

KIRKLAND PARKS AND COMMUNITY SERVICES -- YOUTH BASKETBALL
Handbook and League Rules for Program Participants and Coaches
Kids “PLAY”
Parents “CHEER”
Coaches “COACH”

LEAGUE ADMINISTRATION

League Website: www.kirklandwa.gov/youthbasketball

League Schedule: <https://www.teamsideline.com/sites/kirklandwa/schedules>

Program Assistant: Loni Rotter, 425. 587. 3333, lrotter@kirklandwa.gov

Program Coordinator: Julianne Diddle, 425. 587. 3368, jdiddle@kirklandwa.gov

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The goals of the Kirkland youth basketball program are as follows:

- Provide an affordable recreational program that emphasizes skill development, fun and sportsmanship
- Give each child the opportunity to learn the importance of good sportsmanship and fair play
- Teach the rules, skills and techniques involved in basketball so all children can play and enjoy the game
- Give all players the opportunity to meet in friendly competition

VOLUNTEER COACHING EXPECTATIONS

- Place the emotional and physical well-being of all players ahead of a personal desire to win
- Treat each player as an individual, remembering the large range of emotional and physical development for the same age group
- Provide a safe playing situation for players
- Organize practices that are fun and challenging for all players
- Lead by example in demonstrating fair play and sportsmanship to all players, coaches and officials
- Refrain from use of drugs, tobacco, and alcohol
- Be knowledgeable in the rules and teach these rules to the players
- Respect the role of the official
- Use coaching techniques appropriately for each of the skills begin taught

COACHING ELIGIBILITY AND VERIFICATION

All coaches must complete and submit a Volunteer Application and be approved PRIOR to coaching. ANYONE coaching, assisting or helping during any practice or games must go through the application process, including a criminal background check and a reference check. If you have not completed the necessary paperwork, you will not be assigned to a team, please contact Loni Rotter, lrotter@kirklandwa.gov, 425. 587. 3333 for an application or visit www.kirklandwa.gov/youthbasketball

LEAGUE COMMUNICATION

League administrators will send emails with updates, schedule changes, etc. to head coaches. Coaches, please forward information to your team when you receive it. Prior to the season, coaches please email or call each player from your team informing them of practice time and location as soon as you get your roster.

Host a team meeting the first day of practice. Make sure that all parents sign concussion sheet, hold harmless and parent code of conduct, return forms. Coaches please remind parents of the league website, www.kirklandwa.gov/youthbasketball All game schedules will be posted online in mid-December, <https://www.teamsideline.com/sites/kirklandwa/schedules>

PRACTICE DETAILS

First aid kit (provided by league)

Grades 3-4- Ball Size (Junior Ball) 27.5

Grades 5-6- Ball Size (Women's Ball) 28.5

- Practice must take place during assigned practice time and location
- Please check for no practice dates at your practice location. League administration will email an updated version as additional dates are added, on occasion schools cancel with little or no notice
- All practices must be arranged with the City of Kirkland, please do not contact the school
- Players and coaches are responsible for cleaning the gym after practice. This includes picking up trash, water bottles. Please leave every facility cleaner than you found it.
- Coaches and players are not permitted to use any school white boards or gym equipment
- Gyms are PE classrooms. Please respect the space and materials
- Only water is permitted in the gym. Food and other beverages MUST be distributed outside the facility
- Children, spectators, etc. are not permitted to climb on top of bleachers or to wonder the school, alarms will sound
- Leaving an unkept gym during your practice time may result in loss of practice time/location

GUIDELINES AND GAME RULES

Officials-

Please respect the role of the official. Arguing and yelling at the official is prohibited, especially yelling from across the gym. If you have concerns with officiating, please communicate with the Facility Lead and check in with administrators. Many of our officials are first year or young adults looking to mentor and assist in player development. Our focus will be on control and safety of the game, we will not call every travel or every three second violation. Coaches may request a quick meeting with the referee and the opposing coach prior to the game.

Uniforms-

Players are advised to wear basketball jersey and athletics shorts, sweats or pants. Players will not be permitted to wear jeans or street clothes while competing. No jewelry may be worn during games, this includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc.

Games-

A regulation game will consist of four periods of eleven (11) minutes running clock. Time will be kept using the main scoreboard. Substitutions will be allowed around the 5:30 mark each quarter. Teams are not required to sub, but it is advised for balanced playing time.

Game schedules will not be changed, if you have trouble with your schedule, please coordinate with assistant coaches to fill a vacancy for game day. The head and assistant coach are allowed in the team area on the court during games, no other parents may sit on the team bench. All snacks must be handed out outside of the facility. In the event of a cancellation of games due to weather, please call the "Inclement Weather Cancellation Hotline", 425. 587. 3335.

Each team has at least four players present. If a team cannot field four players within five minutes of game time, a forfeit will be called, and teams will be advised to scrimmage/practice against one another.

Each team provides a parent to sit at the game table- to operate the possession arrow, ensure substitutions are properly recorded, equal play time, etc.

Time-outs-

Time outs will be one minute in length. The clock will run during all time-outs. Each team will have one time-out per half. No time-outs will be permitted in the last two minutes of each half. There will be a one-minute break between quarters and a two-minute break at the half.

Scoring-

There will be no 3-point shots counted. Grades 5 and 6 will be scored only by agreement of both teams prior to the game. A maximum of 10 point spread between teams will be allowed. No score will be kept for grade 3 and 4.

Substitutions-

During pre-game meeting, coaches will discuss and agree on when substitutions will take place, substitutions can occur between quarters or at the 5:30 mark of each quarter. There will be no substitutions during the last 3 minutes of the game, except in the event of an injury.

Fouls-

Maximum of 5 fouls per player.

Additional Rules

Man to Man Defense- Each player should be assigned to an opponent of comparable size, speed, quickness and given the task of guarding them in a man to man defense. Defenders must wait behind the 'volleyball' line, or about 5 feet from the half court line.

Switching- The movement of one player to pick up a teammate's "assigned" opponent is allowed at any time as long as no double teaming occurs.

Double-teaming is not allowed- Definition: the placement of two (2) defensive players on one (1) offensive player with the ball. **EXCEPTION:** When the ball is in the key/paint/lane.

Offense and play calling- Isolation plays are not allowed. Teams should develop a balanced, team-first offense. Coaches should work with all players to develop their skills and run the offense. Please refrain from running isolation plays for one player throughout the game. Isolation plays are defined as, intentionally pulling all non-ball handlers to an area of the court completely away from the dribbler to allow for one on one.

Stealing

Any stealing other than on a pass will not be permitted in grades 3 and 4. Officials and teams will be encouraged to allow dribblers space to dribble while being defended, the defensive player should avoid stealing the ball until a pass attempt is made.

In grades 5 and 6, by week 4 stealing off the dribble will be introduced, with a few caveats. We will still operate with a strict 'No Press' policy, teams must wait behind the check line to defend dribbler. If the margin of score is double digits, teams must refrain from steals off the dribble, teams may only steal off passes.

While the rule is documented on paper, there will be judgement calls and gray areas with all levels of play. We ask that you promote positive sportsmanship, develop your players, work with our officials and be sure to reach out with any thoughts and ideas.

Free Throws-

The Free throw line will be from the backboard as follows:

3 rd and 4 th	9 feet
5 th boys	15 feet (regulation)
5 th and 6 th girls	15 feet (regulation)
6 th boys	15 feet (regulation)

3/5 Seconds In The Key will be as follows-

3rd/4th boys and girls	5 seconds (a shot attempt will reset the count for all offensive players in the key)
5th/6th boys and girls	3 seconds (a shot attempt will reset the count for all offensive players in the key)

Back-court guarding is not allowed- A change of possession following a rebound requires the opposing defense to “fall back” to their end of the court. An offensive player may not be guarded until the ‘volleyball’ line, or about 5 feet from the half court line. The intent of the “fall back” line is to provide players, particularly those with weaker skills, to successfully put the ball in play from the front court.

Teams are allowed to run a fast break, a fast break is defined as dribbling or passing the ball up court with speed from the defensive end to the offensive end without stopping to set up an offensive play. If there is a ten point spread, no fast breaks will be allowed for the rest of the quarter.

Backcourt Violations-

Backcourt violations will be call at all levels. A violation occurs when the ball goes “back” over the half court line without a deflection from the defense. Possession will go to the opposing team, they will inbound the ball at half court.

Playing Time-

All players must play a minimum two full quarters, roughly 22 minutes per game, except in cases of injury, fouling out, or illness. After a player has fulfilled his/her time requirements, he/she may be substituted only for those who have also completed his/her time requirements. Substitutions during quarters requires new match-ups, which takes playing time away from the kids. Both Coaches MUST agree to and inform the official PRIOR to the start of the game expressing the plan to sub mid quarter. There will be no substitutions during the last 3 minutes of the game. If a player will not be playing a full two periods, the coach must notify the officials and opposing team with clear reasoning. Reasons to limit playing time, repeatedly missing practice, injury, another engagement, illness. Players should make at least one practice per week, if a player only attends practice once a week, they are still to play roughly 22 minutes of the game.

“Special Rules”

If “select” players decide to play in the league, teams will be closely monitored for league parity. We do not want to discourage players from participating in the league, but all players, coaches and parents must understand that we are a recreation basketball league, designed for ‘recreation’ basketball players. If it becomes a problem for the league format, the league reserves the right to ask a ‘select’ player to refrain from playing in future games, or their playing time will be limited.