players on a team.
- Full Court Games:** each game consists of (4) – 8-minute quarters.
  - Players **MUST** play at least half of the game or a total of 16 minutes per game; a minimum of 4 of these minutes must be played in the first or second half.
  - No player may play more than three (3) consecutive periods.
    - Exception: when there are less than seven players on a team.
- Game Clock**
  - The clock does **NOT** stop until the last two minutes of the final quarter.
  - The last two minutes will be a regulation clock and will stop at every whistle unless a team is up by more than twenty points.
- Time Outs:** Each team has two timeouts per half.
- Pressing:** Full-court press is defined as a "defensive tactic in which team members cover their opponents throughout the court and not just near their basket."
  - Cross Court – No full-court press is allowed at any time during the game.
    - Man-to-man defense **MUST** be played in this division.
    - There will be no double-teaming and no trapping.
    - Defense can only be played after crossing the half-court line.
  - Full court – a full-court press is allowed **only in the second and fourth quarters ONLY** and **IF** the game is **within 10 points**.
    - For ages ten and above **ONLY**, a full-court press will be allowed in all quarters **IF** the game is within ten points.
- The defensive team may not touch the ball **WHILE THE BALL IS POSSESSED** for ages seven and below. Intercepting a pass is permissible; reaching in and tying up the ball or stealing is not.
- The free-throw line is 11 feet from the basket for ages 8-9.
- All games are played with scheduled officials. Any coach refusing to play for a particular official will forfeit the game and be dismissed.
- The offensive team will have **10 seconds** to take the ball across the half-court line after an out-of-bounds or basket has been scored. Failure to do so will result in a turnover.
- There will be a jump ball at the start of the game for 8 years and up. For 6 years and below, there will be a coin toss to determine beginning possession. The possession arrow will be in effect after each period.
- No protests will be allowed on judgment calls made by the officials.**
- A tie game ends in a tie.

14. While closely guarded, a player cannot hold the ball for more than 5 seconds without attempting to pass, shoot or dribble.
15. Each coach should meet at the centerline **before** the game starts to hand wristbands to each child playing on the floor before **each quarter**.

#### **H. VOLUNTEER COACHES**

1. Each team shall have a volunteer coach who is at least 17 years of age and a maximum of 2 assistants, with a maximum of 2 on the bench. If the coach or assistant will not be present, it is their responsibility to provide a representative to carry out their coaching duties.
2. One parent receives a \$35 discount for coaching his/her team.
3. High school students that want to coach can receive volunteer hours.

#### **I. COACHING CONDUCT**

1. Unethical conduct, including verbal abuse and other infractions, will result in the following procedure:
  - a. The first complaint may require the coach to appear before the New Territory Athletic Coordinator.
  - b. The second complaint may be grounds for dismissal.
    - i. Complaints must be in writing from a parent or another coach.
    - ii. A New Territory employee may verbally make complaints.
2. Conduct during games is governed according to the following rules:
  - a. Improper conduct - referee or gym supervisor will issue one warning. The subsequent infraction will result in a technical foul, and the coach must leave the game.
  - b. During the same season, a second technical foul requires the coach to appear before the Athletic Coordinator before being allowed to coach again. A second technical is grounds for dismissal if deemed necessary by the Recreation Manager.

#### **J. SPECTATOR, COACH, AND PLAYER CONDUCT**

1. **Flagrant Foul:** may be personal and technical, which counts towards the team. It is always unsportsmanlike and may or may not be intentional. When a person is involved in violent or savage contact that could cause injury to another player, such as striking with the fist or elbow, kicking, kneeing, running under a player in the air, and crouching or jumping. A flagrant contact involves extreme, sometimes persistent, vulgar, or abusive conduct if the ball is dead. A single flagrant foul always carries a penalty of 2 free throws, possession, and disqualification of that player.
2. **Intentional Foul:** is a personal or technical foul that, based on observation of the act, appears to be designed or pre-meditated. It is not based upon the severity of the action. Purposely committing a technical foul to create a false double foul situation, lightly holding, or pushing a player in the back to prevent a score when there is no possibility of getting into position to guard, is equally intentional unsportsmanlike. An intentional foul always carries a penalty of two free throws and possession of the ball.

**COACHES, PLEASE REMEMBER THIS IS NEW TERRITORY YOUTH BASKETBALL. THIS IS NOT HIGH SCHOOL BASKETBALL, COLLEGE, WNBA, OR NBA. THIS LEAGUE IS TO DEVELOP THE BASIC FUNDAMENTALS OF THE GAME OF BASKETBALL. COACHES, YOU ARE ROLE MODELS FOR THESE YOUNG MEN AND WOMEN. THEY HEAR AND SEE EVERYTHING THAT YOU DO DURING PRACTICE AND GAMES. ESPECIALLY ACCUSATIONS OF FAVORITISM OR CHEATING.**

For info, call 281-565-1070 or email [athleticcoordinator@newterritory.org](mailto:athleticcoordinator@newterritory.org)

## **NEW TERRITORY PARKS AND RECREATION COACHES' CODE OF CONDUCT**

- 1. I will place the emotional and physical well-being of my players ahead of a personal desire to win. Expected Behavior:**
  - a. Respectfully use appropriate language when interacting with players, referees, and staff.
  - b. Understand that New Territory Youth Sports is a recreational program that emphasizes equal playing time, teamwork, respect, and having fun.
  - c. Include all players without regard to race, religion, color, sex, or any other legally protected classification.
  - d. Treat all players, referees, staff, coaches, parents, and spectators with dignity and respect.
  
- 2. I will treat each player as an individual, remembering the extensive range of emotional and physical development for the same age group. Expected Behavior:**
  - a. Be aware that youth may vary greatly in physical, social, and emotional maturity.
  - b. Understand that some skills, drills, and demands are not appropriate for all youth.
  - c. Be aware that a child may need additional support depending on behavioral, emotional, or physical disability.
  
- 3. I will do my best to provide a safe playing situation for my players. Expected Behavior:**
  - a. Report any safety hazards to New Territory Staff.
  - b. Protect players by removing them from play if injured and will communicate all player injuries with parent/guardian and New Territory Staff.
  - c. Keep all players' personal information confidential and only use it for league purposes
  
- 4. I will do my best to organize practices that are fun and challenging for all my players. Expected Behavior:**
  - a. I understand that communication with parents is essential regarding schedules, and I will do my best to inform parents about any changes in schedules.
  - b. Realize that players may have absences from practices or games due to reasons beyond my control.
  
- 5. I will lead by example in demonstrating fair play and sportsmanship to all my players. Expected behavior:**
  - a. Do my best to encourage, teach, and expect good sportsmanship from my players and their parents.
  - b. Play all players equally. This includes both playing time and playing each position.
  
- 6. I will provide a sports environment for my team free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events. Expected Behavior:**
  - a. Be alcohol, tobacco, and drug-free at all Peoria Youth Sports activities.
  - b. Remind parents/spectators to refrain from using alcohol, tobacco, or drugs while at New Territory Youth League activities.
  
- 7. I will be knowledgeable in each sport's rules that I coach, and I will teach these rules to my players. Expected Behavior:**
  - a. Encourage parents and players to read the rules and answer any questions they may have.
  - b. Teach and require compliance of the rules from my players
  
- 8. I will remember that I am a youth sports coach representing the New Territory. I understand that the game is for children and not adults. Expected Behavior:**
  - a. Maintain a positive and respectful attitude.
  - b. Accept and adhere to all league rules and policies.
  - c. Be responsible for the behavior of my parents and spectators.

### **Enforcement of the Code of Conduct:**

Enforcement of the code of conduct will vary based on the severity of the issues and complaints. Any coach ejected from a game must leave The Club immediately. All ejections will include an additional one-week suspension (or longer based on the issue's severity). Immediate suspension or permanent removal from the league can occur without a written or verbal warning. New Territory has the right to refuse future coaching applications based on previous code of conduct violations.

As a New Territory Volunteer Coach, I acknowledge and agree to the established coaches' code of conduct. I understand that my position as a volunteer is a privilege and not a right. Any violation of this code of conduct can lead to suspension or removal of volunteer status and forfeit of coaching duties.