

Youth Basketball Player DRAFT

DRAFT: Youth Basketball

We will try to provide you with the most information about their ability beyond what you see at the draft.
IE: they played in Saturday morning program, how many years played, playing on school team etc.

- ▶ No shows will be not be drafted but randomly picked at the end of the evening and placed by the program staff
- ▶ An outside person will rate coach's children.
- ▶ Master division may get drafted by the program staff
- ▶ Teams will be evaluated at the end of the draft.
- ▶ Coaches do not have to pick in order of ratings

Rating:	A	top quality player/2 nd /3 rd year player/previous experience
Seniors	B	quality player/top quality in old division but new to division
Masters	C	previously played ok player
	D	new player

Ratings:	A	2 nd year top quality player/previous experience
Juniors	B	experience 1 st year player
	C	new 4 th grade old no experience
	D	new 3 rd grade old no experience

1. Each player in all divisions will be put in the draft. The draft is a means for equalizing and balancing teams to the best of our ability.
2. Each team may have one head coach and one assistant at the time of the draft. No other people may sit at the draft.
3. Girls will be dispersed equally.
4. Coaches children will be drafted as the first pick in the round that they are rated. They will be the first two picks if they are rated the same.
5. Brothers/sisters will be drafted in the next round after their sibling or first round of their rating (if lower than sibling)
6. Same team request will be treated as siblings. This needs prior approval by recreation office.

Coaches and Player Handbook

**Coaches coach. Players play.
Parents parent. Officials officiate.**

Plainfield Recreation Department GOOD SPORTSMANSHIP PLEDGE

PLAYERS, COACHES, PARENTS, SPECTATORS AND OFFICIALS- I PLEDGE...

- To participate in this program for the sole purpose of celebrating the sport and the children.
 - That I will act with good sportsmanship. To not embarrass myself, family or friends by arguing with organizers, officials, opposing team members or my own team.
 - That I understand these three simple facts: First we are here to have fun, second the official is the authority person to call the game and third I will leave my competitive drive for domination at home!
1. Everyone is expected to follow the rules set by the Plainfield Recreation Youth Sport Program.
 2. All children on a team will play.
 3. The aim of the program is to establish good fundamental basketball skills while providing positive fun recreation for all children.
 4. The player's emotional and physical well-being should be placed ahead of winning.
 5. Children should be praised for their ability. Not all children are star athletes. The team as a whole should be emphasized. Everyone should be respected for doing the best possible job they are capable of performing.
 6. Every person responsible for a team, every spectator and player will respect the authority of the official.
 7. No one at any time shall harass, intimidate, discourage or have physical contact with another player, coach, parent, spectator, staff or official.
 8. If the above behavior should continue to become an issue the gym or field will be cleared of all spectators and coaches or the game may be called if necessary.
 9. Adults are responsible for setting an example of good sportsmanship to all children.
 10. The Plainfield Recreation Department staff, officials, and custodians have the authority to remove anyone not following the rules from the gym, building or field. If there is a persistent problem they will not be able to attend future games.
 11. All participants and spectators (and younger /older children) shall respect the school facility. No one is allowed to wander in the building. **Our use is limited to the gym.**
 12. The school grounds and buildings are smoke, alcohol and drug free.
 13. Any concerns, suggestions or comments may be made to the Recreation Staff at the program or by calling the Recreation Office at 564-1819

Parents/adults who volunteer to coach are placed on a team after being approved by the Recreation Department. All head coaches and assistants working with a team must be registered (volunteer form completed) with the Recreation office. Head coaches must be at least 21 years old and assistants 20 years old. Coaches must be able to make a commitment for the season. **There must be a registered and 1st Aid/CPR person at all practices and games.** Coaches and assistants are registered when they complete:

1. First Aid/CPR (min the Head coach) and Concussion
 2. Reporting child abuse
 3. Volunteer Form with emergency contact
 4. Good Sportsmanship and Coaches Manual sign-off
 5. Background check (every two years)
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1. Only one head coach and one assistant will be allowed at the time of the draft. Only one head coach and two assistants may sit the bench during a game.
 2. All coaches must sign the enclosed Agreement that they agree to and will abide by the **Youth Basketball Rules and Good Sportsmanship Pledge** and program policies. Any coach not abiding by these policies will lose their privilege to coach in this program. If a coach demonstrates inappropriate behavior he will automatically be removed. A full investigation will take place. Further suspension or elimination from the league will be decided on by the Recreation Department and the site coordinator. In recreational basketball there really is no reason for a coach to get a technical foul for his actions.
 3. All players and coaches shall follow a dress code. Keeping with the high school basketball rules there will be no jewelry and shirts must be tucked into their shorts. Long hair needs to be tied back and secure. School policy requires no hats on in the building. To set an example coaches are to be neat and follow the same rules as the players. Players need to wear sneakers. **Mouth guards are highly recommended.**
 4. CPR/ First Aid certification is required for all head coaches and anyone else who will be alone with players. Program staff on site is certified. Classes will be available for coaches. Additional emergency and first aid information is included in this manual. These are guidelines that are approved by this Recreation Department.
 5. **Coaches who have a concern about an official's officiating may express those concerns verbally or in writing to the Recreation staff or to the Recreation office after completion of the game and not in the gym.** Coaches may not express these concerns to the official. The Recreation Department works directly with Board #8 Commissioners. Those responsible for the team and spectators will not address the official before, during or after a game.
 6. The Plainfield Recreation Department follows regulations CIAC High Basketball rules with the following exceptions:
 - A. Each team will use the rotation system allowing equal playing time for players (see attached). Coaches not following rotation will be subject to a technical foul.
 - B. MASTERS-SENIORS- 7 minute quarters are used with the clock set for 3 1/2 minutes for rotation change only.
 - C. JUNIORS- 6 minute quarters are used with the clock set for 3 minutes for rotation change only.
 - D. NO OVERTIME
 - E. NO pressing will be allowed in the backcourt if team is ahead by 10 points.
 - F. Junior division –Defense starts at ½ court. With a ten point lead defense must be inside the 3 point line.
 - G. After two violation of pressing rules the team will receive a technical foul.
 - H. Should a score at the end of the 3rd quarter be up by 25 points the score clock will be turned off. Score will be kept by the scorekeeper. (Clock may get turned off earlier at the discretion of the program staff).
 - I. Dunking or stuffing the ball is prohibited.
 - J. Three-point line is only allowed for Senior and Master divisions.
 - K. Coaches must resume their seats or kneel in front of bench after giving directions during a game (except during time-out). No standing (except for time calling time out), no pacing.
 - L. 3 full minute timeouts and 2 (30) seconds timeouts are allowed.
 - M. Any player ejected from a game will automatically be suspended from playing in the next scheduled game. Any player ejected will be asked to leave the building. A parent will escort the player. If parent is not present at the game the coach will have the player get dressed and sit behind the coach on the bleacher. If the player continues to be unruly the assistant coach will be required to take the player out of the building and wait for the parent at the end of the game.

- N. Any coach who gets a 2nd technical during the season will be suspended from coaching the next game. A third technical a coach will be dismissed from coaching. Technical violation may come from the referee or in the form of a warning from the recreation staff on duty.
7. Please read and review the emergency plan for this program (see attached)
 8. At no time during a game will a coach initiate a play that is beyond standard and traditional basketball performance (i.e.: players rolling around on the court or barking like dogs). This type of performance, although legal, is not within the acceptable limits of what we should be teaching our players.
 9. All **players and coaches** shall meet on floor after the game to shake hands. Appropriate behavior is expected from players. Starting five shall shake hands before the tip off.
 10. Use only Recreation Department equipment provided to you at the beginning of the season. Should you need additional equipment contact the Recreation office. Each Head Coach will receive balls, pinnies, first aid kit and ball bag. Please do not use school equipment.
 11. An entire season practice and game schedule will be provided to you at the beginning of the season. Any cancelled games due to weather will be made up at the end of the season or occasionally mid-season if space is available. Do not make any changes on the schedule without checking with the Recreation Office.
 12. Please make sure you have all your equipment and players belongings before you leave the gym.
 13. Any accidents or incidents need to be reported to the Recreation Office. You have incident and accident reports so please complete them and return to the Recreation staff person within 24 hours.
 14. Junior division will use an intermediate (women's) size ball. Senior and Master Division will use regulation size ball. All play on standard 10' basket.
 15. Any child that is not attending practice without informing the coach **may be** subject to not playing. However if you are going to use this policy you must contact the Recreation Office first. Parents need to be notified. Please be understanding of school commitments and functions. Any child who is proving to be a difficult discipline problem **may be** subject to not playing. A child should not require so much attention that it takes away from the other children or anyone's safety.
 16. In case of inclement weather and games need to be cancelled one coach will be called. It is then your responsibility to call players. Normally when school is closed all programs are cancelled.
 17. Team selection will take place in the form of a draft before the season starts. All players in all divisions will be drafted.
 18. **ALL SCHOOL AND PUBLIC FACILITIES AND GROUNDS ARE DRUG, ALCOHOL AND SMOKE FREE. No coach should attend practices or games under the influence of drugs or alcohol (nor have it on your breath). We are here to set a positive example to these children. We are role models to these children in everything we do. Please be aware of the T-shirts you where and any other negative promotions that could have an effect on the children.**
 19. Players must stay on the bench during a game. Players are not to go up into the bleachers/stands during the game.
 20. Coaches should maintain a "hands off" in regards to the players. No pulling on jerseys, butt slaps etc.
 21. **Remember you are responsible for your parent's behavior.** If a parent is unruly the referee may call a technical foul which only harms your team. Remind your parents and talk with them prior to games to not jeopardize your team by their behavior. All families received copies of the "Good sportsmanship Policy" and need to return them signed before their child can play.

RULES FOR ROTATION

1. Four 7/6 minute quarters- stop clock. The clock will be set for 3.5/3 minutes for rotation change.
2. Players must rotate at these ¼ stops. This is not a time-out. Players must be at the scorekeeper's table and ready to go in at the horn. The official will place the ball on the court and give a 5 second count before turning over possession. One minute is allowed between quarters (after 7/6 minutes).
3. At the 3/3.5 minute mark the ball stays in possession of the team that had it last unless the referee can not determine possession then the possession arrow is used. If players are not on the court in 5 seconds the ball changes possession.
4. Your player list for the rotation must be ready and presented to the scorekeeper five minutes before the game starts.
5. A child must be present to be on the rotation. A child coming late will be added to the bottom of the list. Do not ask scorekeeper to hold a spot for a child.
6. The rotation will not change during a game unless the following happens:
 - A. a child is injured*
 - B. a child fouls out**
 - C. a child has a severe discipline problem***

*If a child is injured they are removed from the game and the next player goes in. The injured child may return to the game during his rotation at the next dead ball or time out. Coaches please note a child will automatically be pulled from the game if you go on the court. Wait for the referee to assess the situation and call you out onto the court. If a referee calls you out you MUST go.

**If a child fouls out of the game the next player goes in and the rotation continues (basically everyone moves up) the player is removed for the remainder of the game.

***If a child is discipline problem on the court the coach may pull the child after agreement with the recreation staff and coach from other team. This is a limited practice and if this is a continuous problem the discipline should take place before the game i.e.: see rule #16 and 17

- The rotation system has proven to work well at allowing children equal playing time and helping all children develop in the game of basketball. We have seen success.
- TO MAKE THE ROTATION WORK THERE WILL BE NO EXCEPTIONS TO THE RULES
- The program coordinator will work with new coaches for thorough understanding of the system.
- You can develop a strategy! And ensure all children play.

EMERGENCY ACTION PLAN: Youth Basketball

Contact: 911 Emergency
Recreation Office 564-1819
Kelly Scaplen, Director 779-7423 (H) 860-949-7766 (cell**)

Coaches are responsible for:

1. Keeping registration forms and phone numbers with you at all times.
2. Bringing your first aid kit to all practices and games. Do not rely on other coaches for ice packs, etc. Supplies for replenishing kits are at the Recreation Office. Call to make arrangements for extra supplies.
3. Inspect all equipment and playing surfaces prior to games or practice. Report any problems to the Recreation Office.
4. Always know where the nearest emergency phone is located (i.e.: pay phone)
5. Inform the Recreation Office of any accident or injury. Fill out accident reports immediately on all injuries and return to the Recreation Office or program coordinator within 24 hours.
6. At no time should you offer diagnosis or express personal opinion as to the extent of the injury. Coaches should make no public comment as to the circumstances surrounding the incident.
7. Contact and speak with parent or guardian in regards to all accidents or incidents involving their child(ren).
8. Do not transport child.
9. Never take an injury lightly. Do not ask a child to "work out" the pain. Listen to the child. Pain is an indication that something is wrong. Never encourage an athlete to return to play if she/he feels they are unable to participate.
10. All head injuries need to be reported to parents and require an accident report no matter how minor.
11. Suspect concussions with impact to the head or blow to the body that jolts the head. This must be reported to parents and an accident report filed.
12. When handling blood/ body fluids follow **Universal Precautions** (see attached)
13. The coach (and parent when present) need to determine the extent of an injury asking the following:
 - A. child needs immediate attention
 - B. Child is able to return to play
 - C. child needs to be referred for medical
 - D. Child should not return to play
 - E. follow protocol for concussions

MEDICAL EMERGENCY:

In the event of a medical emergency or accident take the following actions:

CHECK-Life threatening injuries CALL- 911 CARE- for injury

1. Assess the situation. DO NOT PANIC, Calm the child.
2. If injury is life-threatening call 911.
3. **Do not move** a seriously injured child until the ambulance arrives. The game can wait.
4. Have an assistant clear the court of all children and supervise those not involved.
5. In the following circumstances an injured child needs immediate medical attention:
 - A. deformity of bone or joint or severe tenderness or pain in bone, joint or soft issue (stomach)
 - B. any alteration of consciousness, or drowsiness or disorientation
 - C. vomiting
 - D. unequal pupils
 - E. leakage of fluids from nose or ears
 - F. eye injury involving altered vision or laceration
 - G. seizure
 - H. head, neck of back injury
 - I. severe bleeding

In case of minor injury:

1. clean cuts and bandage
2. apply ice on swelling (when using instant ice packs cover first- do not use on face)
3. notify parents of all minor bruises or sprains

**Please call first.

UNIVERSAL PRECAUTIONS

UNIVERSAL PRECAUTIONS must be used on a regular daily basis in an effort to protect staff and participants.

Universal precautions are a complete system of isolating and preventing infection and to prevent the spread of infectious agents.

The very basis and very vital part of “Universal Precautions” is good hand washing.

Examples of **non-significant exposures** include (but not limited to):

- Contact with your clothing which does not soak through to your skin
- Contact with your intact skin

Examples of **significant exposure** include (but not limited to):

- Contact with your eyes, nose, mouth or mucous membranes
- Contact with your non-intact skin (abrasion, healing wound, dermatitis)
- Penetration of your skin or mucous membranes by contaminated object
- Contact with pierced ears
- Clothing saturated through to your skin

RULES OF UNIVERSAL PRECAUTIONS

1. Keep hands clean. Frequently wash hands with soap and water. Hands should be washed before and after you have contact with person.
2. Wear gloves (latex) whenever you are likely to come in contact with blood, mucous membranes, broken skin, and/or moist body substances.
3. Wear a disposable protective gown if it is likely that your clothing will become splashed or soiled with blood/body fluids.
4. Wear a mask if it is likely that your nose or mask will be splattered with body fluids.
5. Wear protective eye goggles if it is likely that you may get splashed in the eyes with body fluid.
6. Dispose all grossly soiled gauze and/or bandages in a leak-proof plastic bag and dispose in the bio-hazardous waste container.
7. Discard all “sharps” (uncapped needles and syringes-lancets) in a “puncture proof” container marked bio-hazardous. Keep container in a locked closet.
8. If a significant exposure occurs (such as a needle stick, mucous membrane splash, contact with “non-intact” skin bodily fluid to blood occurs) – report the incident immediately to the supervisor in charge or Recreation Director.
9. Skin surface and hard surfaces should be washed and disinfected immediately and thoroughly if contaminated.

I have received the 2018-2019 Youth Basketball "Good Sportsmanship Pledge". I will abide by the rules set forth by the Plainfield Recreation Department Youth Basketball Program.

I have received information on concussions in youth sports, child abuse and emergency action plan.

Coaches Signature Date

Print Name Team Division

BUILDING EMERGENCY SITUATIONS:

In case of an emergency in the building that requires evacuation the coaches are required to escort their players out the nearest exit. Coaches should take player rosters with them and proceed out the building keeping their team together. Once out of the building do not re-enter until school personnel or rescue personnel give permission.

The building must be evacuated if the fire alarm sounds.

In case of power failure keep children calm. There are emergency lights in the hallway. Take children and evacuate to hallway as the situation is being assessed.

BUILDING RULES:

- All entrances and exits must be kept closed at all times.
- All entrances and exits must be kept clear at all times.
- DO NOT PARK IN FIRE LANES. Use the parking lots. Cars will be towed and or ticketed.
- If you meet with your players prior to a game in the hallway keep the hall open.
- Monitor the number of children using the bathroom to avoid vandalism
- When entering the gym for your game no balls should be out of the bag until you are ready to go on the court.
- Players and parents need to take a seat on the bleachers and not at end of court.
- A hall monitor and or security person will be present in the building to secure the building of unwanted behaviors or individuals and problems.
- All children whether they are players or spectators need to be supervised by the parent or person who brought them. They need to stay in the gym and off the court.
- Coaches need to be the last to leave to ensure their players are all picked up.

YOUTH BASKETBALL PARENT'S HANDBOOK

The following rules apply to the Plainfield Youth Basketball Program. We follow CIAC Regulation High School rules with the following changes:

- A. Each team will use the rotation system allowing equal playing time for players (see attached).
- B. 6/7 minute quarters are used with the clock set for 3/3.5 minutes for rotation change only.
- C. No Overtime.
- D. Should a score at the end of the 3rd quarter be up by 25 points the clock will be turned off. Score will be kept by the scorekeeper. (clock may get turned off earlier at the discretion of the program staff).
- E. Senior division no pressing will be allowed in the backcourt if team is ahead by 10 points.
- F. Junior division – Defense starts at ½ court. With a ten point lead defense must be inside the 3 point line.
- G. After two violation of pressing rules the team will receive a technical foul.
- H. Dunking or stuffing the ball is prohibited.
- I. Three-point line is only allowed for Senior and Master divisions.
- J. Coaches must resume their seats or kneel in front of bench after giving directions during a game (except during time-out).

Any player ejected from a game will automatically be suspended from playing in the next scheduled game. Any player ejected will be asked to leave the building. A parent will escort the player. If parent is not present at the game the coach will have the player get dressed and sit behind the coach on the bleacher. If the player continues to be unruly the assistant coach will be required to take the player out of the building and wait for the parent at the end of the game.

- K. 3 full minute timeouts and (2) 30 second timeouts are allowed. Timeouts may be carried into overtime

Other important information:

- ▶ All players and coaches shall follow a dress code. Keeping with the high school basketball rules there will be no jewelry and shirts must be tucked into their shorts. Long hair needs to be tied back and secure. School policy requires no hats on in the building. To set an example coaches are to be neat and follow the same rules as the players. Players need to wear sneakers
- ▶ Children should not arrive at any building more than fifteen minutes early and should not be dropped-off. Children need to be escorted into the building to assure that their coach is present.
- ▶ **Parents who have a concern about an official's officiating may express those concerns verbally or in writing to the Recreation staff or to the Recreation office after completion of the game and not in the gym.** Parents *may not express these concerns to the official*. The Recreation Department works directly with Board #8 Commissioners. Anyone associated with a team and or spectators will not address the official before, during or after a game.
- ▶ In case of inclement weather and games need to be cancelled one coach will be called. They will call players. You may also call the Recreation Office and listen to the cancellation message. Normally when school is closed all programs are cancelled. Watch or sign up for alerts from WFSB Channel 3 listed under "Plainfield Recreation"
- ▶ Team selection will take place in the form of a draft before the season starts. All players are reassigned to new teams each year.
- ▶ Players must stay on bench and not go in the stands during the game. Please reframe from coaching your child from the stands. If you have questions please address them to the coach before or after the game.
- ▶ **If you are bringing other non-playing children to a game or practice they must be supervised at all times and not allowed to play or roam in the halls, bathrooms or back gym areas. Their place is with an adult at all times.**

ALL SCHOOLS AND FACILITIES ARE DRUG, ALCOHOL AND SMOKE FREE. THIS INCLUDES THE INSIDE AND OUTSIDE GROUNDS SURROUNDING THE BUILDING.

To ensure that all parents and players have a clear understanding of our Youth Basketball Program Policies we have put together this Parent' Manual. Please review the information and share it with your child. Please feel free to call the Recreation Office if you have any questions.

We have received the 2018-2019 Youth Basketball Parents Manual including the "Good Sportsmanship Pledge" and Parent Information on Concussions. We agree to abide by the policies set forth by the Plainfield Recreation Department Youth Basketball Program.

Parent Signature _____ Date _____

Player Signature _____ Date _____

Player's Printed Name _____ Division _____

Shirt Size: please circle

YS (6-8) YM (10-12) YL (14-16) AS (34-36) AM (38-40) AL (42-44) AXL (46-48)