



Youth Basketball Volunteer Coach Booklet



THANK YOU



for being the Head Coach of your child's team!

**We could not hold Youth
Basketball without
volunteer coaches like you!**

Requirements to be a Head Coach

- Willing and able to lead team:
 - o **Teach and exemplify good sportsmanship** to help players learn and practice good sportsmanship and make friends
 - o **Teach players rules and fundamentals** through practices and at games to help players learn and develop skills of sport
 - o **Start positive communication** with players and parents (and continue throughout season) to make sure everyone on the team is included
 - o **Distribute/communicate league information** to players and parents to help season run smoothly
 - o **Involve parents** in season to ensure player safety and development of sportsmanship and skill
- Pass local/national background check
- Complete Youth Protection Training
- Fill out Ivins City Volunteer paperwork

Teach and Exemplify Good Sportsmanship

This is a recreational league!

Having fun, learning fair play and sportsmanship, making new friends and developing new skills are always most important.

Remember, as a coach, your team will learn from your example! Be respectful in how you treat officials, the rules of the game and of the facility and the players and coaches of other teams.

Do not let players pick on or make fun of any player, especially those on their team. Teach players to cheer on and encourage their teammates.

Great sportsmanship involves valuing others.

Teach your team how to value their opponents as well as their teammates.

Keep players near you when they are not in the game. Teach them to pay attention to the game and cheer on their teammates.

Trash talking is not allowed. Trash talk is talk that may be offensive to officials, opposing players, teams or spectators. Trash talk will receive a warning and then will result in removal from the game.

Use of profane or abusive language will result in removal.

We expect all participants (players, coaches etc.) and spectators (parents, families etc.) to behave appropriately.

Teach Rules and Fundamentals

Teach the players on your team the rules of the game and help them improve. Run practices using drills and activities that will help each player on your team develop and improve skills. Focus on a few skills at a time as you teach so that players can learn each one well.

Educational Clinic:

The educational clinic will be for the 1st-4th grade leagues in December. The leagues will be divided up into separate days/times so the gym is not overcrowded.

Parks&Rec staff will run the clinic. You do not need to teach, but are welcome to help. Encourage your team to attend.

Videos of Virtual Clinic:

Also links on city website



Practices:

Each league will have practice times scheduled throughout the season. Staff will be present to supervise, but it is up to you, as the head coach, to plan and carry out practice.

Practice schedules are as follows:

1st/2nd grade league: First 15 minutes of each game time at Lava Ridge Intermediate School

3rd grade league: Thursday evenings at Red Mountain Elementary School

4th grade league: Thursday evenings at Red Mountain Elementary School

5th/6th grade league: Tuesday or Wednesday evenings at Red Mountain Elementary School

There will be a practice schedule distributed.

Each team will have an assigned practice time and ½ court.

You can also schedule your own practices. If you hold practices outside of the league scheduled times, you must be present but make sure you are not the only adult present.

Positive Communication with Players

Show enthusiasm as you meet each player at the first practice!

Make every player welcomed, appreciated and part of the team at every game or practice throughout the season.

Always speak in a way that the players can understand. They're kids and some have not had a lot of experience playing this sport.

Smile, laugh, cheer! Never criticize!

Positive Communication with Parents

Contact all of the players on your team as soon as you get your team roster!

Parents have been eagerly waiting to hear from their child's coach! You don't need to wait until you have practices planned. At least first introduce yourself as the coach of their child's team.

Make sure you contact everyone on your team. Invite everyone to practice and make sure they know when your games are. If you cannot get a hold of a player/do not hear back, let the Parks and Recreation Dept know right away! We can contact them or give you alternative contact information.

Be sure you communicate with the parent(s)/ guardian(s)/ adult(s) responsible for each player and responsible for getting the player to games/practices. Sometimes an adult who needs to be included in team information does not have their number on the provided team roster.

Suggestion: Contact each player on your team individually first and ask if there are other adult(s) who need to be included in the team information.

Most teams tend to make a group message to send out information throughout the season. With this suggestion, you will know you have included everyone in one group message from the beginning.

Distribute/Communicate League Info

Before and throughout the season, you will receive things from Parks&Rec you will need to pass to your team. This includes:

Team jerseys. You will be able to pick up jerseys from City Hall usually the week before the season starts, if you want. Otherwise, jerseys will be brought for your team on the first night of games.

Sizes will be taped to the bag of jerseys. Hand out jerseys according to these sizes, not just by jersey number.

Equipment bag. You will receive an equipment bag containing all the supplies you need for games and practices.

Bring the equipment bag to each game and practice. If a parent is filling in for you at a game, get the equipment bag to them. We will have extra equipment at games, if needed.

After the last game of the season, empty your personal belongings from your equipment bag and turn it into staff. If you don't turn in your equipment bag on the last night, you will need to bring it to City Hall.

Reminders. Reminders about the schedule (including any changes/updates), Picture Day, practices etc. Throughout the season, you may get email(s) from Parks&Rec with reminders about league rules etc. Please pass these reminders along to your team.

Participation certificates. You will be given certificates at the end of the season (usually last game or 2nd to last game) to hand out. If there are kids on your team who are not at those game(s), give their certificate to staff and we will mail it to them.

Involve Parents

**Do not be alone with the players on your team.
Get parents on your team involved in helping
with the season!**

Involve Parents CONT

At **games**, there will be other adults present. Encourage parents on your team to stay for games and support or assist.

At the **league scheduled practices**, there will be other adults present. Encourage parents on your team to stay for practices and get involved with helping.

At any **practices you schedule on your own time**, you must be present as the adult who has passed the background check and completed the volunteer paperwork. However, you cannot be the only adult at these practices. Encourage parents to stay for practices and get involved with helping.

If you want a parent to run a practice that you scheduled on your own time, outside of the league scheduled practice time, **WITHOUT** you present, they **MUST** first complete the coach volunteer paperwork and background check. Contact the Parks&Rec Dept.

If you cannot make it to a game or a league scheduled practice time, any parent can fill in for you. Try to get your equipment bag to them so they can bring it to the game or practice, but Parks&Rec staff will have extra equipment.

Do not offer to give players a ride home. Make sure parents either stay for practice or are there on time to pick them up.

When registering, every parent signed a Parents Code of Conduct (included here) agreeing to create a safe, positive environment for all participants. We expect parents to behave appropriately at games and practices.

Encourage parents to work on skills at home with their child. Practicing at home reinforces what players learn in practice or at games and can help players improve.

Additional Resources

National Alliance for Youth Sports: nays.org/health-and-safety
FREE trainings on Concussion in Sports, Bullying Prevention, Child Abuse, Mental Health, Sudden Cardiac Arrest

Parent Code of Conduct

- I agree to provide positive support, care and encouragement for my child participating in this or any Parks and Recreation program.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and staff at every program I attend.
- I will place the emotional and physical well-being of my child ahead of any personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will provide support for coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will demand a drug, alcohol and tobacco free sports/recreation environment for my child and agree to assist by refraining from using these substances at all Parks and Recreation events.
- I will remember that the game is for children and not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans staff, and officials with respect regardless of race, sex, creed or ability.
- I promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

Ivins Basketball Rules

ALL LEAGUES RULES

Lava Ridge Gym Rules

All games played in the gym at Lava Ridge Intermediate School (2425 Rachel Dr Santa Clara, UT 84765)

Park in the N/S parking lots and only enter through the west gym doors. We are not allowed in any other part of the school!

There is no food allowed in the gym. There is a restroom off of the gym, but no drinking fountain. Bring your own water.

Only registered players allowed on the basketball floor.

Everyone else must sit in the stands - no playing on the floor!

Encourage players to leave their personal basketballs at home for games.

Game Rules

High School basketball rules will be used with the exception of the following.

Players

All team members shall play at least half of each game.

Please do your best to make sure every player plays at least half of each game, more if you can. No player should play the entire game, unless there are only five players.

Attire

Players should wear their game jersey to each game. The home team wears white, the visiting team wears blue. The home team is the team listed first on the schedule.

Players need to remove any bulky items or jewelry before games begin, such as necklaces or baseball hats.

Equipment

All games will be played with a women's regulation size basketball (28.5").

Out of Bounds

The ball is considered out of bounds when it touches the ceiling, overhead equipment, side baskets, etc.

ALL LEAGUES RULES CONT

Jump Ball

Each game will start with a jump ball and the Alternating Possession Rule is in effect to begin each period.

Jump ball, possession is determined by the alternating possession rule.

1st/2nd Grade League Rules

In addition to ALL LEAGUES Rules

Game Length

Each scheduled game time will start with 15 minutes of practice time. Each team will have $\frac{1}{2}$ court to practice.

After 15 minutes of practice, each court will start a scrimmage game. Each game will be six (6) four (4) minute periods with a one (1) minute intermission between periods and two (2) minutes during halftime.

Officials

Coaches will officiate games.

Staff will provide support to coaches by helping start game, keeping track of possession and keeping track of the game clock.

Gym Setup

This league will play on an 8ft basket.

Dunking or hanging on the rim is not permitted.

Scoring

No score kept.

There no three point shots for this age group. Please do not let players take half court shots, especially during warm up - someone can get injured!!

Defense

Players will play only man-to-man half-court defense only.

Double teaming will not be allowed. Players will wear colored wristbands so they can easily find the player they are to guard.

1st/2nd Grade League Rules CONT

Backcourt Pressure

There will be no back court pressure. The offensive team must be allowed to bring the ball until the free throw line, before the defense begins to defend them.

Please adjust to teams that are struggling, don't just steal the ball every time because you can.

Fouls

All fouls will be taken out, including shooting fouls. No free throws.

3rd Grade League Rules

In addition to ALL LEAGUES Rules

Officials

Staff will officiate games, including keeping track of possession and time clocks.

Game Length

Each game will consist of four (4) eight (8) minute quarters. The clock will continue running at all times except for time outs. There will be one (1) minute intermission between quarters and two (2) minutes during halftime.

Each team will receive four (4) timeouts, two per half. Each timeout will be 30 seconds in length. Timeouts may not be carried over from the first half to the second half.

You can sub on any dead ball QUICKLY within a few seconds. If you want a timeout, you need to clearly tell the refs you want a timeout. If you want to sub more than 1 or 2 players, you need to call a time out.

Gym Setup

This league will play on a 9ft basket.

Dunking or hanging on the rim is not permitted.

Scoring

No score kept.

There no three point shots for this age group. Please do not let players take half court shots, especially during warm up - someone can get injured!!

3rd Grade League Rules CONT

Defense

Players will play only man-to-man half-court defense only. Double teaming will not be allowed.

Please note: When in the lane, players may double team, as long as they are close to the person they are supposed to be guarding.

Backcourt Pressure

There will be no back court pressure. The offensive team must be allowed to cross over the mid court line, before the defense begins to defend them.

Please adjust to teams that are struggling, don't just steal the ball every time because you can.

Fouls

Only shooting fouls will receive free throws, the ball will be taken out on all other fouls.

Shooting Fouls

The free throw line is set at 15 feet from the basket.

The shooter and those not on the lane may not advance to the basket until the ball has made contact with the rim.

Players on the lane are allowed to enter the lane when the ball leaves the shooters hand.

Only six players are allowed to lineup on the free throw lane, the other three must be behind the shooter.

4th Grade League Rules

In addition to ALL LEAGUES Rules

Officials

Staff will officiate games, including keeping track of possession, time clocks and score.

Game Length

Each game will consist of four (4) eight (8) minute quarters. The clock will continue running at all times except for time outs. There will be one (1) minute intermission between quarters and two (2) minutes during halftime.

4th Grade League Rules CONT

Game Length CONT

Each team will receive four (4) timeouts, two per half. Each timeout will be 30 seconds in length. Timeouts may not be carried over from the first half to the second half.

You can sub on any dead ball QUICKLY within a few seconds. If you want a timeout, you need to clearly tell the refs you want a timeout. If you want to sub more than 1 or 2 players, you need to call a time out.

Gym Setup

This league will play on a 9ft basket.

Dunking or hanging on the rim is not permitted.

Scoring

Score will be kept with a 15 point spread. If a team is winning by 15 points or more, more points will not be counted until the score is closer than 15 points.

No standings will be kept.

There no three point shots for this age group. Please do not let players take half court shots, especially during warm up - someone can get injured!!

Defense

Players will play only man-to-man half-court defense only.

Double teaming will not be allowed.

Please note: When in the lane, players may double team, as long as they are close to the person they are supposed to be guarding.

Backcourt Pressure

There will be no back court pressure. The offensive team must be allowed to cross over the mid court line, before the defense begins to defend them.

Please adjust to teams that are struggling, don't just steal the ball every time because you can.

4th Grade League Rules CONT

Fouls

Only shooting fouls will receive free throws, the ball will be taken out on all other fouls.

Shooting Fouls

The free throw line is set at 15 feet from the basket.

The shooter and those not on the lane may not advance to the basket until the ball has made contact with the rim.

Players on the lane are allowed to enter the lane when the ball leaves the shooters hand.

Only six players are allowed to lineup on the free throw lane, the other three must be behind the shooter.

5th/6th Grade League Rules

In addition to ALL LEAGUES Rules

Officials

Staff will officiate games, including keeping track of possession, time clocks, score and standings.

Players

A team can play with 4 players on the court. If the team has less than 4 eligible players during any point of the game, then the game will be considered a forfeit.

Game Length

Each game will consist of four (4) eight (8) minute quarters. The clock will continue running, except for time outs.

The clock will stop for all fouls and violations during the last minute of the game. If a team is up by 15+ points, the clock will only stop for timeouts.

There will be a one (1) minute intermission between quarters and two (2) minutes during halftime.

Overtime period will be 3 minutes. If still tied we will go to a sudden death format, where we start with a jump ball and the first to score is the winner.

Timeouts

Each team will receive four (4) 45 second time-outs per game. Coaches may use them as they see fit.

5th/6th Grade League Rules CONT

Gym Setup

This league will play on a 10ft basket.

Dunking or hanging on the rim is not permitted.

Scoring

Score and standings will be kept with a tournament for league champion at end of season.

Tie Breaker to determine tournament seed:

- Head to head record
- Head to head point differential
- Total points allowed
- Total points scored
- Coin toss

Defense

No restrictions on defense.

Backcourt Pressure

Full court pressure allowed if the score is within 15 points. If a team is winning by 15 points or more, only $\frac{1}{2}$ court pressure is allowed until the score is closer than 15 points.

Fouls

Only shooting fouls will receive free throws, the ball will be taken out on all other fouls.

Shooting Fouls

The free throw line is set at 15 feet from the basket.

The shooter and those not on the lane may not advance to the basket until the ball has made contact with the rim.

Players on the lane are allowed to enter the lane when the ball leaves the shooters hand.

Only six players are allowed to lineup on the free throw lane, the other three must be behind the shooter.

**“Do not let what you cannot do
interfere with what you can do.”**

-John Wooden



IVINS CITY

Ivins City Parks and Recreation

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