

Carmichael Recreation & Park District: Elementary Basketball Program



Carmichael Recreation & Park District would like to welcome you and your family to our program. We appreciate your involvement in our community and your commitment to an active life for your youth. This recreational basketball league is designed for our young participants to learn the fundamentals of basketball, build positive social relationships, and to make sure that every child, no matter the skill level, has a positive and fulfilling experience in this league.

Our youth sports philosophy focuses on five main areas. They are:

- 1) **Everyone Plays.** We do not use tryouts to select the best players, nor do we cut kids from our youth sports. Everyone who registers is assigned a team. During the season everyone receives practice time and game time.

- 2) **Everyone Learns.** All participants have different levels of experience. Here are some areas we focus on and strive to improve skill level in all our players:
 - Dribbling—Using fingertips, dribbling low, eyes up, under control, right and left handed

 - Shooting—Body squared up and balanced, shooting hand underneath, guide hand on side, ball off palm, elbow in, wrist snap and follow thru

 - Passing—Step into the pass, extended arms, thumbs down, lead receiver, fake a pass/make a pass, stay balanced

 - Lay-Ups—Use appropriate speed, jump off the opposite leg as shooting hand, lift shooting hand and knee, shoot not scoop, use backboard, right handed, left handed

 - Defense—See the ball, stay in between offensive player and basket, talk to teammates, sprint from offense to defense, apply pressure to ball handler

 - Rebounding—Box out opposing player, track the ball and pursue, jump and catch the ball the highest point, hold the rebound firmly under the chin with elbows extended, outlet to teammate

- 3) **Fair Play.** Fair play is about more than playing by the rules. It's about players, coaches, and parents showing respect for all those involved. It's about being a role model of good sportsmanship and guiding others to do the same. We are not only developing a player's basketball skills, we are also developing their character.

- 4) **Positive Competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. This means that decisions are made in the best interests of the children involved above winning the contest.

- 5) **Sport for Fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Remember, these sports are for the kids. If we take the fun out of the sport, we are in danger of our children taking themselves out of the sport. Let us make sure the kids are having fun!

FAQ's – Frequently Asked Questions

1) When and where are the practices?

Practices are Friday nights at the La Sierra Community Center. Parents will be emailed the team, coach, and practice time by December 12th. First practice is December 14th.

2) When and where are the games?

First games are on January 12th. All games are the La Sierra Community Center. A season schedule will be completed and emailed to the parents after the New Year, they will also be distributed at practices on January 11th. We will also post it on our website at www.carmichaelpark.com

3) Are there practices and games during winter break?

There are no practices December 28th and January 4th. Practices resume January 11th, 2019 and games start January 12th, 2019.

4) Jerseys and Equipment:

Your registration fee includes a personal reversible jersey. You will receive your jersey prior to your first scheduled game. We also provide all the necessary equipment for practices and games.

5) Team Formation:

Players are grouped together by the school they attend and any parent requests for friends or family. Please write any requests for team placement on your registration form in the notes area. You can also complete a form with our coordinator at the clinic date. Any players who do not attend a school in the area are welcomed to play. Those players will be placed on a team with other players in a similar situation. Teams may consist of several schools when there are not enough players from a school to make a complete team. Parents will be notified by December 12th of what team their child is on, their coach, and practice time.

6) Coaches:

All of our staff coaches are fingerprinted, drug tested, and TB tested prior to coaching their team. Our coaches also receive several hours of training and all are very knowledgeable about the sport. Our parent volunteer coaches are also fingerprinted and trained. If you are interested in getting involved with the team please email sports@carmichaelpark.com.

7) Picture Day:

Picture Day is on February 2nd and information will be handed out to parents two weeks prior to the date. No one is required to purchase any pictures but we do ask for all players to be present for the team photo for those who do wish to purchase them.

8) Who do I contact if I have any questions, concerns, or comments?

Please contact:

Courtney Onstot
Recreation Coordinator
sports@carmichaelpark.com
(916) 483-7826 ext. 30

Matthew Zimmerling
Recreation Supervisor
mzimmerling@carmichaelpark.com
(916) 483-7826 ext. 26

What You Can Do to Help Create a Positive Environment

We would like to take this opportunity to share with you some tools that you as a parent can use to encourage your young one this season. Help us promote the three Positive Coaching Alliance principles which have the power to “transform youth sports so that sports can transform youth.” The three principles are:

Redefining “Winner” Filling the Emotional Tank Honoring the Game

Redefining “Winner”

To help our children get the most out of sports, we need to redefine what it means to be a “winner.” Winners are people who:

- Make maximum effort
- Continue to learn and improve
- Refuse to let mistakes (or fear of mistakes) stop them

Here’s how you can help:

- Tell your child that it’s OK to make a mistake
- Let your child know you appreciate it when he/she tries hard even if unsuccessful
- Ask rather than tell. Try to get your child to talk about his/her play rather than telling him/her what you think about it.

Filling the Emotional Tank

There will be times when you need to correct and criticize. Research has shown that a “Magic Ratio” of 5:1 (praise to criticism) is ideal.

Here’s how you can help:

- Your #1 job is to fill your child’s Emotional Tank. Encourage him/her regardless of what happens in the game
- Try not to give your child a lot of advice, which after a tough game can seem like criticism, which drains a person’s tank. After tough losses, it’s often helpful to acknowledge feelings of disappointment.
- Use the “3-pluses- and-a-wish” technique. Before you give advice, find three good things about your child’s performance. Phrase the advice as a wish:
 - You really tried hard in the game today (plus #1)
 - I also saw you encouraging your teammates (plus #2)
 - And that play you made toward the end of the game shows how much you are improving (plus #3)
 - I wish you wouldn’t get down on yourself when you make a mistake

Honoring the Game

Honoring the game gets the **ROOTS** of positive play, where ROOTS stands for respect for:

Rules – We don’t bend the rules to win

Opponents – A worthy opponent is a gift that forces us to play to our highest potential

Officials – We treat with respect even when we disagree.

Teammates – We never do anything that would embarrass our team on or off the court

Self – We live up to our own standards regardless of what others do

Here’s how you can help:

- Discuss the meaning of Honoring the Game with your child
- Be a good role model. Honor the Game when you attend. Cheer both teams when good plays are made. If, in your opinion, an officiating mistake is made, be silent! Use this as an opportunity to think about how difficult it is to officiate a game perfectly.
- Encourage other parents to Honor the Game



Youth Basketball



Player's Code of Conduct

- 1) **Good Sportsmanship** – Part of participation in a sport is showing respect for all participants in the game. Play fair. Be a leader. Set the example. Rise above poor behavior and treat others with kindness.
- 2) **Have Fun** – Win or lose, try to enjoy every moment on the court. Remember that this is an opportunity to learn and to have fun!
- 3) **Give Maximum Effort** – Play hard and hustle during practices and games.
- 4) **Listen To Your Coach** – Your coach has knowledge and experience playing the game so listen to him/her on how to improve your skills. Make the most of the opportunity.
- 5) **Be Patient With Your Teammates** – Every player on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their game – just as they will be patient with you improving your game. Basketball is a team sport. Success can only come when the entire team works and plays well together.
- 6) **Respect The Referees** – Referees have a difficult task to perform and you could not play the game without them. They are there to enforce the rules of play but they cannot always be right. Accept bad calls graciously. Control your temper. Abuse of referees is unacceptable behavior.
- 7) **Use Good Language** – Profanity and inappropriate language is never allowed while participating in our program.
- 8) **Respect the Rights, Dignity and Worth of Every Person** – Everyone is entitled to equal treatment and respect. Verbal or physical threats or abuse aimed at any coach, parent, player, participant and referee is never allowed.
- 9) **Be Prepared to Lose Sometimes** – Everyone wins and loses at times. Be a fair winner and a good loser. Disappointment at losing is natural, but know that even in defeat, the athlete has achieved something just by playing.
- 10) **Always Respect the Use of Facilities and Equipment Provided** – Facilities and equipment cost money and will only function properly if kept in good order. Keep everything in good condition and use them as they were meant to be used.

Any violations to this Code of Conduct will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by head coach, referee, and/or league supervisor
- Phone call to parents regarding behavior
- Sitting out of practice
- Suspension from a game with parental notification
- Suspension from the remainder of the season with parental notification

Player Code of Conduct: Elementary Basketball

Player's Name: _____ Grade: _____ School: _____ Date: _____

Player's Signature: _____ Parent/Guardian's Signature: _____

Please return the bottom part of this form to your coach.

Elementary Basketball Rules

I. Teams

- 1) Teams can only have five players on the court during play. More than five, including the coach, will be a violation and two points and the ball are given to the opposing team.
- 2) A team can play with a minimum of four players. Three players and below will be an automatic forfeit.

II. Timing

- 1) The game is divided into four quarters, 8 minutes each quarter
- 2) The clock continuously runs during quarters (even free-throws) except for the last two minutes of the 2nd and 4th quarters.
- 3) Approximately 1 minute between quarters and 3 minutes for halftime.
- 4) TIME-OUTS: Each coach has two time-outs per half. Time-outs do not carry over from half to half or into overtime. One time-out per coach is given for overtime period. Time-outs are approximately 45 seconds.
- 5) OVERTIME: In the result of a tie at the completion of four quarters a 2 minute overtime period will be played. If the game remains tied after the 2 minutes have expired, the game ends in a tie.
- 6) SUBSTITUTIONS: All players substituting into the game must check in with the score table. Players should not run directly from the bench onto the court to sub into the game.
- 7) In 3rd & 4th grade ONLY, on dead balls in the last one minute of the 4th quarter the game clock will not start until the ball reaches half court. (Games that have a 10 point difference or more will not abide by this rule).
- 8) Teams only have ten seconds to advance the ball past half court.

III. Scoring

- 1) Any basket from the floor scores two points (no three-pointers). One free-throw counts as one point.
- 2) The team that is ahead at the end of the game is declared the winner.
- 3) Technical fouls will score two automatic points and ball possession for the opposing team.
- 4) If a team is ahead by more than 15 points, the score will be kept on paper only and the score board will only show a maximum of 15 point difference.

IV. Putting the ball into play

- 1) Jump ball in the center jump circle will start the game.
- 2) Throughout the game, the alternating possession rule will be used when the ball is tied up between two opposing players, or when an out of bounds ball possession is uncertain.
- 3) After each successful basket or free throw, the ball is put into play at the end of the court by the team against whom the score was made.
- 4) **PRESSING:**
 - a) 3rd and 4th grade levels are NOT allowed to full-court press at all during the game.
 - b) 5th and 6th grade levels can only full-court press during the last two minutes of the fourth quarter and any overtime period.
 - c) If a team has a lead of 10 points or more by the last two minutes of the fourth quarter, then the team with the lead CANNOT press during this time.
 - d) If a team has a lead of 10 points or more during anytime of play, coaches must call off any half-court press or trap defense.
 - e) Violations of these pressing rules will result in a technical foul on the Coach.

V. Violations

- 1) The penalty for a violation will be the awarding of the ball to the opponents at the nearest out of bounds point. The following are violations.
 - a) Traveling – taking more than one step with the ball without passing, dribbling, or shooting
 - b) Stepping out of bounds with the ball, last touching the ball which goes out of bounds.
 - c) Double Dribble – a second series of dribbling without another player handling the ball, palming (not clearly batting) the ball or dribbling the ball with both hands at once.
 - d) Stepping out or over a restraining line during a jump ball or free-throw.
 - e) Intentionally kicking the ball.
 - f) Remaining in the key more than three seconds by the offensive team under their offensive basket (Three seconds start once the ball crosses half court).

VI. Personal Fouls

- 1) Personal fouls are things like holding, pushing, hacking, tripping, charging, blocking, and unnecessary roughness.
- 2) The following acts are a foul when committed against a ball handler/dribbler:
 - a) Placing two hands on the player

- b) Placing an extended arm bar on the player
 - c) Placing and keeping a hand on the player
 - d) Contacting the player more than once with the same hand or alternating hands
- 3) When a foul is called, the referee will signal the number of the player who committed the foul to the scores table.
 - 4) If the foul was committed on the ground, then the ball will be awarded on the sideline.
 - 5) If the foul was committed while shooting, then two free-throws will be awarded (unless basket was made then only one free-throw will be awarded).
 - 6) All fouls committed in the last two minutes of the 2nd and 4th quarters are automatic free throws including offensive fouls.
 - 7) Each player only gets 5 personal fouls called against him/her. Once the fifth foul is called, that player is disqualified and cannot play the rest of the game.

VII. Technical Fouls

- 1) Include failure to report substitution, delay of game, unsportsmanlike or disrespectful conduct (players, coaches, and fans).
- 2) Any technical foul is an automatic two points for opposing team.
- 3) Technical fouls and personal fouls are combined.
- 4) An unsportsmanlike technical foul results in immediate expulsion for the remainder of the half. Depending on the severity, an unsportsmanlike technical foul may result in immediate expulsion for the remainder of the game (decided by the referee and coordinator).
- 5) A technical foul may accompany a personal foul. If the personal foul warrants free throw(s), the fouled player will take shots without players on the free throw lanes. The ball is then awarded out-of-bounds at half court to the team who was fouled.
- 6) Coaches' technical fouls will be given after the official first warns the offender to stop directing unnecessary, rude, and uncalled for comments to the officials. If a coach fails to comply, a technical can be called on the offending coach. No coach will yell at or make rude comments to an official.

VIII. Officials

- 1) Officials will be assigned to all games by the Recreation & Park District, and will have complete charge of the games.
- 2) They have the power to banish any player, coach, fan from the game or gym for misconduct delaying the game, or any other reason deemed necessary for the good of the game.

- 3) Remember this is a RECREATION league (not competitive) please be respectful to officials at all times. If you have a concern about an official, please talk to the league coordinator.
- 4) Continuous disrespectful behavior by a coach will result in a request to step-down as coach for the remainder of the season.