



# Youth Basketball Handbook

Patuxent Administrative Building  
 (301) 475-4200 x 1800  
 P.O. Box 653  
 23150 Leonard Hall Dr  
 Leonardtown, MD 20650  
[www.stmarysmd.com/recreate](http://www.stmarysmd.com/recreate)

## *Table of Contents*

Mission.....	2
Coaches and Assistant Coaches.....	2
Community Standards.....	2
Coaching Responsibilities .....	3
Communication .....	3
League Descriptions.....	3
Rules & Regulations.....	4
League Divisions.....	4
Player Draft.....	5
Team Composition.....	5
Practice.....	5
Ethics .....	6
Discipline .....	6
League Awards.....	6
Uniforms .....	6
Weather Policy .....	7
Goodwill Games.....	7
Playoffs.....	7
End of Season Tournament.....	7
Youth Basketball Game Rules.....	8
General Rules.....	8
Officials.....	8
Starting the game.....	9
Co-Ed 3 <sup>rd</sup> & 4 <sup>th</sup> Grade.....	9
5 <sup>th</sup> & 6 <sup>th</sup> and 7 <sup>th</sup> & 8 <sup>th</sup> Grade Recreational League (Boys & Girls).....	9
7 <sup>th</sup> & 8 <sup>th</sup> Grade Select League (Boys & Girls).....	10
9 <sup>th</sup> & 10 <sup>th</sup> Co- Ed League.....	10

## Contact Information

Sports Coordinator  
 Kenny Sothoron  
 (301)-475-4200 x 1830  
[kenny.sothoron@stmarysmd.com](mailto:kenny.sothoron@stmarysmd.com)

Sports Coordinator:  
 Kyle Kebaugh  
 (301) 475-4200 x 1803  
[kyle.kebaugh@stmarysmd.com](mailto:kyle.kebaugh@stmarysmd.com)

### ***Mission***

It is the mission of the Recreation & Parks Youth Sports programs to serve young players, their families and the St. Mary's County community at large by providing fun, safe and enjoyable youth sports experiences by recognizing each player's physical and emotional well-being, by teaching skills development, by treating them with respect and dignity, by encouraging positive parent involvement and by enriching young lives with meaningful recreation and socialization.

### ***Coaches and Assistant Coaches***

- A. No team shall have more than two (2) coaches. They are designated as Head Coach and Assistant Coach.
- B. Head Coach appointments are made by the Sports Coordinator for a one (1) year period. All coaches will be evaluated each year. This evaluation will be used to determine whether or not he/she will be invited back to represent a team in our program in the future.
- C. All coaches are required to submit a formal application and background check. The background checks are subject to approval of the Recreation Division Manager.
- D. All Assistant Coaches may be selected by the Head Coach after the skills assessments and draft, pending approval of the Sports Coordinator. Assistant Coaches must submit a formal application and background check.
- E. All coaches must understand and agree to carry out the duties, responsibilities, policies, and philosophies as established by Recreation & Parks. All coaches must be approved by the Sports Coordinator. Any coach not carrying out these duties and responsibilities will be subject to dismissal by the department.
- F. Head Coaches are required to hold a preseason parents meeting to discuss rules, conduct, responsibilities, etc.
- G. Coaches should always keep in mind they are setting examples in sportsmanship and fair play and should conduct themselves accordingly at all times.
- H. Only the Head Coach and their Assistant will be allowed to sit on the bench with the team during the playing of an official game. Violations of this rule will result in forfeiture of the game upon appeal from the opposing coach, if the offending coach does not immediately remove the unauthorized person from the bench.
- I. No Head Coach or Assistant Coach may leave the bench area for the purpose of discussion with an official.

### ***Community Standards***

- A. The head coach and at least one assistant coach, if more than one coach is assigned to a team, must have a background check completed and also must complete coach's training.
- B. All parents must sign a code of ethics statement prior to their child participating.
- C. Tobacco and/or alcohol use in or around any school buildings is prohibited.

### ***Coaching Responsibilities***

- A. Plan and supervise games, practices, and events.
- B. Teach the young athlete the fundamentals of the sport.
- C. Encourage the involvement of the parents in the sport.
- D. Provide a safe and fun environment for the children.
- E. Learn and follow all league rules, policies, and procedures.
- F. Give each player equal playing time.
- G. Put the feelings of the players ahead of your desire to win.

### ***Communication***

To help keep communication smooth and productive, there is a certain “chain of command” that we ask everyone to use. Parents should first contact the coach with questions. Coaches should first contact the Game Day Gym Supervisor. If further assistance is needed, then contact the Sports Coordinator.

### ***League Descriptions***

#### **Instructional Basketball Grades 1-2**

This introductory division is designed for 1<sup>st</sup> and 2<sup>nd</sup> grade boys and girls. Participants will learn the basic fundamentals of playing basketball such as dribbling, passing, shooting lay-ups and court awareness. Instruction takes place in clinic format every Saturday. There is no league play or weekday practice. Participants will play with both a modified ball and a lower hoop. With an emphasis on instruction, score will not be kept. Participants do not belong to set teams; however, pick up games will be played toward the end of the program. There are no officials, only instructors.

#### **Developmental League Grades 3-4**

This division is for 3<sup>rd</sup> and 4<sup>th</sup> grade boys and girls. Coed teams will be introduced to team play, team uniforms, referees and coaches. Each team will have a one hour practice once a week and will play a game on Saturdays. This league incorporates a playtime rule; all participants will receive equal playing time throughout the game. Score is tallied during games but league standings will not be kept. Each team will play approximately ten games and end of season playoffs will not be held. This league plays with a modified ball and the basketball goal is 9ft. Games will have one referee whom, along with coaches, will assist with instruction during the games.

#### **Recreational League Grades 5-6**

This division is for 5<sup>th</sup> and 6<sup>th</sup> grade boys and girls. There will be a separate league for girls and boys. Each team will have a one hour practice once a week along with games on Saturdays. This recreational league incorporates a playtime rule; all participants will play at least half of the first half and the second half is at the coach’s discretion. Participants will play in approximately 10 scheduled games officiated by two referees. Standings are kept and

playoffs will be conducted at the conclusion of the regular season. Goodwill Games will be introduced in this division.

### **Recreational League Grades 7-8**

This division is for all 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls. There will be a separate league for girls and boys. Each team will have a one hour practice once a week along with games on Saturdays. This recreational league incorporates a playtime rule; all participants will play at least half of the first half and the second half is at the coach's discretion. Participants will play in approximately 10 scheduled games officiated by two referees. Standings are kept and playoffs will be conducted at the conclusion of the regular season. This division participates in Goodwill Games.

### **Select League Grades 7-8**

This division provides an opportunity for higher skilled 7<sup>th</sup> and 8<sup>th</sup> grade basketball players from SMCPs middle schools to participate together. Players are separated by gender and all participants will be selected by the team's coach. Each team will have ten games and be allowed two practices per week. High School basketball rules are used for both girls and boys leagues and two referees officiate. Both leagues will participate in Goodwill Games as well as playoffs.

### **Recreational League Grades 9-10**

This is a Coed recreational league for all 9<sup>th</sup> and 10<sup>th</sup> graders. This league utilizes a running clock and each player must play in each half. Each team will play ten games and conduct one practice per week. Two referees are used, standings are kept and playoffs are used to determine the league winner and runner-up.

## ***Rules & Regulations***

### ***League Divisions***

Players must sign up and play in their respective league age division. They are as follows:

3<sup>rd</sup> & 4<sup>th</sup> Grade Co-ed

5<sup>th</sup> & 6<sup>th</sup> Grade Boys

5<sup>th</sup> & 6<sup>th</sup> Grade Girls

7<sup>th</sup> & 8<sup>th</sup> Grade Boys

7<sup>th</sup> & 8<sup>th</sup> Grade Girls

7<sup>th</sup> & 8<sup>th</sup> Grade Select Boys

7<sup>th</sup> & 8<sup>th</sup> Grade Select Girls

9<sup>th</sup> & 10<sup>th</sup> Grade Co-Ed

- A. Players returning to a team from the previous season MUST register. However, they will be excused from assessments.
- B. The assessment will include a demonstration of each individual's skills in the basic fundamentals of basketball.

- C. No player shall be eligible to participate in assessments, player selection, practices or games until they have completed the registration process. Penalty: Forfeiture of all games which an ineligible player participates. Coaches may face disciplinary action if they allow an ineligible player to participate.
- D. Children are to be in their proper division based on their grade for the current school year. Children cannot move up into a higher division based on skill level. If a child is found to be in the wrong division, the coach will possibly be relieved from his or her duties based on the investigation and the child will be removed from the program.

### ***Player Draft***

- A. The player draft shall take place following the conclusion of player assessments.
- B. The order of team selections will be determined by a random drawing
- C. Candidates not attending player assessments shall be placed on the bottom of the registration list and placed by draw after all eligible players have been drafted.
- D. The player draft will continue until all rosters are filled, or the pool of candidates is exhausted.
- E. Coaches shall not pass up a player selection choice as long as selections are available to fill vacant positions.
- F. A candidate who has a sibling already established on a team in the league will be placed on that team to avoid separation. The sibling will be rated based on ability and will be selected based on his or her average draft position determined by the coaches and R&P staff.
- G. 5/6 & 7/8 teams will be limited to 2 parochial kids per team.

### ***Team Composition***

- A. The Sports Coordinator must determine the number of registrants the program can accommodate. The Sports Coordinator must develop the selection to accommodate the needs of all teams, including possible modifications of draft order depending on returning players and other factors.
- B. Late registrants will be placed on a waiting list and will be placed on a team if and when a roster vacancy occurs.

### ***Practice***

- A. Teams may only practice during the date and time and location assigned by the Sports Coordinator.
- B. Prior to the start of the regular season, a team may practice 2 days a week for one (1) hour each day.
- C. Once the season begins, teams will be limited to practice one (1) day a week for one (1) hour.
- D. If school or community school programs are canceled for inclement weather, practices for that day are also canceled.

### ***Ethics***

- A. During all scheduled league practices or games, only participants and Recreation & Parks approved coaches will be permitted on the playing surface. All parents, siblings, and other spectators should remain in the bleachers or designated “viewing” area.
- B. The Gym supervisor can discipline a player for being a selfish offensive player and the gym supervisor can specifically stop a game if a team/coach is centering on the ability of the most talented player.
- C. A suspension from the game is also a suspension from the playing site. If circumstances warrant, the suspension may include all competitive programs offered by Recreation & Parks. Seasonal suspensions may be appealed to the Recreation Division Manager.
- D. The length of the suspension will be determined by the Recreation Division Manager and the Sports Coordinator.

### ***Discipline***

- A. Recreation & Parks has a zero tolerance for unsportsmanlike conduct or behavior by an individual (players, participants, coaches, officials, spectators, or parents) at any county function or event and same will be subject to partial or permanent suspension.
- B. Gym supervisor may issue Technical fouls to players, coaches, or spectators for unsportsmanlike conduct. This includes bench behavior i.e. coughing during a free throw attempts or punching chairs.
- C. Any players involved in shouting or fighting in any area of the R&P basketball facilities during a scheduled Youth Basketball game (any league area and any grade level) at a minimum will not be allowed to participate in their next scheduled game.
- D. Any coach or player that receives two technical fouls in a game or if a player receives a flagrant foul or is involved in any form of fighting during a game they will be disciplined at a minimum by being removed from the current game and they will not be allowed to participate in the next scheduled game.
- E. A “game official’s box” has been established in the area adjacent to the scorer’s table. The purpose of this “box” is to provide a safe area for game officials prior to and at the conclusion of games without them having to acknowledge or explain game decisions. Coaches, players and spectators must not approach nor converse with the game officials while they are in this area. If they do, the coach or the player possibly will not be allowed to participate in the next scheduled game.

### ***League Awards***

Recreation & Parks provides individual trophies for participants of teams that finish in first and second place in the playoffs as well as the winners of the post season county tournament. Participation awards are provided to participants in leagues that do not have post season tournaments (3<sup>rd</sup> & 4<sup>th</sup> Co-ed).

### ***Uniforms***

T-Shirts will be provided by Recreation & Parks. Teams shall NOT alter the uniforms that are distributed to players in any manner.

### ***Weather Policy***

For practice and game days Recreation & Parks will have the final decision on cancellations. The weather hotline can be reached at 301-475-4200 Ext. 1840. Any Recreation & Parks programs scheduled at public school sites will follow the SMCPs weather cancellation policy.

### ***Goodwill Games***

- A. The purpose of the Goodwill Games is to allow players within each area league, who display good sportsmanship and are highly skilled, to participate together for one or two games. Each area league will form a Goodwill team and games will be played between the areas prior to the end of regular season play.
- B. The 5<sup>th</sup> & 6<sup>th</sup> and 7<sup>th</sup> & 8<sup>th</sup> grade leagues participate in the goodwill games.
- C. Each team will be made up of twelve (12) players with a minimum of one (1) participant from each team.
- D. The selection of Goodwill Games participants will be made by each team's head coach. The number of Goodwill Games participants will not exceed three (3) players from any one (1) team.
- E. Team jerseys will be provided by Recreation & Parks.
- F. Coaches will be recommended by the gym supervisor and selected by the Sports Coordinator, based on knowledge of the game, sportsmanship and win/loss records.
- G. 3<sup>rd</sup> & 4<sup>th</sup> and 9<sup>th</sup> & 10<sup>th</sup> grade co-ed leagues do not participate in the goodwill games.

### ***Playoffs***

- A. At the end of the regular season each area league will conduct playoffs with all teams in the respective league eligible to participate.
- B. The 3<sup>rd</sup> & 4<sup>th</sup> Co ed league does not participate in the playoffs
- C. The rules and guidelines used in the regular season will also be utilized for these games including the playing time guidelines.
- D. The format will be single elimination and the teams will be seeded based on the regular season standings.
- E. If there is a two or three way tie for first place at the completion of the regular season, the first tie-breaker will be head to head. Second tie breaker will be defensive points allowed by each team when the two (2) teams played one another. A third tie breaker will be a coin flip. Neither team is guaranteed a spot in the county tournament.
- F. The regular season winner and the playoff winner will advance to play in the County Tournament. If the regular season winner and the playoff winner are the same team, the playoff runner-up will also participate in the County Tournament.

### ***End of Season Tournament***

- A. The regular season winner and the playoff winner from each area will automatically be in the County Tournament.
- B. The rules and guidelines used in the regular season will also be utilized for these games including the playing time guidelines.
- C. If possible, games will be played at a local High School. The actual site will be determined by R&P staff.

- D. The format will be single elimination and the teams will be seeded through a random draw.

## Youth Basketball Game Rules

### *General Rules*

- A. The playing rules shall be the National Federation of State High School Association rules for the current year except where modified by this manual.
- B. All age divisions with the exception of the 9th & 10th co-ed league will play four (4) six (6) minute quarters.
- C. The clock will be stopped on all dead ball situations except for the 9th and 10th grade co-ed league.
- D. Goal Heights & Free Throw Distances:
- E. 3rd & 4th Co-ed: Goal is at 9' and free throw line at 12'.
- F. 5th & 6th: Goal is at 10' and free throw line at 15'.
- G. 7th & 8th: Goal is at 10' and free throw line at 15'.
- H. 9th & 10th: Goal is at 10' and free throw line at 15'.
- I. All teams will receive four (4) time outs per game. Time outs can be used any time during the game. Teams will receive one (1) additional time out per overtime period. Time outs will last one (1) minute.
- J. Half time will last five (5) minutes.
- K. Overtime periods are scheduled for two (2) minutes. Teams may full court press during the last minute of overtime only.
- L. If a team is leading by 20 points entering the fourth quarter or during the fourth quarter of a game the winning team must:
  - Play a zone defense that does not extend 5', in any direction, beyond the foul lane.
  - Once the ball passes half court, pass the ball at least 3 times before attempting a shot.
  - If a player violates either of these guidelines they will be warned once and if they repeat the offense they must sit out the remainder of the quarter.
- M. If there are 8 players or less on a team, there are free substitutions for both teams. Coaches must distribute playing time evenly.
- N. If a player misses three unexcused practices, the coach may sit that player for the next scheduled game if the coach believes it is best for the team and the player. This is acceptable provided the situation is brought to the attention of the parent, gym supervisor, opposing coach and scorekeeper prior to the start of the game.

### *Officials*

- A. Only officials and scorekeepers approved by Recreation & Parks will be assigned to league games.
- B. Only Recreation & Parks staff is permitted to sit at the scorer's table.
- C. A game may be played with one (1) trained official. If both scheduled officials are absent, the game will be cancelled.

### ***Starting the game***

- A. A jump ball will start the game. There will be alternating possessions after each held ball.
- B. There will be a ten (10) minute grace period for the first game of the day.
- C. All other games will start at the regular scheduled game time or immediately following the previous game.
- D. Teams are expected to arrive 20 minutes before game time.
- E. Teams will not be permitted to warm up on the court until an approved coach is present.

### ***Co-Ed 3<sup>rd</sup> & 4<sup>th</sup> Grade***

- A. Back court defense is not allowed until the final minute of the game.
- B. The team that is playing defense must set up in either a 2-1-2 or 2-3 zone the initial drive down the court. Defenders must be inside the three (3) point arc for Players cannot step outside the arc to steal the ball.
- C. The offensive team cannot hold the ball outside the arc, they must penetrate the arc. At the referee's discretion, if the offensive team is not penetrating, the official may award the ball to the defensive team.
- D. Children in the younger age divisions are encouraged to learn offense and passing rather than running a fast break offense.
- E. A team has ten (10) seconds to move the ball past half court.
- F. Three point baskets are not allowed.
- G. Possession fouls are shot during the last minute of the game.
- H. The five (5) players that begin each of the four (4) quarters must play the first three (3) minutes of the quarter. Approximately halfway through the quarter, the scorekeeper will stop play and the rest of the players must enter the game for the remainder of the quarter.
- I. No player may play more than 9 minutes per half.
- J. Substitutions are not permitted unless a player receives their third foul or becomes injured.

### ***5<sup>th</sup> & 6<sup>th</sup> and 7<sup>th</sup> & 8<sup>th</sup> Grade Recreational League (Boys & Girls)***

- A. No player may play more than 9 minutes in the first half.
- B. The five (5) players that begin the 1<sup>st</sup> and 2<sup>nd</sup> quarter must play the first three (3) minutes of the quarter. Approximately halfway through the quarter, the scorekeeper will stop play and the rest of the players must enter the game for the remainder of the quarter.
- C. Substitutions are not permitted unless a player receives their third foul or becomes injured.
- D. If a team is short of 10 players, those players that played the entire first quarter will not be allowed to re-enter the game until the 3:01 mark of the second quarter.
- E. In the 2<sup>nd</sup> half there is no required amount of playing time yet each player on the team must enter the half at least once. Each player must sit at least one time in the 2<sup>nd</sup> half.

- F. When a team with nine (9) players plays a team with ten (10) players, one different player per half may receive additional playing time from the team with nine (9) players. If a team plays more than 1 game with nine (9) players, two different players must be used for the extra playing time in the additional games.
- G. Backcourt pressure is not allowed, except for the final minutes of the games. 5<sup>th</sup> and 6<sup>th</sup> grade teams may only press in the final minute while 7<sup>th</sup> & 8<sup>th</sup> grade teams may press in the final two (2) minutes. Teams will be issued one (1) warning and after that all violations will result in a two (2) shot technical.
- H. Foul shots from possession fouls will take place the final minutes of the games. 5<sup>th</sup> and 6<sup>th</sup> grade teams will shoot in the final minute while 7<sup>th</sup> & 8<sup>th</sup> grade teams will shoot in the final two (2) minutes.

***Select Leagues (Boys & Girls)***

- A. All players must play in each half. It is the coaches' responsibility to uphold this rule using his or her best judgment.
- B. All games will be conducted in accordance with the official high school rules.

***9<sup>th</sup> & 10<sup>th</sup> Co-Ed League***

- A. All games will be conducted in accordance with the official high school rules.
- B. Time of play will be two (2), twenty (20) minute halves (running clock).
- C. The clock will stop only for timeouts and during the last 2 minutes of each half.
- D. All players must play in each half. It is the coaches' responsibility to uphold this rule using his or her best judgment.