

## **Lebanon Township Athletic Association (LTAA) 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, as they continue through the program, will be: 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(s) 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. 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, if irresolvable at the team level. Coaches, parents and 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.

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

- 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 are not allowed to wear any jewelry of any kind during practices or games.**
- All injuries should be reported to the coach before practice and games, or that occur during the games and practices.
- If a team will not have the minimum number of players to play a game, and to try to avoid rescheduling the game, the coach should work within the short list of play-up players which have already been assessed through evaluations, agreed by parents and worked through the commissioners. Picking a fill-in player just before a game puts coaches and commissioners on the spot and conflicts with the pre-season effort to evaluate and balance teams. If last minute circumstances leave a team short of players, the opposing coaches should work together to agree on which players will fill in.
- 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 facilities before leaving.

PLEASE NOTE: We are guests in each park we use. All spectators attending games and practices should be on alert for players and stray balls, for their own safety.

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

**GYM :** Memorial Park with 10' basket

**BALL SIZE:** 28.5"

#### **GAME TIME:**

- 20 minute halves with running time except foul shots, injuries, 4 minute substitutions, and the last 5 minutes of each half.
- Half breaks are 4 minutes.
- Two 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 at least every 4 minutes (referee will signal for subs). Coaches may take a few seconds to match players up by skill level before each start, and to make sure players know whom they are covering.

#### **DEFENSE:**

- Both Zone defense and Man-to-Man defense is allowed.
- Stealing is allowed.
- Full court press **is not** allowed.

#### **FREE THROWS:**

- Attempted from 12 ft or where appropriate for the player.
- No more than 8 players line the lane. 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. If for some reason there are no referees on site for your game, both coaches will referee the 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 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.
- 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 to ensure their players recognize and adhere to promoting this sportsmanship.
- Flagrant fouls will potentially result in ejection from the game, at the discretion of the referee(s), depending on severity of the foul. Two (2) foul shots and ball is awarded to the team that was fouled.
- 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 next game.

## Lebanon Township Athletic Association Basketball

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

**GYM :** Memorial Park with 10' basket

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

#### **GAME TIME:**

- 20 minute halves with running time except foul shots, injuries, 4 minute substitutions, and the last 5 minutes of each half.
- Half breaks are 4 minutes.
- Two 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 at least every 4 minutes (referee will signal for subs). Coaches may take a few seconds to match players up by skill level before each start, and to make sure players know whom they are covering.

#### **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> half unless your team is down by 15 or more points. No pressing if your team is up by 15 or more points.** (Refer to good sportsmanship rule below.)

#### **FREE THROWS:**

- Attempted from 15 ft
- No more than 8 players line the lane. 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. If for some reason there are no referees on site for your game, both coaches will referee the game.

#### **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.
- 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 to ensure their players recognize and adhere to promoting this sportsmanship.
- Flagrant fouls will potentially result in ejection from the game, at the discretion of the referee(s), depending on severity of the foul. Two (2) foul shots and ball is awarded to the team that was fouled.
- 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 next game.