



Parent and Players Handbook
Boys and Girls Recreation Leagues

2002 - 2003

www.niwotyouthsports.org

Philosophy

The Niwot Youth Basketball Program is committed to the following:

1. To provide fun and enjoyment for all the players.
2. To ensure the principles of sportsmanship, fair play, and teamwork.
3. To allow all youth the opportunity for equal participation.
4. To provide for the growth and development of basic basketball skills
5. To promote the development of leadership, cooperation, and teamwork.
6. To promote mutual respect among players, coaches, and spectators.

Competition has its place in the program, and all the participants are urged to do their best. However, competition must be placed secondary to the above goals. Please bear in mind the philosophy of the program and consider it as your number one responsibility, whether you are coach, player, or parent.

Program Information

Background

Niwot Youth Sports Basketball (NYSBB) is part of Niwot Youth Sports, a non-profit organization. All NYSBB coaches and administration are **volunteers**. NYSBB is not affiliated with the public schools or any other government agency. NYSBB is solely funded by participation fees and contributions.

Leagues

Niwot Youth Sports Basketball (NYSBB) sponsors eight leagues:

- **Pacers:** Kindergarten through 2nd grade girls
- **Yearlings:** 3rd and 4th grade girls
- **Fillies:** 5th and 6th grade girls (2001 season includes 7th and 8th)
- **Ponytails:** 7th and 8th grade girls
- **Colts:** Kindergarten through 2nd grade boys
- **Mustangs:** 3rd and 4th grade boys
- **Broncos:** 5th and 6th grade boys
- **Ponies:** 7th and 8th grade boys

Some rules vary according to each league. These differences are provided later in this handbook

Administration

Girls Commissioners

Pacers	(K-2)	Megan Roth	303-772-2553
Yearlings	(3-4)	Gina Saraceni	303-652-4149
Fillies	(5-6)	Jeff Adams-Waneka	303-776-4831

Boys Commissioners

Colts	(K-2)	Kathy Philipp	303-530-0135
Mustangs	(3-4)	Reed Cobb	303-516-9687
Broncos	(5-6)	Curt Stepan	303-581-9466

General

Girls Coordinator	Lori Highfill	303-527-3951
Boys Coordinator	David Coxon	303-652-3607
Referee Coordinator	Phil Garcia	303-652-2064
Referee Coordinator	Steve DePuy	303-652-3493
Referee Administrator	Lisa Eutslier	303-682-1482
Schedule Coordinator	Craig Minor	303-652-3930
Equipment	Greg Hangge	303-530-2139
Database	Tammy Stadille	303-485-5826
NYS Executive Director	OPEN	
NYS President	Steve Jones	303-652-1152
Basketball Director	Dawn Burd	303-651-0596
Competitive BB Director	Kelley Hudson	303-652-6404

Registration/Evaluations

Player registration and evaluations are held prior to the season. Evaluations are conducted in order to try to distribute the talent equally among the teams.

For players wishing to join the league after evaluations, the League Commissioner may allow them to register if the teams have not been selected. If the teams have been selected, a waiting list will be kept by the League Commissioner and used to fill vacancies if necessary. When considered necessary, the League Commissioner will fill the vacancy in such a manner as to preserve the league balance.

Team Selection

Coaches may claim their children. Siblings in the same league will be placed on the same team unless otherwise requested by the parents. Requests to place players on the same team for carpool or other personal reasons will be taken, but will be solely at the discretion of the league and the selecting coach.

A player may not play in a lower or higher league without permission of a League Coordinator.

Team selections will be made by all coaches in attendance at the meeting called by the League Commissioner at least two weeks prior to the beginning of practice.

Jerseys

White tee shirts with the NYSBB logo and numbers on the back are provided by the program and will be handed out by the coaches early in the season.

Practices

Teams generally practice once a week. Practices last for 1 hour, during weekday evenings, at one of the area schools, beginning as early as 5:00 PM and ending before 9:30 PM. Practices for players in the Kindergarten thru 6th grade leagues will finish before 8:30 PM. Examples of some of the schools used for practices are: Niwot Elementary, Burlington, and Indian Peaks. Teams may **ONLY** practice during the times provided by Niwot Youth Sports. In the spirit of recreation league basketball no unsanctioned practices are allowed.

Games

All games are played at Niwot High School (NHS), on one of four courts in two gyms. Regular season games are played either on Saturday or Sunday afternoons, beginning at 11:50 AM and ending before 6:00 PM. When required by schedule restrictions, some games will be played on weekday evenings. Some tournament games may also be played on weekday evenings.

Referees for games are local high school boys and girls. Please understand that the referee's are YOUR children, and extend them every courtesy.

K-2 differences: The number of games for the K-2 age group is reduced. Generally, for Kindergarten and 1st graders, only 1 game will be played, that at the end of the season. Second graders will play games on as many weekends as gym space will allow.

Post Season Tourney

A post season tournament will be held for all leagues grades 3 thru 8. Seeding for the tournament is determined by the regular season record and the number of games determined by the number of teams in the league and the amount of available gym space. Generally, the format will insure that each team will play at least two games in the tournament.

Awards

Participation awards are given to each player in the league by the coaches at the end of the season. Individual trophies are given to each player on the teams finishing first and second in the post season tourney.

Waiver

A parent or guardian of each player is required to sign the NYSBB waiver prior to participating in the program. Failure to sign the waiver, or modification of the waiver will result in a refund of the registration fee and termination of that players participation in the program. The contents of the waiver are as follows:

I, the parent or guardian of the above named applicant(s), give approval to my child's participation in all activities of the Niwot Youth Sports Inc. Program. I assume all risks and hazards incidental to such participation I, the parent or guardian of the above named applicant(s), give approval to my child's participation in all, including transportation to and from the activities. Also, I understand that Niwot Youth Sports Inc. is not required to provide medical and accident insurance for participants in the program and I do hereby waive, release, absolve, indemnify and agree to hold harmless Niwot Youth Basketball, the organizers, officials, supervisors, coaches, referees, other participants, and appointed persons transporting my child to and from program activities, for any claims arising out of injury of my child incidental to such participation. I further approve that in my absence, designated league officers, and/or team coaches, shall have authority to take action as deemed necessary to provide or render immediate medical attention to the above-named applicants, due to sudden illness or injury incidental to or occurring during the applicants participation, including giving consent to medical care for the above applicant(s).

School Districts do not provide nor are they responsible to provide, any type of personal health or accident insurance protection for students who participate in Niwot Youth Basketball activities. St. Vrain School District does not carry individual and personal health or accident insurance on students. That responsibility rests with the families (parents/guardians) of the participant. Parents/guardians are required to agree to assume financial responsibility by fixing their signature below.

Also, as a parent, if applicable, of children who are not directly participating in a scheduled Niwot Youth Basketball activity, I agree to and understand the league's and facility's rules that require, as spectators must adhere to:

- 1) Stay off the playing court at all times
- 2) Not play in the halls or common areas
- 3) To walk, not run, while in any of the school buildings used by the league.

Additionally, I understand these rules are for everyone's safety and they are prerequisites to the league's ability to use the school facilities.

Any modification of this waiver renders it null and void and will preclude the above from participating in Niwot Youth Sports Basketball.

Safety and Health Factors

The health and physical welfare of the participants should be promoted by the coaches. Safety and prevention of accidents can be accomplished as follows:

1. Be alert for fatigue, or abnormal behavior.
2. Assist in the control of tempers and emotions.
3. Do not allow "Horseplay".
4. If a serious accident occurs pull the fire alarm. That will get help faster than any other means. Next, find a custodian to use a school

phone or use someone's cell phone to call 911. Then get in touch with the parents.

Rules for Building Use

Niwot High School and other St. Vrain School District facilities

1. Do not go onto the gym floor until your schedule time. If an activity is taking place, do not interrupt. Teams waiting to begin their game must gather at a designated meeting place and stay there until their court is open. Balls should never be bounced or played with in the hallways or on the sidelines during games.
2. No food or drink or gum in the gym! The area must be left neat and clean.
3. Stay in the gym during practice and games. No roaming the halls or premises. Trips to the bathroom should be kept to a minimum.
4. The bleachers are not to be pulled out by anyone other than NHS staff members.
5. Non-participating children must stay in the gym with parents during the games. Niwot Youth Basketball participants *only* are to be playing with basketballs or warming up on the gym floor. All other children are to be seated with their parents at all times.
6. While parents and other family members are always welcome, other young guests are not allowed at practices in any gym. While in the school building, coaches are always responsible for their players and are to assume full authority of the basketball league to cause all participants to act in an appropriate fashion.
7. No one is allowed to bring any equipment, especially **basketballs** to the facilities except for the coaches. Anyone who wishes to use their own personal basketball **MUST** have the coaches bring the ball to the practice or game. Children who have historically brought their own balls into a gym have disrupted the preceding practice or game and have occasionally caused damage to the school especially in the lobby areas. **THIS RULE WILL BE ENFORCED!!**
8. Some areas at Niwot High School where NYS participants and siblings should never go are:
 - a) The top of bleachers that are not pulled out.
 - b) The wrestling area in the new gym
 - c) The platform over the doorway in the old gym.
9. Stick to your scheduled time! The entire day's schedule depends on each team playing on time and ending on time. This also pertains to practice schedules. Leave on time! Night custodians interrupt their busy work schedule to secure the area at the end of your scheduled time.
10. Parents should drop off their children at the school door. If a coach has not arrived, the parent is responsible for that child until the coach arrives. Parents should pick up their child on time.

11. In case of a life-threatening emergency (choking, heart attack, and fire) pull the fire alarm and then call 911. In case of a non-life threatening emergency (broken leg), but you need an ambulance, call 911. (NEVER PARK IN FIRE LANES!) Vehicles in fire lanes will be ticketed.
12. Coaches or parents may not schedule or reschedule gym time at a school district facility. Call your NYS contact person to reschedule practice time. Only designated contacts should call the school facility scheduler.
13. Do not bring lawn chairs into the gym. Protect the hardwood floors.

Use Rules for Boulder Valley School District Facilities

1. No food or drink or gum in the gym! The area must be left neat and clean. (Cafeterias and hallways are the only places where food/drink are allowed.)
2. Smoking not permitted in BVSD buildings or on school property.
3. ALL children must be supervised by parent, coach or team parent at all times while on school property. Supervision is required at all times. There is no running through the halls or rest of buildings. Keep voices down while in hallways and restrooms.
4. School equipment or supplies such as climbing ropes, mats, balls, markers, etc. are not to be used.
5. P.E. office and locker rooms are not to be used.
6. All space must be left clean. If space is left in an unclean condition, NYSBB will be billed for custodial time.
7. All trash must be placed in garbage cans.
8. Space must be returned to original configuration... any moved furniture/equipment must be returned to original location.
9. Respect the reserved times on your contract and leave the space at the time specified.
10. Avoid hitting the ceiling, lights, room dividers, or glass windows with equipment.
11. Stage area is not to be used.
12. Do not hang on or around curtains.
13. Do not adjust movable walls.
14. Do not hang on basketball rims. No slam-dunking. NYSBB will be billed for any damage occurring during your scheduled use. For your protection, check over the condition of the equipment upon your arrival, and notify the monitor of any problems.
15. No tape allowed on the floor. Use clean and dry tennis shoes: no black soled shoes, hiking boots, sandals, or snow boots.
16. Report any breakage or problems immediately – groups using the gym will be held responsible for any needed repairs. Report findings to custodians and /or building monitor that evening and the Community School program the following day.

NYSBB GENERAL RULES

Teams must be available to take the court within 5 minutes of scheduled game time or when the officials call for play to begin. Failure to field a team of 5 players within 5 minutes after the official start time will result in a forfeiture of the game to the other team. Each team must also finish the game with a minimum of 2 players on the floor to avoid forfeiture. The forfeiture is non-negotiable and final. The time allotted may be used for practice or a scrimmage.

Inclement weather procedure:

- Commissioners will determine cancellation and notify the coaches.
- Coaches will notify each team member.
- Regular season games or practices will not necessarily be rescheduled.
- If the schools cancel classes, NYSBB activities are also cancelled

Coaches will not address the officials during the game. If a coach wishes a conference with the officials regarding a rule, he must notify the timekeeper who will signal the officials at the next dead ball. Attempts to interfere with the official's control of the game will result in a technical foul being called. A second technical foul is automatic ejection from the game. In no case is disrespectful and abusive behavior toward the officials allowed. Coaches or players who are ejected for any reason cannot participate further in the program without approval of the League Coordinator.

For no reason should any spectator address the referee's during a game. Abusive behavior by a spectator toward a referee will result in ejection of the spectator from the school. Parents and players may be barred from participation from the program.

Coaches are responsible for the conduct of the players during all practices and games. The bench area shall be for team members and coaches only. Spectators should remain well clear of the bench area. This includes parents and siblings of players.

Coaches are asked to remain seated (floor or chair) while the ball is in play.

EXCEPTIONS TO COLORADO HIGH SCHOOL RULES

All Leagues:

1. **Substitution Plan Rule:** the spirit of the league is equal participation. Each player must play a minimum of twenty (20)

minutes and sit out a minimum of ten (10) minutes. The exception for teams of six (6) players reads: each player shall sit out at least five (5) minutes. All teams must use the team substitution record at the scoring table.

Coaches are allowed to reduce the playing time of a player for health, disciplinary, or lack of attendance. The coach must inform the League Commissioner and the opposing coach of this special circumstance.

Violation of the substitution rule will result in a forfeiture of the game being played!

2. **Time Outs** Two (2) one-minute time outs per half for each team. Injury time outs unlimited. Time outs are not cumulative. One time out per team in overtime.
3. **Substitution:** the official at the scorer's table will stop play at or near the mid-point of each quarter for purposes of allowing player substitutions. This stoppage in play will only happen when there is a dead ball and will only last long enough to allow each player to check in. This stoppage in play is not to be used by coaches for adjusting his game strategies.

The clock will be stopped for 15 seconds, after which the time keeper will inform the coaches that the clock is starting. The referees will not put the ball into play until both teams are ready, but the clock will continue to run.

4. **Lane Violations:**
 - a. For 3rd/4th grade boys and girls: 6 seconds.
 - b. For 5th through 8th boys and girls: 3 seconds.
5. **Technical Fouls:**
 - c. Unsportsmanship Technical Foul on a Player
 - (1) No warning will be given
 - (2) Two points will be awarded opposing team and they will receive the ball at midcourt.
 - (3) If a second Unsportsmanship foul is called on the same player, he or she must be ejected from the game and suspended from the league until he or she petitions the league commissioner to be reinstated, and the league commissioner decides reinstatement is appropriate.
 - b. Unsportsmanship Technical Foul on Team Coach or Assistant Coach
 - (1) No warning will be given.
 - (2) Two points will be awarded opposing team and they will receive the ball at midcourt.
 - (3) Coaches will not address the officials during the game. If a coach wishes a conference with the officials regarding a rule, he must notify the timekeeper who will signal the officials at the next dead ball. Attempts to interfere with the official's control of the game will result in a technical foul being called.

A second technical foul is automatic ejection from the game. In no case is disrespectful and abusive behavior toward the officials allowed.

- (4) The coach will immediately and sincerely apologize to the officials and opposing coach and teams or leave the gym. Adults in our program shall be held to the highest level of accountability, good conduct, and sportsmanship, as the program is exclusively for the players of the game, not for the adults. Failure to apologize is cause for removal from the program. If a second technical foul is called on a coach, he must leave the gym and receive approval of the League Commissioner prior to rejoining his team
- (5) Procedural technical fouls result in 1 point being awarded to the opposing team and that same team takes the ball out of bounds.

5. **Game Time:**

- a) There will be four (4), ten (10) minute quarters with the clock stopped only for time outs throughout the game. In the last two minutes of each half, the clock shall run according to high school rules.
- b) In case of a tie, one three (3) minute overtime period will be played. The clock shall operate according to high school rules. If the game remains tied, it will be reported as a tie with the league.
- c) Half time is four (4) minutes.

6. **MERCY RULE:**

ALL AGE GROUPS - If at any time during the game there is a fifteen point differential, the team with the lead may not press on defense for the duration of that lead. This will include pressing in the front court above the top of the key. Note: Since K – 6 leagues are allowed to press only during the last two minutes of the 2nd quarter and the last two minutes of the 4th quarter, this applies during those times.

7. League win-loss records will be maintained by the league commissioner for tournament seeding purposes. Winning coach of each game must report game scores to the League Commissioner.

GRADE 3rd & 4th - 5th & 6th
ZONE DEFENSE RULE

In a further attempt to equalize the opportunity for participation in the flow of the game by all players:

- Team must play man-to-man defense, no form of zone defense is allowed.
- No double teaming of any player, except when the ball is within the lane area, or if both offensive players are within 6 feet of each other, is allowed

- Each defender must stay within six (6) feet of the player they are guarding until the ball is shot, is loose, enters the lane, or is turned over.

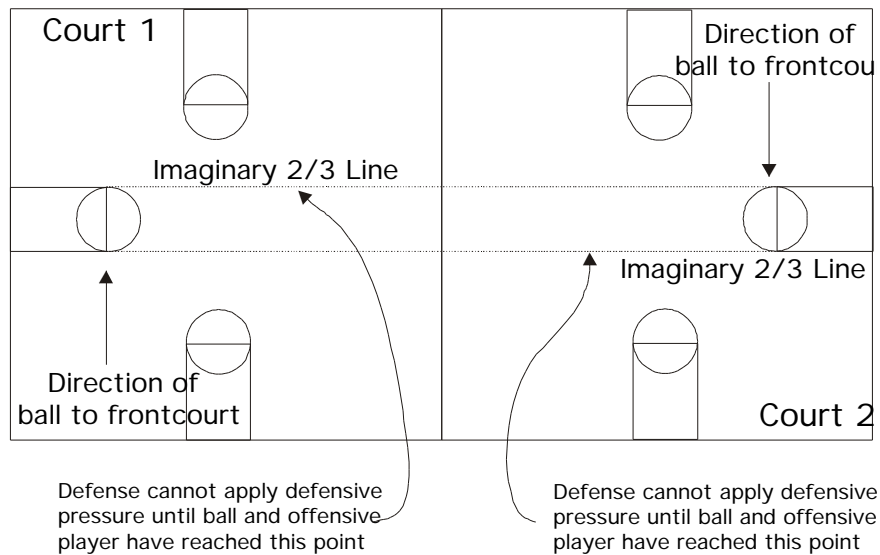
GRADE 3rd & 4th - 5th & 6th BACKCOURT DEFENSE RULE

The following is a further definition of the Backcourt defensive rule for both boys and girls grades 3rd, 4th, 5th and 6th. The backcourt defensive rule does not apply to the last two minutes of each half (and at the end of any overtime period) as standard basketball Federation rules then apply.

As soon as the defensive team, (while in their backcourt), obtains control of the basketball, (whether by having rebounded, loose ball acquisition, or awarded possession), they become the offensive team. At this time, the opposing team cannot apply defensive pressure and must retreat to their defensive end, (their backcourt position).

The defensive team cannot apply defensive pressure until the basketball and the offensive player has advanced at least 2/3 of the way towards the offensive team's goal as defined below.

At Niwot High School the 2/3 position is defined as the following diagram indicates:



These exceptions from Colorado High School rules shall be the only changes. They have been approved by the Board of Directors.

This handbook and much more is available for viewing and printing at the Niwot Youth Sports Home Page:

www.niwotyouthsports.org