

YOUTH BASKETBALL

PARENT/VOLUNTEER HANDBOOK

WINTER 2018-2019

Program Sponsors:



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Welcome to Blue Springs Parks and Rec!

Dear Coaches, Parents, and Participants,

The Blue Springs Parks and Recreation Department welcomes you to the Youth Basketball Program! Our goal is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. Skill development is the main component of our youth sports programs. Non-competitive games are a part of every season in which each player will receive an equal amount of playing time and opportunity. At this level, it is not about winning yet. Learning the fundamentals of the game, making friends, and having fun are the goals we are setting for this season.

This is the Basketball Handbook and it will describe the program and hopefully answer many questions you may have. Pages 2-6 consist of general information and policies, while the rules begin on page 7. Maps of gym locations are on page 10. Please take a few minutes and read the information inside this handbook as it may help eliminate confusion in the future.

Youth Sports Programs are only possible through the dedication of Volunteer Parent Coaches. Many volunteers put in several hours of work to make our programs a success and there is no way this would be possible without them. Thank you to all the volunteers who invest time and energy into the lives of young people today. If you are interested in future volunteer opportunities, please contact us.

Thank you for your participation. We look forward to serving you and your child within the city of Blue Springs!

James Farris
Recreation Supervisor – Sports
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Important Dates

November 14th: Registration Ends**November 19th: Coaches Meeting**

- 6:00 @ the Blue Springs Fieldhouse (425 NE Mock Ave, Blue Springs MO, 64014)
- Coaches will receive rosters/practice times and begin making contact with players

November 26th: Practices begin

- One during the week, one on Saturday mornings
- Practice time depends all upon the volunteer coach's preference
- Sunny Pointe Elementary or James Lewis Elementary (TBD)

January 12th: First day of games

- 8 consecutive Saturday mornings
- All game times will be released to the public by December 1st at the latest

March 2nd: Last Game Day**PICTURE DAY:**

- We will have Legend's Sports Photography come and take individual and group pictures during one of our gamedays. The exact date for this will be decided at a later time.

NO PRACTICE DAYS:

- The following are dates we will not practice due to either holidays or school functions
 - Nov. 21-23 – Thanksgiving Break
 - Dec. 20-Jan. 2 – Christmas Break
 - Jan. 21 – Martin Luther King Day
 - Feb. 18 – President's Day

Keep in mind other dates may arise and cause cancelation as the school year progress. Our staff will keep you up to date on these occurrences.

Weather Information

We have a procedure that we follow when cancelling/postponing sessions. Our rainout line (in this case snow/ice line) is (816) 228-0116. This will take you to the parks and rec home with different options, please select option 5 for information regarding the Youth Basketball League Cancellations.

Information will also be posted to our Facebook page and an email will be sent out as well.

If any games are missed due to bad weather, the missed game will be moved to the end of the schedule and made up.

Note: Weather is constantly changing and conditions can vary hour to hour. As soon as we know something we will update the rainout line FIRST. Please, if you have any questions stay in tuned to the rainout line. Although it is all indoors, ice and snow may impact travel conditions and make the games unplayable.

Policies

All our youth sports programs are Tobacco & Alcohol Free. We want to provide a fun and safe environment for all our children and families involved.

All games are monitored by Blue Springs Parks and Recreation Staff that is trained in CPR and First Aid. First Aid kits are available on site.

Blue Springs Parks and Recreation provides a safe place for our children to learn skills and grow. Foul language and inappropriate behavior of any kind by parents, coaches, staff, or spectators will not be tolerated and dealt with accordingly.

Team Forming

Several factors are taken into consideration as the Blue Springs Parks and Rec Staff creates teams. Parents are asked on registration certain request types including player or school.

Coach/Child- It is understood that if you are volunteering your time to coach the child will automatically be placed on that team.

ONE Mutual Friend Request - You may request your child be placed on the same team as one of their friends. That friend, must in turn request your child as their friend request. For example, if Jack Smith wants to be on the same team as Ben Harper, Jack must write Ben's name on his registration and Ben must write Jack's name on his registration. You can only list one friend on your registration, if you list more than one, only the first one listed will be taken into consideration.

School – If you have no individual friend requests, your child may be placed with other kids from their school. We are aware that some schools may not have many children going out for a sport or there may be several kids from one school, but not necessarily all on the same team. This is to help kids have some sort of familiarity with their teammates.

Coaching – A head coach may only request two kids to be on his or her team (Their child plus one more). The assistant coach may do the same. This brings the total to four potential kids requested by coaches, that is our maximum and it will be strictly followed. **We do not accept full pre-formed rosters from volunteer coaches.** This is to keep the playing field fair and balanced. It is unfair for a child with no requests or experience to be placed on a team with other kids of similar circumstance, facing against a team of pre-formed players.

It is the coaches responsibility to clearly state on the coaches request form their child's name, one mutual friend, as well as their one assistant coach.

Requests are **NOT** guaranteed, but are taken into great consideration according to your registration. Unfortunately, with the number of participants all requests may not always be met, but we try our best.

Below are choices for teams this winter. As an individual registrant, you will not be able to request what team mascot/color you would like to be on. It is up to the volunteer coaches.

Bulls	Warriors	Lakers	Spurs
Thunder	Timberwolves	Pacers	Knicks
Celtics	Magic	Cavaliers	Nuggets

If you are a 1st-2nd girls or a 3rd-4th girls team, you may put "lady" before your team name. For example, "Lady Bulls", "Lady Celtics", "Lady Lakers", etc... This will be coach's choice and reflect all jerseys and schedules

Coaches Information

We appreciate every one of our volunteer coaches and our leagues would not be made possible if it was not for their participation.

Coach Request Form/Background Check:

All coaches head and assistant must complete a coach request form and a background check. The sooner you complete the coach request form, the better chance you will have of getting your requested practice time and team mascot. You will find out your practice time and team mascot at the coaches meeting.

Contacting Parents:

It is important to call each of your player's parents individually when you receive your roster. After making individual contact it is also a good idea to send out a follow up email so they each have something in writing to refer to later on. This is crucial because it will help in establishing good communication for your team.

Parent Meeting:

We suggest you schedule a parent meeting before the first practice with your team. This meeting is a good chance for you to go through the handbook with your parents so it can avoid confusion later on in the season. A drink and snack schedule is also something that this meeting can accomplish. This meeting can be done 15-20 minutes before your first practice, or at a separate location off-site. Whichever is easier for you and your parents.

Practices:

You will receive one scheduled practice during the week as well as one on Saturday's. After the first game you will just the one practice during the week. The practice time will be determined by the coach at the coaches meeting. If you need help with drills or have any questions regarding your practice please contact us.

Please Remember:

Being a coach you are now representing yourself, your team, and the Blue Springs Parks and Recreation department. It is crucial that you let your parents know the importance of a positive attitude during games and practices and that the main objective of the league is for the kids to have fun and learn the fundamentals. Remember, coaching a team of youth is a privilege and not a right.

If you have a disagreement or an issue with an official, we ask that you do not address the issue during the course of the game. If the issue is still bothering you by Monday morning, please send our staff an email giving us a detailed explanation of the issue. Asking questions to an official during the course of a game is understandable, as long as it is done in a reasonable and appropriate manor.

We have zero tolerance with disruptive coaches/parents/spectators. The Blue Springs Parks and Rec Department will handle every situation on a case to case basis and move forward. Please be respectful to others and treat them with the same respect you expect them to give you.

Rules and Regulations

Administration: The Youth Basketball League is supervised by the Blue Springs Parks and Recreation Department. Decisions rendered by the Parks and Recreation Department are final. We ask for, and in return, will show a mutual respect to all those involved with the program, with the main goal being the betterment of the kids involved.

Goal Height:

- Kindergarten will play on an 8-foot goal.
- 1st – 2nd grade will play on an 8-foot, 6-inch goal
- 3rd-4th grade will play on a 9-foot goal.

Ball Size:

- Kindergarten will play with a 25.5 Rookie size ball.
- 1st-4th grade will play with a 27.5 Junior size ball.

Coaches:

1. Shall, above all, keep the welfare and safety of children as their main objective.
2. Be patient and willing to work with kids to bring out the best in each one.
3. Should always conduct him or herself in an appropriate manor.
4. Guidelines for selecting coaches
 - Must be 18 years of age
 - Previous coaching experience is preferred
 - Good standing with BSPR programs
 - Able to pass a background check
 - Past complaints from parents, coaches will be considered

Team's:

1. All players must be registered through Blue Springs Parks and Recreation and wear their jersey on game day. (All jersey's and equipment is provided by Blue Springs Parks and Recreation)
2. It is recommended that each team wear the same color of shorts or pants.
3. Team's are split up based upon requests made on individual registrations.
4. It is Blue Springs Parks and Recreation goal to split every team up as even as possible for competitive games.
5. Pre-formed rosters are not accepted by coaches.
6. Each team will consist of a maximum of 10 players. Equal playing time is required by coaches.

Game Time:

1. Games are primarily scheduled on Saturday mornings at Sunny Pointe Elementary School or James Lewis Elementary School.
2. It is recommended that every player show up at least 15 minutes before game time.
3. 5 Minutes prior to game time a pregame meeting will be set up by the lead official involving both coaches and captains. This meeting will be for rules clarity and a chance to start the game off on a good note.
4. After the completion of the previous game, each team will be allowed to warmup until their game begins.
5. A team must have 4 players to start a game. It is up to the opposing coach whether they would like to play with four or five players. If a team does not have 4 players, it

is up to the opposing coach what they would like to do to help accommodate the team short of players.

6. A volunteer parent or spectator from either team will be asked to run the score clock. If the officials cannot find a volunteer parent the assistant referee may be asked to run the score clock.

Game Play:

1. Each game will consist of four-nine minute quarters. An automatic substitution will take place at the 4:30 - mark of each quarter.
2. Each team will receive one timeout per half.
3. Half time will be 5 minutes long. Quarter breaks are 1-minute long. Timeouts are 30 seconds long.
4. Fouls are called, but not kept track of. Nobody can foul out.
5. Score is kept in 1st – 4th grade, but league standings are not. No score in Kindergarten
6. When a team goes ahead by 20 points the score will be shut off. The winning team is encouraged to make a certain amount of passes before the first shot.
7. Each player will receive an equal amount of playing time.
8. Substitutions can only be made during the 4:30 mark substitution of each quarter, during a timeout, end of quarter, or injury.
9. The only stoppage of play will be for timeouts, substitutions, end of quarter, or injury.
10. It is understood that both teams will line up and shake hands at the conclusion on each game.
11. Goal Height: Kindergarten will play on an 8-foot goal. 1st – 2nd grade will play on an 8-foot, 6-inch goal. 3rd-4th grade will play on a 9-foot goal.
12. Ball Size: Kindergarten will play with a 25.5 Rookie size ball. 1st-4th grade will play with a 27.5 junior ball.
13. **Unsportsmanlike conduct will be handled by the officials and vary based on each situation. If the official feels like a player needs to sit out or be ejected, they have the right to make that decision and that decision is final. Any parent or coach who shows unsportsmanlike conduct during a game will be dealt with the same way. The site supervisor may also be involved if an ejection of a coach or spectator occurs. Again, all decisions made by the officials and site supervisor are final regarding unsportsmanlike conduct. All ejections will be sent on to the Sports Supervisor and dealt with accordingly.**

Playing Rules:

1. Travelling and double dribble will be called more aggressively as the season progresses and will depend on age group. The officials will give out warnings to each team and this should be discussed in the pregame meeting with both coaches.
2. Fouls are called, but not kept track of. Shooting fouls will not result in free throws and the team will take the ball out of bounds underneath the basket.
3. Each team is to play only a man to man defense. Each team will line up at mid court at the beginning of each quarter across from the player they will be guarding.
4. Doubling team is not allowed. The only time a player is allowed to come off of their man is when the dribbler is in the lane.
5. Pressing is not allowed and on a change of the procession the defensive team must retreat back inside their own three-point line.
6. Stealing the ball is not allowed in the Kindergarten division. This includes stealing the ball off the dribble as well as stealing the pass. Stealing is allowed in the 1st-2nd

grade division and 3rd-4th grade division, but on defense each team still must retreat back inside their own three-point line before they guard their man. Once the defense retreats back inside their own three-point line, they are then allowed to pick up the player they are guarding at half court.

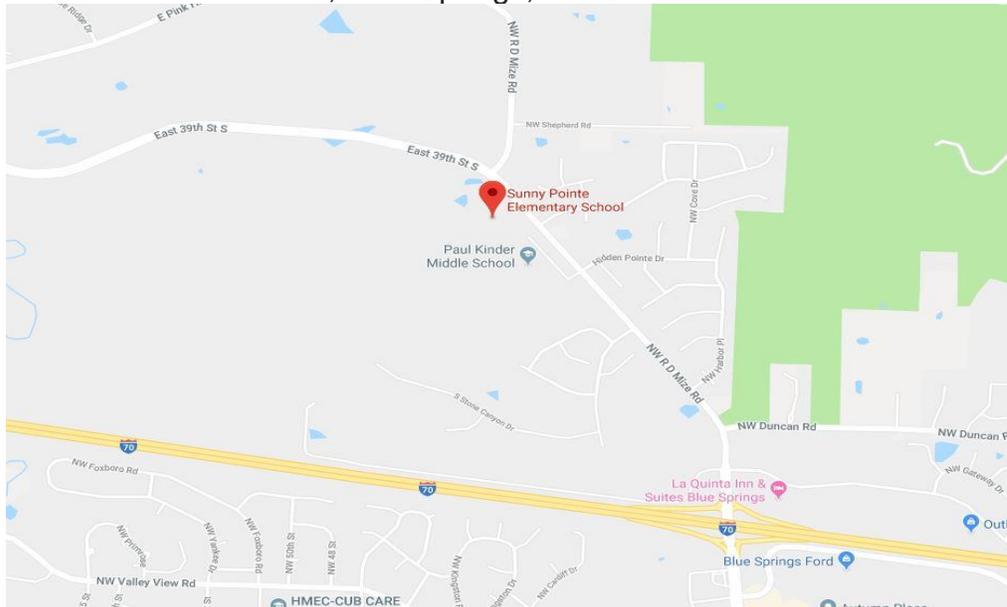
7. Once the ball is stolen in the 1st-2nd and 3rd-4th divisions, the defense must immediately retreat back inside their own three-point line and cannot steal the ball back right away
8. 3 seconds in the lane will not be called at any age.
9. Backcourt violation and 5 second inbounds will only be called in the 3rd – 4th grade division.

TROPHIES WILL BE GIVEN TO EVERY PLAYER AT THE COMPLETION OF THE SEASON

Locations

Sunny Point Elementary

3920 NW R D Mize Rd, Blue Springs, MO 64015



James Lewis Elementary

717 NW Park Rd, Blue Springs, MO 64015



You will find out which gym you will be practicing/playing at when you are contacted by a volunteer parent coach.