

Carson City Recreation Youth Basketball League Handbook



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The Carson City Recreation Division Youth Basketball League has been structured with one goal in mind, to provide an enjoyable recreation experience for the youth of our community. We would also like the participants to improve their basketball skills and appreciate teamwork along the way. Our goal cannot be achieved without the help of some very dedicated volunteer coaches.

Please keep this manual handy throughout the season for future reference.

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Section I: Eligibility

- A. Children must be in the grade they are registering for unless other accommodations have been made by the Carson City Recreation Program Management
- B. Officials and City Staff reserve the right to request birth certificate to verify the age of a participant.
- C. Carson City will make every effort to make accommodations, so all participants receive the same Recreation experience.

Section II: Registration

- A. Registration must be done during the registration period and are taken on a first come first serve basis. Full payment is due at the time of registration.
- B. Children may not be registered if there is a balance due on their account or their parents account from, another Carson City Recreation activity until the entire balance due is paid.
- C. Players will register individually and will be placed on a team by Carson City Recreation.
- D. Request for refund must be received prior to “warm up”. Refunds and credits will not be processed after this time. All refunds will incur a 10% admin fee and will take up to two weeks to process.

Section III: Coaches Information

Every year coaches will be required to undergo a background check. In the event of a background check returning with any prior convictions, coaches will be prohibited from coaching or volunteering in any way.

Section IV: Skills Assessment

- A. All players are required to participate in a preliminary skills assessment/ warm up. The goal with this assessment is to create equal and consistent teams throughout our league.
- B. Skills Assessment Procedure:
 1. All participants go through the skills assessment drill and coaches' rate accordingly.
 2. Coaches select a team number as they enter the Draft Room (children or other parents will not be allowed in the draft room)

3. Coaches will be seated by numerical team order
4. An attempt will be made to rate players who did not attend the tryout. If non attending players are not ratable, they will be placed on a team at the end of the draft through a hat pick.
5. Starting with Team #1, Coaches options will be identified and rated by all coaches present. It will be determined which round in the draft the coach's option will be placed, which in turn will determine which round in the draft that particular coach will lose. Note: Coaches' options are to include Head coach's children only. "Assistant coaches" picks will not be at the discretion of Recreation Management. It is the goal of Carson City Recreation to create and maintain an equal recreational experience for all participants.
6. Sibling in the same grade options will be identified (siblings will always be drafted to the same team unless otherwise requested by the parents)
7. The draft will begin in a serpentine style draft beginning with team #1 and concluding the first round with the last team in that particular league. The last team to make a pick in their particular league will then begin the second round and team #1 would conclude that round. This serpentine style draft will continue until all players have been drafted to a team. If a coach has a coach's pick, that coach will miss their pick in the round in which their coach's option was placed in.
8. Hat picks will be randomly selected and placed on a team in accordance with serpentine draft.
9. Team names will be selected beginning with the last team in that particular league and concluding with team #1.
10. Carson City Recreation will hand out practice schedules, explain uniforms, discuss alternative practice sites, and collect rosters.
11. Carson City Parks and Recreation reserves the right to assist coaches in the draft, deny drafts, and/ or recommend drafts in the better interest of league equality.

C. Once the teams are set, teams are set. Carson City Recreation will have a copy of all rosters, and trading amongst teams will not be tolerated.

D. All coaches will need to contact all players on their team within (3) three business days. Coaches will need to introduce themselves and relay their first practice time and location, along with all practice and game schedules.

Section V: Uniforms

- A. All participants will be required to wear a CCRD uniform. Any uniform other than the CCRD uniform will not be permitted. A game will not begin unless all participants are wearing a CCRD uniform.
- B. Uniforms can be purchased at registration.
- C. If a returning participant has a uniform from a former season that still fits appropriately, they may use that uniform again, without purchasing another.
- D. All participants will be required to remove earrings, necklaces, bracelets, anklets, etc. Medical identification necklaces and bracelets are an exception to this but will need to be taped to the body to prevent injury to the participant, and other participants.
- E. Carson City Recreation asks that participants wear gym floor appropriate shoes. **NO STREET SHOES.**

Section VI: Forfeits/ Cancellations

- A. Carson City Recreation will make every effort to avoid forfeits. If a team is short players, the opposing team, in good sportsmanship will need to either “lend” players or will play with the same number of players as the opposing team.
- B. In the event a player is injured from the game which in turn will cause a shortage of players the opposing team will need to either assist in “lending” players or play with the same number of players as the opposing team.
- C. In the event of severe weather, or natural disasters, Carson City Recreation will make the decision on cancelation of games, or practices.
- D. Practices and games will be played as scheduled unless otherwise notified by Carson City Recreation Staff.
NOTE: This is a Recreation League, if teams are short players, coaches are expected to show a level of sportsmanship, and lead by example, and ensure that forfeits will not happen.

Section VII: The Game

A. Carson City Recreation Youth Basketball will fall under the National High School Federation of State High School Rule Book. Carson City Recreation has altered some rules to accommodate our league and make it a better Recreational experience for all participants.

B. **3rd and 4th grade boys and girls**

1. Jump ball to start the game.
2. 3rd and 4th grade boys and girls will play with 8' hoops.
3. The ball will be taken out of bounds until the 5th team foul of each half, after the 5th team foul, teams will enter the bonus. After the 8th team foul, teams will enter the double bonus.
4. All free throws will be shot from the taped line, or where marked by the Youth Basketball Officials
5. Players will be allowed to stand in the offensive key area for five seconds instead of three.
6. Back court press is prohibited. If the official feels the team is purposely pressing in the back court to gain an advantage a technical foul will be given.
7. All teams must play a man-to-man defense. Zone defenses and double teaming are prohibited and could result in technical foul (double teaming is allowed in the key).
8. Games will consist of four six-minute quarters.
9. All players must play at least two quarters of every game.
10. The game ball will be a size 27.5" basketball. Game ball will be provided by Carson City Recreation.
11. Substitutions are prohibited (unless for injury, or a player fouls out).
12. In the 1st and 3rd quarter the clock will run continually, the clock will only stop in the event of a timeout. In the 2nd and 4th quarter the clock will stop in the last two minutes on all whistles and will start again as the ball is inbounded.
13. Each team will be allowed one time out per half.
14. Score will not be kept (the score table will keep track of player fouls, team fouls, and playing time).

C. **5th grade boys**

1. Jump ball to start the game.
2. Players will be removed after their 5th player foul. The ball will be taken out of bounds until the 5th team foul of each half, after the 5th team foul, teams will enter the bonus. After the 8th team foul, teams will enter the double bonus.
3. All free throws will be shot from the regulation line.

4. Players will be allowed to stand in the offensive key area for five seconds instead of three.
5. Back court press will be allowed during the last two minutes of every quarter. If the official feels the team is purposely pressing in the back court (except when allowed) to gain an advantage a technical foul will be given. During the 3rd and 4th quarter, teams that are winning by more than 15 will be prohibited from applying backcourt pressure.
6. All teams must play a man-to-man defense during the first five minutes of each quarter. Teams may play a man-to-man or zone defense during the last two minutes of each quarter. Double teaming is prohibited (except while playing a zone defense) and could result in technical foul (double teaming is allowed in the key).
7. Games will consist of four seven-minute quarters.
8. The game ball will be a size 28.5" basketball. Game ball will be provided by Carson City Recreation.
9. Substitutions are prohibited (unless for injury, or a player fouls out).
10. In the 1st and 3rd quarter the clock will run continually, the clock will only stop in the event of a timeout. In the 2nd and 4th quarter the clock will stop in the last two minutes on all whistles and will start again as the ball is inbounded.
11. Each team will be allowed one time out per quarter.
12. Score will be kept on the scoreboard. If a team is leading another team by more than 15, the scoreboard will be turned off.
13. In the event of a tie, (1) one, two-minute overtime will be conducted. Each team will be allotted one time out and all team and player fouls will carry over. If the score is still tied at the end of the overtime, teams will enter a "sudden death" situation. There will be a jump ball and the first team to score will be the winner of the game.

D. **6th grade Boys**

1. Jump ball to start the game.
2. Players will be removed after their 5th player foul. The ball will be taken out of bounds until the 5th team foul of each half, after the 5th team foul, teams will enter the bonus. After the 8th team foul, teams will enter the double bonus.
3. 6th grade boys' free throws will be shot from the regulation line
4. Players will be allowed to stand in the offensive key area for three seconds.
5. Back court press will be allowed during the last two minutes of every quarter. If the official feels the team is purposely pressing in the back court (except when allowed) to gain an advantage a technical foul will be given. During the 3rd and 4th quarter, teams that are winning by more than 15 will be prohibited from applying backcourt pressure.
6. Games will consist of four seven-minute quarters.
7. 6th grade boys will use a regulation ball (30"). Game ball will be provided by Carson City Recreation.

8. Substitutions are prohibited (unless for injury, or a player fouls out).
9. In the 1st and 3rd quarter the clock will run continually, the clock will only stop in the event of a timeout. In the 2nd and 4th quarter the clock will stop in the last two minutes on all whistles and will start again as the ball is inbounded.
10. Each team will be allowed one time out per quarter.
11. 3-point shots are permitted in the 6th grade boys.
12. Score will be kept on the scoreboard. If a team is leading another team by more than 15, the scoreboard will be turned off.
13. In the event of a tie, (1) one, two-minute overtime will be conducted. Each team will be allotted one time out and all team and player fouls will carry over. If the score is still tied at the end of the overtime, teams will enter into a “sudden death” situation. There will be a jump ball and the first team to score will be the winner of the game.

E. **5th-6th grade girls**

1. Jump ball to start the game.
2. Players will be removed after their 5th player foul. The ball will be taken out of bounds until the 5th team foul of each half, after the 5th team foul, teams will enter the bonus. After the 8th team foul, teams will enter the double bonus.
3. 6th Grade Girls will shoot free throws the regulation line, 5th grade girls’ free throws will be shot from a taped line, or where marked by the Youth Basketball Officials
4. Players will be allowed to stand in the offensive key area for three seconds.
5. Back court press will be allowed during the last two minutes of every quarter. If the official feels the team is purposely pressing in the back court (except when allowed) to gain an advantage a technical foul will be given. During the 3rd and 4th quarter, teams that are winning by more than 15 will be prohibited from applying backcourt pressure.
6. All teams must play a man-to-man defense during the first five minutes of each quarter. Teams may play a man-to-man or zone defense during the last two minutes of each quarter. Double teaming is prohibited (except while playing a zone defense) and could result in technical foul (double teaming is allowed in the key).
7. Games will consist of four seven-minute quarters.
8. The game ball will be a size 28.5 basketball. Game ball will be provided by Carson City Recreation.
9. Substitutions are prohibited (unless for injury, or a player fouls out).
10. In the 1st and 3rd quarter the clock will run continually, the clock will only stop in the event of a timeout. In the 2nd and 4th quarter the clock will stop in the last two minutes on all whistles and will start again as the ball is inbounded.
11. Each team will be allowed one time out per quarter.

12. 3-point shots are permitted in the 5th/6th grade girls.
13. Score will be kept on the scoreboard. If a team is leading another team by more than 15, the scoreboard will be turned off.
14. In the event of a tie, (1) one, two-minute overtime will be conducted. Each team will be allotted one time out and all team and player fouls will carry over. If the score is still tied at the end of the overtime, teams will enter a “sudden death” situation. There will be a jump ball and the first team to score will be the winner of the game.

F.

7th-8th grade boys/ 7th-8th grade girls

1. Jump ball to start the game.
2. Players will be removed after their 5th player foul. The ball will be taken out of bounds until the 7th team foul of each half, after the 7th team foul, teams will enter the bonus. After the 10th team foul, teams will enter the double bonus.
3. All free throws will be shot from the regulation line.
4. Players will be allowed to stand in the offensive key area for three seconds.
5. Back court press will be allowed during the last two minutes of every quarter. If the official feels the team is purposely pressing in the back court (except when allowed) to gain an advantage a technical foul will be given. During the 3rd and 4th quarter, teams that are winning by more than 15 will be prohibited from applying backcourt pressure.
6. Teams may play a man-to-man or zone defense for the length of the game.
7. Games will consist of four eight-minute quarters.
8. All players must play two quarters, and no one may play all 4 quarters unless your team has 6 players or less.
9. The game ball will be a regulation 30” ball for boys and a 28.5” for girls. Game ball will be provided by Carson City Recreation.
10. Substitutions are prohibited (unless for injury, or a player fouls out).
11. In the 1st and 3rd quarter the clock will run continually, the clock will only stop in the event of a timeout. In the 2nd and 4th quarter the clock will stop in the last two minutes on all whistles and will start again as the ball is inbounded.
12. Each team will be allowed one time out per quarter.
13. Score will be kept on the scoreboard. If a team is leading another team by more than 15, the scoreboard will be turned off.
14. In the event of a tie, (1) one, two-minute overtime will be conducted. Each team will be allotted one time out and all team and player fouls will carry over. If the score is still tied at the end of the overtime, teams will enter a “sudden death” situation. There will be a jump ball and the first team to score will be the winner of the game.
15. 3-point shots are permitted in the 7th/8th grade boys and girls league.

G. **Rules for all teams and players**

1. Two technical fouls in one game on any player or coach will result in that person being removed from the facility. That player will then need to meet with Carson City Recreation before returning to league activities.
2. Players lined up along the free throw lane may enter the key on the release of the ball from the shooter.

Section VIII: Official's and Carson City Recreation Staff

- A. All referees follow the National High School Federation of State High School Rule Book and are trained by Carson City Recreation Senior Staff.
- B. All league games and programs are under the direction of the referee. Only team coaches may discuss game or program decisions with the referee or Carson City Recreation Staff.
- C. Every player, coach, and spectator must respect Carson City Recreation Staff/ Referee's before, during, and after the game.
- D. If a player, or coach is found guilty of direct aggression, in which there is spitting involved, verbal threatening, or physically contacting Carson City Recreation Staff, or Referee's, law enforcement will be contacted, and the offender maybe arrested, and prosecute. All violations will also fall under the Carson City Recreation Code of Conduct.

Section IX: Other Suspensions

The Carson City Parks and Recreation Division reserves the right to further suspend individuals who violate the GAME RULES or who causes or incites a fight or brawl, who has repeated violent offenses against other players, staff, spectators, or whose behavior causes NAME PERSON to believe the integrity of program is jeopardized due to the behavior of such person.