

# Lebanon Township Athletic Association

## 2009/2010 Basketball

### I Mission Statement

This program is founded on the basis of good sportsmanship, fair play, and having fun. The focus of this League provides healthy exposure to competitive team activity while emphasizing individual instruction for all participants in the fundamentals of the sport. All players will continue to improve, and to develop the confidence and the ability to enhance their existing skills. Each coach is responsible to ensure that there is the proper substitution during the game as we encourage maximum participation by allowing equal playing time for everyone, regardless of age or level of development. By being a member of a team, many valuable lessons can be accomplished. Among them are: citizenship, sportsmanship, appreciating good play by their team and an opponent, working together for a common goal, responsibility, loyalty, placing the team above oneself, learning to accept instruction and criticism, respect for others, self-control, winning is not the only priority, losing should not effect one's self-esteem, and being responsible for one's own actions and learning there is no blame in others or trying to find justification as to why the outcome of the game was what it was, as there are many factors that occur during the full course of each game that contribute to it's outcome.

### II Administration

The League's Commissioner will oversee the Program, and shall recruit coaches who promote and uphold the Mission Statement, establish the appropriate guidelines for the League, and have responsibility to ensure these guidelines are understood and followed.

### 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 immediately, if irresolvable at the team level. Coaches (and parents/players) should have the following understanding:

I understand that my responsibilities as a youth coach 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 do my best to learn the fundamentals necessary to assist each player in their skill development, self-esteem, and their 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 become thoroughly familiar with the League rules.
- 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 not harass or intimidate a referee, scorekeeper, opposing coach, player or parent.
- 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.
- 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 keep my emotions under control and not become upset, it is simply children playing a game.**

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

- Weeknight Practices for grades 2-8 begin in December, up to winter recess. Grade 1 practices are Saturdays only beginning on January 9<sup>th</sup>, 2010. Each team will hold one practice per week.
- Weeknight Practices continue after winter recess January–March. Saturday’s only for grade 1 practices and games.
- Games begin the weekend after New Years with some Friday night games in addition to the traditional Saturday morning games. Each team will play one game per week.
- 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 in wearing the issued uniforms to their games.
- All injuries should be reported to the coach before practice and games, or that occur during the games and practices.
- 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.
- Please be aware that certain types of instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may disrupt the team or impede your child’s progress. Please discuss with your coach for assistance and helpful details.
- Coaches have brief meetings with the players before and after each practice and game. These brief meetings are a major part of the learning process and team members should arrive on time, and should 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 or 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.  
Have an enjoyable season with our children.

**Contact: Ken Whitmore @ 537-1054 or [kjwhitmore@comcast.net](mailto:kjwhitmore@comcast.net)  
with any questions, comments, or concerns.**

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**College Division (Grades 4 and 5) Rules**

**GAMES : Califon School**

**BALL: Game Ball – junior size ball (28.5)**

**GAME TIME:**

- 8 minute quarters
- All games must start on time. Quarters/half are kept to a minimum to allow the next game to start on time.
- Officials stop the clock on all fouls, all out of bound plays, and any injury.
- 3 time outs per game, more will result in a technical foul - resulting in 2 foul shots and loss of possession.
- One – 2 minute overtime allowed in a tie, if that ends in tie, game is over. (1 overtime time-out is allowed per team)

**SUBSTITUTIONS:**

- **Playing time must be equally divided. 25 minutes per player for a team of 8 (more time if fewer players)**
- Coaches may substitute halfway through each quarter at the 5 min. mark, the referee will signal for subs. Match players up by skill level before each start, and to make sure players know whom they are covering.

**DEFENSE:**

- No defense in the backcourt.
- **Man to Man defense only !** No other defense is allowed (i.e. zones or double teams) **The referees will be instructed to look for this and call a technical foul on the offending player.** Players may leave their man to switch off an offensive pick. Only single picks on the ball handler are allowed.

**FOUL SHOTS:**

- Attempted from 12 ft
- Each player will shoot 2 foul shots prior to the start of the game that count towards their score. When a team has fewer players than the other team – players who have already shot and missed should take the additional shots providing for an equal amount of attempts.

**REFEREES:**

High School Students referee the games. Please encourage them and understand that they have been trained **not** to call every violation. **Their primary concern is to allow the kids to play and keep the games under control.** If for some reason there is no referee on site for your game, both coaches will referee their own game.

**RULES:**

- “General Rules” of Basketball apply with consideration given to the age and skill level of these players.
- Players are disqualified upon their 5<sup>th</sup> personal foul. (Unless only 5 players at time of foul-out or occurring later due to injury, leaving early). Fouls carry into overtime.
- 2 shots on each foul.
- Offensive team must get the ball over half court within 10 seconds.
- Passing from front court to back court results in a turnover, except on inbound passes.
- 3 second rule in the key for offensive players is in effect.
- The alternating possession arrow is in effect.
- 3 point shots will be awarded.
- 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. Coaches are responsible to ensure their players recognize and adhere to promoting this sportsmanship.

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