

## **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 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.

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

- Each team will hold one practice per week. Prep (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 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.
- 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, 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.

## Lebanon Township Athletic Association Basketball

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

**GYM :** Califon School or Valley View School Gym with 8' basket

**BALL SIZE:** 27"-27.5"

- 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, no weekday nights. Practices begin in January.
- The first 2 weeks should be focused on skill development. Beginning the 3<sup>rd</sup> week, teams can begin to play each other in "scrimmages". These scrimmages should be 4-ON-4, full court. Substitute players every 3 to 4 minutes. No score is kept. Every player should have opportunities to attempt to shoot.
- The first 20 minutes on these days should be used for team warm-ups.
- No defense until the free throw/foul line, allow the offense to bring the ball up to this area.
- Coaches shall coach and referee the games.
- 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 or stopping and starting and "traveling/ walking".
- 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 your man without fouling. Stress "no contact, no slapping the ball, no stealing". "Keep your hands up and out to defend"
- 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 at least 6 different drills or "games" to play with the kids.
- Give them a water break regularly.
- Let them learn the importance of playing together as a team.
- Give the kids plenty of opportunities to shoot, dribble, and pass the ball.

#### **Some Suggested Drills:**

- Rebounding missed shots.
- Lay-up shots alternating sides of the basket.
- 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.
- Two players running across court, dribbling and bounce passing back and forth as they go.
- Passing the ball in triangles or squares playing "monkey in the middle" to practice passing and defense.
- Play 3-on-3, or 4-on-4, half court - to practice defense and offense once the basics are down.

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.

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

## Lebanon Township Athletic Association Basketball

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

**GYM :** Califon School or Valley View School Gym with 8' basket

**BALL SIZE:** 28.5"

#### **GAME TIME:**

- 8 minute quarters running time (clock does not stop on the whistle).
- Officials **ONLY** stop the clock on foul shots, time outs, injuries, or equipment issues and at 4-minute mark for substitutions.
- Please make every effort to start games on time. Quarter/Half breaks are kept to a minimum to allow the next game to start on time.
- 3 time outs per game
- **NO OFFICIAL SCORE IS KEPT**

#### **SUBSTITUTIONS:**

- **Playing time must be equally divided. 4 minutes per quarter per player for a team of 8 (more time if fewer players).**
- Coaches must substitute halfway through each quarter at the 4-minute mark, the referee will signal for subs. Match players up by skill level before each start, and make sure players know whom they are covering.

#### **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.
- 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 must be held straight up.
- Man-to-Man and Zone defenses are allowed, alternating between halves with 1st half Zone and 2nd half Man-to-man. This gives players exposure to both types of defense and allows them to be matched up against similar skill level when in man coverage. Players may leave their man to switch off an offensive pick. Only single picks on the ball handler are allowed. **No double-teaming on defense.**

#### **FREE THROWS:**

- Attempted from approximately 10 ft. (Lower part of circle in the lane is good indicator of this location.)
- 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 encourage them and understand that they are young adults doing the best of their ability 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, 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.
- Play is 4-on-4.
- Tip the ball off at the beginning of each quarter rotating players giving different players a chance.
- Offensive team must get the ball over half court within 10 seconds.
- Passing from frontcourt to backcourt results in a turnover, except on inbound passes.
- 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 (or a specific number) of passes before shooting, allowing opponents to shoot, etc.). 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.

## Lebanon Township Athletic Association Basketball

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

**GYM :** Califon School or Valley View School Gym with 9' basket

**BALL SIZE:** 28.5"

#### **GAME TIME:**

- 8 minute quarters with clock stop on the whistle.
- Make every effort to start games on time. Quarter breaks are kept to a minimum. Half breaks are 4 minutes maximum.
- Officials stop the clock on all fouls, all out of bound plays, and any injury.
- Three 60-second timeouts, two 30-second timeouts 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. **(One 60-second time-out allowed per team in overtime).**

#### **SUBSTITUTIONS:**

- **Playing time must be equally divided. 4 minutes per quarter per player for a team of 10 (more time if fewer players).**
- Coaches must substitute halfway through each quarter at the 4 min. mark, the **referee will signal for subs.** You **may** substitute players prior the 4:00 minute sub break (say at the 6:00 minute mark) or end of the quarter, however, any players who have not played in that quarter **must** sub in at the 4:00 minute mark. **The equal playing time per quarter rule still applies and no player may play more than 12 minutes in a half, they must rest for at least 4 minutes per half.** 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. First quarter will be played as Zone defense, second quarter as Man-to-Man defense with remaining quarters at discretion of the Coach. This gives players exposure to both types of defense.
- Players may leave their man to switch off an offensive pick. Only single picks on the ball handler are allowed.
- Stealing is allowed.
- Full court press is not allowed.

#### **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, both coaches will referee the game.

#### **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.
- Offensive team must get the ball over half court within 10 seconds.
- Passing from frontcourt to backcourt results in a turnover, except on inbound passes.
- 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.

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

## 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:**

- 8-minute quarters with clock stop on the whistle. Halftime of 4 minutes.
- Make every effort to start games on time. Quarter breaks are kept to a minimum. Half breaks are 4 minutes maximum.
- Officials stop the clock on all fouls, all out of bound plays, and any injury.
- Three 60-second timeouts, two 30-second timeouts 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. **(One 60-second time-out allowed per team in overtime).**

#### **SUBSTITUTIONS:**

- **Playing time must be equally divided. 4 minutes per quarter per player for a team of 10 (more time if fewer players).**
- Coaches must substitute halfway through each quarter at the 4 min. mark, the referee will signal for subs. You **may** substitute players prior the 4:00 minute sub break (say at the 6:00 minute mark) or end of the quarter, however, any players who not have played in that quarter **must** sub in at the 4:00 minute mark. **The equal playing time per quarter rule still applies and no player may play more than 12 minutes in a half, they must rest for at least 4 minutes per half.**

#### **DEFENSE:**

- All defenses allowed, Man-to-Man, Zone, etc.
- Full court press is allowed **unless team is up by 15 or more.** (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, 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.
- "One and One" bonus foul after the 7<sup>th</sup> team foul for each half and carries into overtime.
- Offensive team must get the ball over half court within 10 seconds.
- Passing from frontcourt to back court results in a turnover, except on inbound passes.
- 3-second rule 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 (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.

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