

Welcome to La Center & Ridgefield Community Education Jr. Hoops Basketball League !!

For Boys and Girls in Grades 1st and 2nd.

The La Center & Ridgefield Community Education Programs would like to welcome you to our Jr. Hoops Basketball League. Without the help of the volunteer coaches, we would not be able to maintain our level of quality youth programming.

Our League Goal is to help young people develop physically, psychologically and socially; to have fun; to put winning into perspective; and develop positive attitudes.

LA CENTER & RIDGEFIELD COMMUNITY EDUCATION JR. HOOPS BASKETBALL teaches beginning skills that will help the participants to succeed not on the basketball court, but in the classroom and in other relationships.

It is important to remember that our league was developed to meet the recreational needs of the youth in South-west Washington. The league will observe the athletic policies of the La Center & Ridgefield school districts and encourages local coaches to become familiar with their philosophy.

La Center & Ridgefield Community Education program directors are responsible for practice schedules, registrations, t-shirt orders, facility schedules, cancellations, equipment, volunteer recruitment and supervision.

The league coordinator is responsible for referee recruitment/training, rule interpretations, game and coaches concerns.

The Goals of La Center & Ridgefield Community Education Jr. Hoops Basketball League are:

1. To help people to develop:
 - a. Physically, by learning sport skills, improving habits and avoiding injuries.
 - b. Psychologically, by learning to control their emotions and to develop feelings of self-worth.
 - c. Socially, by learning how to cooperate in a competitive contest and by learning appropriate standards of behavior and sportsmanship.
2. To have fun—you and your players, families, and parents.
3. To put winning into perspective. Winning is important, but it is only one of the many goals.
4. To develop positive attitudes about themselves, the coach, referees/officials, their teammates, their opponents.

General-Gym and Facility Use

The following rules are to be explained to each of the athletes and should be enforced at the times:

1. Only non-marking soled gym shoes are allowed in gyms. Players should bring their shoes to the gym and then put them on.
2. **WATER ONLY!** Allowed in school gyms. No coffee or Gatorade. This rule applies to both players and parents.
3. Do not throw or kick ball at the wall or at lights. **DO NOT bounce balls in hallway areas.**
4. Maintain control over all participants at all times. You are responsible for your team's actions.
5. Do not leave athletes unattended. If parents are late, coaches must stay with them until parents arrive.
6. Leave the area clean and make sure you have all of your equipment.
7. Park in designated areas only.
8. Younger or older brothers and sisters are not to be left without your permission as a coach. If you give permission, then you agree to be responsible to see that all applicable rules of conduct are obeyed.
9. Use of tobacco products is strictly prohibited on school district campuses.

Other rules/policies may be added as a supplement to this handbook during the season. Please keep this handbook available for future reference.

Inclement Weather: If school is cancelled on Friday due to inclement weather, all Saturday games will be cancelled. Games will not be rescheduled. If there is inclement weather on Game Day, the league coordinator will call all coaches. Coaches will then be responsible for notifying players.

Questions? Call your Community Education Director

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General Playing Rules

High School Rules with exception of the following:

Basket height & ball size: Players will play on 8.5 foot hoops and playing with a 27.5 youth size basketball.

Pre-game: A pre-game conference will be held between opposing coaches and officials before each game.

Time clocks/Score: Clock will run continuously, it will only stop for time outs. **No official score will kept or displayed.** Each team may be asked to provide a volunteer to help run the clock.

Game Time: 6 minute quarters. **Each team will be allowed 3-30 second time outs per game.** There will be a one minute break between quarters and 5 minutes between halves. The overall time limit is 45 minutes per game. There will be no overtimes.

Teams: Teams shall consist of **9-10 players**, a coach and an assistant coach (if available). Teams will consist of a co-ed format, with boys and girls mixed for 1/2 grade level. A limit of 2 coaches allowed on team bench.

Beginning a game: Players meet at center court with referee, and will be matched up to guard a player of the opposite team. *Coaches may assist.* Game will start with a jump ball. Possession arrow will alternate thereafter. One coach per team will be allowed on the court with the players during the game.

Playing time: Each participant shall play a **minimum of 2 quarters each game**, unless there are 11 players on a team. ****If you have 10 players or less, NO player can play 4 quarters** unless every other player has played at least 3. An effort should be made by the coach to equally alternate playing time in the event that there is an extra player on the roster. A minimum roster of 9 players and maximum of 11 players is the target of the league.

Substitutes: Only allowed if there is an injury or the player is having a health issue. All players are still expected to play equivalent of 2 full quarters. The new player may enter **only at the discretion of the officials.**

Defense: Man-to-man defense will be required defenders must guard their person once they are inside of the 3-point line, but do not have to be in their face if the ball is on the other side of the court. Zones are NOT allowed, but defenders on the "weak side" (away from the ball) may be off their person in a "help" position.

Backcourt Pressure: NO backcourt pressure is allowed! Defense is only allowed inside the 3-point line.

Screens: Allowed at all levels. Switches allowed at all levels...kids should be encouraged to fight through screens and only switch as a last resort (switching usually creates mismatch). Switching can only occur when a defender is being screened. Switching so that your best defender can pressure the ball at all times is NOT allowed.

Fouls: The referees will be instructed to be very lenient when calling fouls during the season. Referees will focus more on calling traveling, double dribble and fouls. 3 seconds in the key will not be called. Our league philosophy maintains that this is to be a learning environment for the players and therefore the referees will take time to explain.

Free Throws: None.

Quick Reference Guide

1-2 Grade Jr. Hoops League

Ball size:	Junior
Basket Height:	8 1/2 feet
Free Throw Line:	None
Lane Violations:	None
Quarters:	6 minutes

- No Double Teaming Outside The Key
- No Zone Defense
- No Back Court Defense / No Full Court Pressing
- No Clear Outs
- No Overtimes
- Man to Man Defense only
- Time Outs: 3-30 second time out per team per game
- No score kept
- No substitutions unless injury
- One coach per team allowed on court to direct the players where to go.

Spectators & Players: We encourage all spectators and participants not to question decisions of the officials. All players must obey the verbal instructions of the supervisors. Use of profane or abusive language will result in removal from the game. The conduct of the players, spectators and parents must be in good taste and consistent with La Center and Ridgefield School District policies. If circumstances are of a serious nature (profanity, abusive language, threatening of an official, etc.) a forfeit can be called on the violating team.

Please remember that this is a learning league and that the officials will teach the kids as they make their calls. You can't learn if you are not taught how to do it right. The goal is to get all the kids to learn the game, have fun and learn good sportsmanship. We ask that you as a coach model and encourage good sportsmanship and not question the calls of the officials.

