

## **Lebanon Township Athletic Association (LTAA) Basketball**

### **I Mission Statement**

As a recreational program, LTAA Basketball is founded on the basis of good sportsmanship, fair play, and having fun. The focus of this league is to provide healthy exposure to competitive team activity, while emphasizing individual instruction for all participants in the fundamentals of the sport. We want all players to continuously improve in both skill and confidence throughout the season. Each coach is responsible for proper substitution during games and ensuring equal playing time for all players, regardless of age or skill. Being a member of a team teaches citizenship, sportsmanship, working together towards a common goal, responsibility, loyalty, selflessness, respect for others, and self-control.

### **II Administration**

The League's Commissioner(s) will oversee the Program, recruit coaches who promote and uphold the Mission Statement, establish appropriate guidelines for the League, and ensure these guidelines are understood and followed. All players that will be participating in any LTAA basketball activity must first be registered.

### **III Coaches, Parents and Players - Code of Conduct**

Coaches, parents, or players who are disruptive or display unsportsmanlike conduct will not be allowed to participate in our program. Offenses of these rules should be brought to the attention of the League Commissioner(s) immediately.

Coaches and parents should have the following understanding:

I understand that my responsibilities as a youth coach/parent/participant are of great importance, and that my actions have the potential to significantly influence our young athletes. Therefore, I promise to uphold the Code of Conduct, to the best of my ability both on and off the court.

-I will treat each player, parent, coach and official with dignity and respect. I will not harass or intimidate a referee, scorekeeper, opposing coach, player or parent.

-I understand the use of abusive or offensive language, alcohol, drugs, or any form of violence is strictly prohibited. I understand that poor sportsmanship of any kind by coaches, parents, players, and spectators, is unacceptable and will not be tolerated.

-I will become thoroughly familiar with the League rules and do my best to learn the fundamentals necessary to assist each player in their skill development, self-esteem, and enjoyment of the game.

-I will conduct my practices and games so that all players have an opportunity to improve their skill level through active participation.

-I will protect the safety and well being of my players by insisting that all activities conducted under my supervision will be done safely and in compliance with the League Rules and Regulations.

-I will at all times demonstrate good sportsmanship, set a good example, and applaud good plays of both teams.

-I will do my best to fulfill my obligation as the adult leader for which I have been selected, and to make this a great experience for everyone.

#### IV General Notes for Coaches, Parents and Players

- Each team will hold one practice per week. Div. 1 (K-1<sup>st</sup>) practices are Saturdays only.
- Participants should consistently attend practice sessions.
- The team's goals and welfare come before any individual.
- Players should be receptive to coaching and must agree to and follow the team rules.
- Team members are responsible for wearing the issued uniforms to their games.
- Players should not wear jewelry during practices or games. New piercings are acceptable if fully covered.**
- All existing injuries should be reported to the coach before practice and games.
- If a team will not have the minimum number of players to play a game, the coach should contact the commissioners who will coordinate replacements. If last minute circumstances leave a team short of players and contacting the commissioners is not feasible, both team's coaches should work together to agree on which players will fill in or rotate between teams.
- The player-coach relationship is an important relationship. Please be mindful that as a parent, you can greatly affect this relationship either positively or negatively, through your actions or your words. Allow the coaches to instruct and guide the team.
- Coaches may have brief meetings with the players before and after each practice and game. These brief meetings are part of the learning process and team members should arrive on time and be present immediately after games.
- Please help clean up our gym facilities before leaving.

PLEASE NOTE: We are guests in each school gym with the only purpose being for our children's practices and games. Friends and siblings are not the coach's responsibility and should be properly supervised at all times. They are NOT under any circumstances; allowed on school stages, walking throughout the school unsupervised, playing in the halls, nor anywhere on the gym courts during practices, games or in between games. All spectators attending games and practices should be on alert for players and stray balls, for their own safety. No one should bounce balls in the hallways (gyms only please).

Thank you to all the coaches, assistants, and parents in advance for your time and effort.

ALL CANCELLATIONS AND MAKE UP GAMES WILL BE THE SOLE RESPONSIBILITY OF THE COMMISSIONER(S).

## Lebanon Township Athletic Association Basketball

### Division 1 Rules (K-1 Grades)

**GYM :** Valley View School or Califon School

**BASKET / BALL SIZE:** 8' Basket and 28.5" Ball

• The preceding overview is for our entire LTAA Basketball Program through grade 8. Although some may not pertain to this introductory level, many items may still be applicable, please familiarize yourself with these for current and future years as the children progress through each division of the program.

- This level has practice sessions on Sat. only, beginning in January.
- The first 2-3 weeks should be focused on skill development. Beginning the 3<sup>rd</sup> week, teams can begin to play each other in “scrimmages” for a portion of the session. These scrimmages should be very controlled environments. Substitute players every 3 to 4 minutes. No score is kept. Every player should have opportunities to dribble the ball up, attempt a shot, etc.
- The first 20-30 minutes of scrimmage days should still be used for drills/skill development. This can change towards the end of the season at coaches' discretion as kids get more comfortable. The last week is typically all games.
- No defense until the foul line, allow the offense to bring the ball up to this area. No stealing off the dribble to teach proper technique.
- Coaches shall coach and referee the games, stopping the game frequently to provide guidance.
- All players have equal playing time. Players sitting-should be supervised, watching and learning from the game.

#### **Practice the Basics:**

- Dribbling–Avoiding dribbling with 2 hands, stopping and starting, and moving without dribbling (double dribble/traveling).
- Passing – teach players how to throw (and catch) a bounce pass. At this level, this is the best pass for them to all grasp.
- Shooting – proper technique.
- Defense – how to guard without fouling. Stress no contact, no slapping the ball, or stealing off the dribble. Keep your hands up to defend. Explain fouling.
- Offense – Where they should be to receive an open pass or quality shot.
- Areas of the court – All the kids should know the difference between the baseline, half-court, sideline, foul line, etc.
- How to line up during a foul shot.
- Out of bounds and back court violations.

#### **Tips:**

- Be prepared with several different drills or “games” to play with the kids.
- Give regular water breaks.
- Let them learn the importance of playing together as a team.
- Break up practice with coaches working in small groups / stations.

#### **Some Suggested Skills/Drills:**

- Lay-up on both sides of the basket using the backboard.
- Dribbling through cones using each hand “one at a time”.
- Dribbling races, have players focus on looking up where they are going, and not at the ball.
- Passing the ball in triangles or squares playing “monkey in the middle” to practice passing and defense.
- Sharks and Minnows, Dribble Knock Out, Duck Duck Dribble.
- Offense/defense in half court setting to practice defense and offense once the basics are down.
- See the Basketball Drills section of our website for tons of fun ideas!

Keep it fun and interesting for the kids, it is most likely their first exposure to the sport, and the basic skills introduced at this level will have a profound impact on their continued interest, as well as, their continued development in playing basketball.

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## Lebanon Township Athletic Association Basketball

### Division 2 Rules (2nd & 3rd Grade)

**GYM :** Califon School or Valley View School

**BASKET/ BALL SIZE:** 8' Basket and 28.5" Ball

#### **GAME TIME:**

- Girls (Larger Teams): 5 vs. 5 - 20 minute halves; Boys (Smaller Teams): 5 vs. 5 - 8 minute quarters running time.
- Officials **ONLY** stop the clock on foul shots, time outs, injuries, or equipment issues and every 4-minutes for substitutions.
- Please make every effort to start games on time. Quarter/Half breaks are kept to a minimum to keep us on schedule.
- 3 time outs per game
- **NO OFFICIAL SCORE IS KEPT**

#### **SUBSTITUTIONS:**

- **Playing time must be equally divided.**
- Coaches must substitute every 4-minutes when the referee signals for subs.

#### **DEFENSE:**

- No Defense in the backcourt and defenders must allow the offense to fully cross mid-court un-challenged. Players cannot pick up defense until top of key extended / three point line area.
- Stealing off the dribble is not permitted. Intercepting of a pass is allowed. Stress **no contact, no slapping the ball, no grabbing the ball from someone holding it.** Arms and hands should be up and feet moving.
- The first half of the season will be zone defense only. From there, coaches should incorporate one half of man-to-man defense, stopping at substitutions to match kids up, etc.
- Try to minimize double-teaming on defense.

#### **FREE THROWS:**

- Attempted from approximately 10 ft. (lower part of circle in the lane is good indicator of this location) or at a distance coaches deem to be appropriate for the player on the line.
- No more than 6 players line the lane (4 defensive, 2 offensive alternating), All other players must be behind the top of the key extended.
- Players lining the lane may move into the lane upon the shooter's release. The shooter and other players may not cross the foul line extended until the ball hits the rim or shot is made.

#### **REFEREES:**

High School students referee the games. Please support them and understand that they are young adults doing their best to call the game. **Their primary concern is to allow the kids to play, provide instruction and keep the games under control.** If for some reason there is no referee on site for your game, coaches will referee.

#### **RULES:**

- "General Rules" of Basketball apply with consideration given to the age and skill level of these players.
- Tip the ball off at the beginning of each quarter/half, rotating players giving different players a chance.
- The alternating possession arrow is in effect.
- 2 foul shots awarded on each foul called in the act of shooting.
- **Any team dominating play is expected to exhibit good sportsmanship by reducing the intensity of their play** (no fast breaks, no stealing, multiple passes before shooting, etc.). Coaches are responsible for ensuring their players recognize and adhere to these guidelines.

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## Lebanon Township Athletic Association Basketball

### Division 3 Rules (4<sup>th</sup> & 5<sup>th</sup> Grade)

**GYM :** Califon School or Woodglen School

**BASKET/ BALL.SIZE:** 10' Basket and 28.5" Ball

#### **GAME TIME:**

- Boys (Larger Teams): 5 vs. 5 - 20 minute halves; Girls (Smaller Teams): 5 vs. 5 - 8 minute quarters.
- Officials **ONLY** stop the clock on foul shots, time outs, injuries, or equipment issues and every 4-minutes for substitutions.
- Please make every effort to start games on time. Quarter/Half breaks are kept to a minimum to keep us on schedule.
- Three 60-second timeouts per game.
- One 2-minute overtime allowed in a tie, if that ends in tie, game is over. **(One 60-second time-out allowed per team in overtime).**

#### **SUBSTITUTIONS:**

- Playing time must be equally divided.
- Coaches must substitute every 4-minutes when the referee signals for subs.

#### **DEFENSE:**

- The first half of the season will be zone defense only. From there, coaches should incorporate one half of man-to-man defense, stopping at substitutions to match kids up, etc.
- Stealing is allowed.
- Full court press is not allowed. Players should generally pick up around the top of the key / three point line.

#### **FREE THROWS:**

- Attempted from 12 ft or where designated on the floor.
- No more than 6 players line the lane (4 defensive, 2 offensive alternating). All other players must be behind the top of the key extended.
- Players lining the lane may move into the lane upon the shooter's release. The shooter and other players may not cross the foul line extended until the ball hits the rim or shot is made.

#### **REFEREES:**

Two certified will officiate the games. **Their primary concern is to allow the kids to play and keep the games under control.** If for some reason there are no referees on site for your game, coaches will referee.

#### **RULES:**

- "General Rules" of Basketball apply with consideration given to the age and skill level of these players.
- Play is 5-on-5.
- Players are disqualified upon their 5<sup>th</sup> personal foul. (Unless team only has 5 players at time of foul-out or occurring later due to injury, leaving early). If due to lack of players, a player stays in game after 5 fouls, a technical foul will be called for the 6<sup>th</sup> and subsequent fouls, resulting in opposing team foul shot (1) and possession. Fouls carry into overtime.
- "One and One" bonus after the 7th team foul for each half and carries into overtime.
- The alternating possession arrow is in effect.
- **Any team winning by 15 points or more is expected to exhibit good sportsmanship** by reducing the intensity of their play in accordance with the score (No fast breaks, no stealing the dribble, multiple passes before shots, defense plays inside the foul line extended, no press, etc.). Coaches are responsible for ensuring their players recognize and adhere to these guidelines.
- Flagrant fouls will potentially result in ejection from the game, at the discretion of the referee(s), depending on severity of the foul.
- Technical fouls by Coaches: One technical foul results in "seat belt rule" – coach must sit and coach from the bench the remainder of the game. Two technical fouls in a game result in ejection and suspension for at least the next game at the discretion of the commissioners.

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## Lebanon Township Athletic Association Basketball

### Division 4 Rules (6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Grade)

**GYM :** Woodglen School Gym

**BALL SIZE:** Boys - 29.5" (Men's Official Size)  
Girls - 28.5" (Women's Official Size)

#### **GAME TIME:**

- Four 8-minute halves with clock stop on the whistle.
- Make every effort to start games on time. Half breaks are 4 minutes maximum.
- Three 60-second timeouts, two 30-second timeouts per game.
- One 2-minute overtime allowed in a tie, if that ends in tie, game is over. **(One 60-second time-out allowed per team in overtime).**

#### **SUBSTITUTIONS:**

- **Playing time must be equally divided.**
- Coaches must substitute every 4 min. The referee will signal for subs. You **may** substitute players prior the 4:00 minute sub break and all players must rest in both halves.

#### **DEFENSE:**

- All defenses allowed, Man-to-Man, Zone, etc.
- Full court press is allowed with the following exceptions:
  - **No pressing in 1<sup>st</sup> quarter of the game unless your team is down by 15 or more points.**
  - **No pressing if your team is up by 15 or more points** (see good sportsmanship rule below).

#### **FREE THROWS:**

- Attempted from 15 ft
- No more than 6 players line the lane (4 defensive, 2 offensive alternating), All other players must be behind the free-throw line extended and behind the 3-pt line
- Players lining the lane may move into the lane upon the shooter's release. The shooter and other players may not cross the free-throw line extended until the ball hits the rim or shot is made.

#### **REFEREES:**

Two certified will officiate the games. **Their primary concern is to allow the kids to play and keep the games under control.** If for some reason there are no referees on site for your game, coaches will referee.

#### **RULES:**

- "General Rules" of Basketball apply.
- Players are disqualified upon their 5<sup>th</sup> personal foul. (Unless team only has 5 players at time of foul-out or occurring later due to injury, leaving early). If due to lack of players, a player stays in game after 5 fouls, a technical foul will be called for the 6<sup>th</sup> and subsequent fouls, resulting in opposing team foul shot (1) and possession. Fouls carry into overtime.
- "One and One" bonus foul after the 7<sup>th</sup> team foul for each half and carries into overtime.
- The alternating possession arrow is in effect.
- **Any team winning by 15 points or more is expected to exhibit good sportsmanship** by reducing the intensity of their play in accordance with the score (no fast breaks, no stealing, multiple passes before shots, defense plays inside the 3-pt line, no press, etc.). Coaches are responsible for ensuring their players adhere to these guidelines.
- Flagrant fouls will potentially result in ejection from the game, at the discretion of the referee(s), depending on severity of the foul.
- Technical fouls by Coaches: One technical foul results in "seat belt rule" – coach must sit and coach from the bench the remainder of the game. Two technical fouls in a game result in ejection and suspension for at least the next game at the discretion of the commissioners.

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