



City of Council Bluffs Youth Basketball Rule Book

Last Updated: 2019

YOUTH BASKETBALL RULE BOOK

***RULES OF CONDUCT – For Players, Parents, Spectators, Coaches, and Umpires:

All participants in Parks and Recreation programs, including players, parents, spectators, coaches, and umpires, will treat each other with courtesy and respect at all times.

Unsportsmanlike behavior, including (but not limited to) vulgar language, derogatory comments, threatening words or actions, or physical violence of any kind will not be tolerated. Disciplinary action can and will be taken, if warranted.

Umpires have the right to eject players, parents, spectators or coaches from the game or game area. If more severe sanctions are recommended, the Parks and Recreation's policies will be followed (copies of this policy are available upon request).

- I. Pre-Season Meeting
 - A. ***At least one representative from each team MUST attend the pre-season coaches' meeting. Failure to attend this meeting may result in the team's being ineligible to play.

- II. Coaching Certification
 - A. Each coach must sign and return the attached "Pledge of Ethics."
 1. All coaches will be held to all Pledge standards for the duration of the season.
 - B. Background checks will be done on all coaches.

- III. Eligibility
 - A. Age Limits
 1. Players must be in kindergarten and not in the 4th grade.
 - B. Birth Certificates and Contracts
 1. Birth certificates are not required for this league.
 2. Signed registration forms are required for each player, and must be turned in prior to the first game.
 - C. Recommended Maximum Players per Team
 1. A suggested maximum of ten (10) players per team is allowed. All players must be listed on the official roster. This gives enough players for subs and still allows ample playing time for each player.
 - D. Roster and Payment
 1. A team's complete payment and roster with players' names, birth dates, addresses, ages, coaches' names and phone numbers must be turned in WITH all signed contracts one week prior to the start of the season. *If all information is not on file, the team will be considered ineligible and will forfeit each game until the information is on file.*

- IV. Scoring and Make-ups
 - A. No score is kept for this league.
 - B. Weather issues and cancellations will be rescheduled if time is available.

- V. Court Measurements and Equipment

1. Ball sizes – K-1st will play with a Junior 27” ball, 2nd-3rd will play with a women’s 28.5” ball
2. Hoops – K-1st will play on 7 ft. hoops, 2nd-3rd will play on 9’ hoops
3. Game balls and a few practice balls will be provided for each game.

VI. Length of Games

- A. Each game will last for approximately one hour.
- B. There will be a warm up/practice period the first 10-15 minutes before each game.
- C. Games will consist of (4) 7-8 minute quarters.
 1. Staff reserves the right to shorten quarters and breaks as needed.
 2. There will be a running clock which will only stop for time outs or injuries.
 3. Each team will have 1 time out per half.

VII. Player Participation

- A. K-1st graders will play 4-on-4, 2nd-3rd grades will play 5-on-5.
- B. Each player should have an equal amount of time to play during each half.

VIII. Rules of Play

A. Kindergarten-1st Grade

1. This is a skill building fundamental league that is designed to teach our players the skills of basketball.
2. The skills of dribbling, shooting, and passing should be reinforced throughout the game. Players at this level are still learning about spacing out, sharing (passing), and dribbling. Most players will catch the ball (rebound), run out of the group, dribble once or twice, and run to their hoop and shoot. We hope that by the end of the league players will be able to perform more of the skills in the game of basketball.
3. Full court press is not allowed. Defense should be played after the ball has crossed the center court line. Keeping the defense inside the painted free throw area while the offense dribbles and passes and shoots is preferred.
4. Stealing is not allowed. Loose balls may be grabbed by either team but defensive players shouldn’t pull the ball out of an offensive player’s hands or try and swat the ball out of their hands.

B. 2nd-3rd Grade

1. This is a skill building fundamental league that is designed to teach our players the skills of basketball.
2. The skills of dribbling, shooting, and passing should be reinforced throughout the game. Players at this level are still learning about spacing out, sharing (passing), and dribbling. Fouls and violations will be called when it directly impacts the game. (Ex. If a players is dribble before the center court, double dribbles once and then continues to dribble a violation will not be called. Ex. If a player runs with the ball for 10 steps, dribbles once, and runs again a traveling violation will be called.)
3. Violations that involve physical contact against another player (blocking, pushing, etc.) will be enforced.
4. Full court press is not allowed. Defense should be played after the ball has crossed the center court line. Defense may attempt to steal the ball after the center line is crossed.

5. Free throws will not be shot. After a foul the offended team will take the ball out of bounds.

IX. Uniforms and Sponsorship

- A. Uniforms are provided for this league and will be given to the coaches before the first game. If you have a blue & grey shirt from a previous sport you may wear those, a \$5 discount will be available toward your registration fee.

***Parks and Recreation Youth Sports
Roster***

League: _____ Team Name: _____

Coach: _____ Asst. Coach: _____

Address: _____ Address: _____

Home Phone: _____ Wk Ph: _____ Home Phone: _____ Wk. Ph: _____

Email: _____ Email: _____

Signature: _____ Signature: _____

Player's Name Address Phone Birth Date Age

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

Council Bluffs Youth Sports

COACH'S PLEDGE

1. I will, at all times, make the physical, mental and emotional health of my players my top priority.
2. I will emphasize helping my players grow and develop as people more than winning.
3. I will recognize the individual needs and talents of each of my players.
4. I will be respectful at all times in my dealings with players, parents, spectators, and officials.
5. I will strive to make fun and learning the primary goals for my team.
6. I will abide by all safety considerations, including equipment, facilities, and weather conditions.
7. I will abstain from using profane language in front of my players.
8. I will abstain from using alcohol, tobacco products, or any kind of controlled substances around my players.
9. I will communicate all information about the team to my parents in a timely fashion, including my coaching philosophy, practice times and locations, game times and locations, rainout information, and any other relevant details.
10. I will be a positive role model for all aspects of the game.
11. I will follow all local, state, and association rules for my sport.

Team Name: _____

League: _____

SIGNATURE

DATE