

# **Lebanon Township Athletic Association**

## **2009/2010 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.

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

- Weeknight Practices for grades 2-8 begin in December, up to winter recess. Grade 1 practices are Saturdays only beginning on January 9<sup>th</sup>, 2010. Each team will hold one practice per week. Please note that Valley View School has requested that players **do not arrive until 6:15 pm for weeknight practices** as this gives the after care children an opportunity to depart safely.
- Weeknight Practices continue after winter recess January–March.
- Games begin the weekend after New Years with some Friday night games in addition to the traditional Saturday morning games. Each team will play one game per week.
- 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 in wearing the issued uniforms to their 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 or 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.  
Have an enjoyable season with our children.

**Contact: Ken Whitmore @ 537-1054 or [kjwhitmore@comcast.net](mailto:kjwhitmore@comcast.net)**

## Lebanon Township Athletic Association 2009/2010 Basketball

The preceding overview is for our entire LTAA Basketball Program through grade 8. Although some may not pertain to this instructional 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.

### Rookie Division (Grades 2 and 3) - Rules

**GAMES :** Valley View School

**BALL:** Game Ball – junior size ball (28.5)

**GAME TIME:**

- 10 minute quarters – running time.
- No score will be kept as this is an instructional League, coaches must make players aware we are playing to have fun, learn and improve, and not to keep track of baskets.
- 2 time outs per game.
- All games must start on time. Keep time between quarters/half to a minimum to allow the next game to start on time.

**SUBSTITUTIONS:**

- Playing time **must** be equally divided. 5 minutes per quarter-per player, for a team of 8 (more time if fewer players).
- Substitutions are made every 5 minutes (2 sets of players each quarter). Match players up by skill level before the start of every 5 minutes and to make sure players know whom they are covering.

**DEFENSE:**

- No defense in the backcourt. Defenders should not come further than their “blue line”, allowing the offense to cross half-court unchallenged.
- Stress “no contact, no slapping the ball, no grabbing the ball from someone holding it”. “Keep your hands up and out to defend”.
- Defender’s stealing is only allowed on bad passes between players, while they are covering their man.
- Man to Man defense only. Players must stay with their man at all times except to defend a fastbreak.

**FOUL SHOTS:**

- Attempted from 10 ft.
- Each player will shoot 2 foul shots prior to the start of the game to warm-up.
- All fouls are shooting fouls.....2 shots - if coaches see the necessity to call a foul on the rare occasion in order to educate the children or stress an important aspect occurring in the game.

**REFEREES:**

- 1 coach from each team will referee their game and give instruction to their players from between the sideline and “red-hash-line” moving up and down the court or behind the basket in the out of bounds area. Coaches do not belong on the court in the middle of play.

**OTHER RULES**

- “General Rules” of Basketball apply with consideration given to the age and skill level of these players.
- Playing is “ 4 on 4 “ If one team is short on players – Play “ 3 on 3 “ or borrow.
- Tip the ball off at the beginning of each quarter rotating players to give everyone a chance.
- Many times a ball or player may inadvertently go out of bounds, instruct the kids to “play it” in many instances, if it does not hit the wall or a sideline obstruction stopping play.
- Players sitting-should be supervised, watching and learning from the game.
- Double dribbling - with 2 hands or stopping and starting, and traveling/walking with the ball are not allowed. If after several attempts of instruction to correct this fail, turning the ball over to the other team may assist in stressing the importance of players in avoiding these mistakes.
- If an out of bounds occurs that is in question, give it to the team seeming to deserve it in either helping them to continue the play, or to the other team in need of this additional benefit.

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