

Youth Basketball League

Player's Packet



Where Life is Sweet

City of Hermiston Parks and Recreation

OUR PHILOSOPHY

- This is a recreational league!!!! Fun, sportsmanship and teamwork are the main goals. Skill development is another great aspect of this league; however, it should not come at the expense of the main goals
- Each player should play relatively the same amount of time!
- Help your children be good sports. Applaud good play on both sides. Treat officials with respect. With you as an example, the kids will learn good sportsmanship. Remember, kids learn more from your actions than your words.
- Treat coaches with the utmost respect. Remember they are the ones that volunteered to coach your child when many others did not.
- Safety to the children is always a number one concern and cannot be compromised.
- Parents should encourage players to dream and set high goals. Negative comments are remembered far longer than positive affirmations.
- Parents should care more about their children as people than as athletes.
- Success is not measured by victories or defeats!!!

UNIFORMS

1. Please purchase a jersey with Hermiston Parks and Recreation.
2. Non-marking shoes are required by the gym rules.
3. Any form of shorts or pants is allowed, within reason. Shorts or sweat pants are recommended.

EQUIPMENT

1. Hermiston Parks and Recreation will provide each team with all equipment.

TEAM ROSTERS

1. Players are not permitted to practice or play with a team until they are officially registered through the Hermiston Parks and Recreation office and assigned to a team.
2. Hermiston Parks and Recreation will make all additions and deletions to any rosters.

GAME CANCELLATIONS

1. Cancellations made during the season will only be done due to extreme situations or unforeseeable circumstances. If there is a question about cancellations, please call 541-667-5018 (Monday – Friday, 8am-5pm) after hours a message will inform you if a cancellation has occurred, or call your coach.
2. There will be an attempt to notify all the coaches as soon as possible.
3. **Download our app Hermiston Parks and Recreation**, to be notified as soon as we know!
4. **Like us on Facebook**, we will update Facebook as soon as we know!

GAME SCHEDULES

1. Are available at Sportability.com

RULES OF THE GAME

START OF PLAY

1. Kinder - 2nd grade –Referee will determine which team will have possession of the ball. Possession alternates on jump balls, quarters, and half time from this point forward.
2. 3rd thru 6th grade – Possession will be determined by a jump ball. Possession alternates on jump balls, quarters, and half time from this point forward.

OUT OF BOUNDS

Is marked on the gym floor, see gym supervisor if questions.

VIOLATIONS

All violations will be called according to the skill level of each league.

Minor Infractions (Violations will be called tighter in each league as the season progresses and the players' skills develop. Below are our starting guidelines.)

Enforcement =warning, loss of possession and ball out of bounds.

1. Three seconds in the key (3rd grade and above)
2. Traveling (Kindergarten) – more than 6 (possession will not be lost)
3. Traveling (1st and 2nd grade) – more than 3
4. Traveling (3rd and above) – more than 2 steps
5. Double Dribble (Kindergarten) – will not be enforced
6. Double Dribble (1st and 2nd) – more than twice
7. Double Dribble (3rd and up) – more than once
8. Backcourt time limit – 15 seconds

Major Infractions

Enforcement = loss of possession and ball out of bounds up to ejection from the game.

These should be called every time regardless of the league.

1. Physical contact between players
2. Offensive language
3. Taunting
4. Back talking

Flagrant Fouls and Unsportsmanlike Conduct

This behavior will not be tolerated. We hope to never have to deal with this and as a coach we highly encourage you to help us make sure this does not happen. In the event of such an incident, the gym supervisor and/or referee will have the discretion to deal with it as needed.

FREE THROWS

1. Will not be shot

FOULS

1. Kinder - 2nd Grade – Fouls will be ball out of bounds
2. 3rd thru 6th Grade – Players will foul out of game on their 5th foul

- 0-6 team fouls/half = ball out of bounds.
- 7-9 team fouls/half = 1 point and ball out of bounds
- 10+ team fouls/half = 2 points and ball out of bounds

TIMING REGULATIONS

1. Kinder: Four-5 minute quarters, running clock.
2. 1st – 6th grade: Four 8-minute quarters, running clock.
3. There will be a five (5) minute halftime.
4. 3rd thru 6th – Last two minutes will be stop clock unless one team is ahead by 20 or more points.

DEFENSE

1. No back court defense.
2. No double teaming.
3. Players can start playing defense once their opponent has crossed the half-court line.
4. Stealing:
 - Kinder
 - No stealing allowed at all week 1 – 4.
 - Allowed week 5 and on; a steal may take place during a pass within the key.
 - 1st & 2nd grade
 - Week 1 – 4; a steal may take place during any pass, after they have crossed the half-court line.
 - Allowed week 5 and on; a steal may take place during a pass after they have crossed the half-court line. A steal may also take place in any form after the opponent is inside the 3-point line.
 - 3rd – 6th grade
 - Week 1 – 4; a steal may take place during a pass after they have crossed the half-court line. A steal may also take place in any form after the opponent is inside the 3-point line.
 - Allowed week 5 and on; a steal may take place in any form after the opponent has crossed the half court line.
5. Man-to-man only
 - Kinder - 2nd: If you are not guarding your man, the referee may call a zone defense violation on you and will stop play and reset all defenders.
 - 3rd grade and above: If you are not guarding your man, the referee may call a zone defense violation on you = 1 point to other team.
6. Inbound defense – all defenders must be at least 3 feet from the line.

TIMEOUTS

No timeouts will be allotted.

SUBSTITUTIONS

To be done at quarter breaks only, unless there is an injury.

PLAYING TIME

Coaches are required to play every player equal time.

GYM USE GUIDELINES

1. We are guests of the schools when using their facilities. This should be stressed to all players and spectators. Please keep gum, food and drinks out of the gyms. (Water bottles are the only exception allowed in the gym, however they need to be kept tucked away for the safety of the players.
2. No smoking is allowed on school grounds.
3. Classrooms, hallways and other parts of the building are off limits. Coaches and parents are requested to help the referee monitor these areas. Restrooms will be available – Coaches: Please instruct your players about respecting school property, and try to monitor the use of the restrooms by your players.