



YOUTH BASKETBALL HANDBOOK



WEATHER CANCELLATIONS: Call our Play Line for weather cancellations or latest information- 804-693-5811

QUESTIONS OR FEEDBACK. If you have questions or would like to provide feedback on the program contact Ron Alston at ralston@gloucesterva.info or 804-693-1262



FREQUENTLY ASKED QUESTIONS

1. **Question:** My child has never played before. Will they be ok?
Answer: GPRT Youth Basketball Leagues are for all levels of talent and experience. Beginning players are always welcome and encouraged.
2. **Question:** Can I request to be on a certain team? What about carpool request
Answer: No. Players cannot request teams and coaches may not request certain players. Priority is given to creating a fair system which tries to balance talent out among the teams. All roster assignments are done by the GPRT Athletic Supervisor. Carpool request are considered, but only ONE carpool request per registrant. Although we like to make things easier on the parents, requests are not guaranteed to be honored.
3. **Question:** When and where are practices?
Answer: GPRT Youth basketball practices occur Monday-Thursday evening. Although, your team will practice only 2 times per week out of those days. Usually Monday/Wednesday or Tuesday/Thursday. Practice times 6pm or 7pm. Each team gets half court to practice. We use Schools across the county including Bethel, Peasley, TC Walker, Botetourt and Achilles. Games are Saturdays at Botetourt or Achilles.
4. **Question:** Will my child receive a trophy?
Answer: GPRT currently does not provide trophies or medals for participation. Although during a sponsored tournament or event, these may be provided. It is the coaches discretion if they would like to provide trophies for their team, although participation in a sports, making friends and developing skills is a great trophy within itself!

YOUTH BASKETBALL LEAGUE ADDITIONAL RULES

- I. **JEWELRY (INCLUDING EAR RINGS)** – With the exception of medical or religious jewelry, players may not wear any jewelry. This includes ear rings. This is a safety issue.
- II. **Spectators-** All spectators must sit on the sideline opposite the players. Spectators may not be along the end line, near the goal, or near the player benches.
- III. **CLOCK** – Games will use a running clock. The clock will stop only for shooting fouls , injuries , or timeouts. The last 30 seconds of the 1st and 3rd quarters and the last 2 minutes of the 2nd and 4th quarters will be regulation time. There will be two time outs per half.
- IV. **Please never harass the VOLUNTEER officials. If you have constructive criticism to offer that will help them as new officials become more efficient offer the advice at a proper time in a proper way. The advice should have nothing to do with whether a call was for or against your team. And we can always use extra volunteer help in this area!**
- V. **FOULS:** If a team is reduced to less than 5 players due to fouls they may bring back the 1st kid to foul out. The player may then receive up to 7 fouls before they are again disqualified after the 7th foul. When a player commits his/her 6th and/or their 7th foul the penalty will be two shots and the ball. After that child is out the next child who fouled out may re-enter under the same rule. One and one will be shot on the 7th team foul of a half. Alternate jump ball will be used. Repercussions for a child receiving multiple technical fouls will be under discretion of the athletic supervisor.
- VI. **Any rules not covered by Parks and Recreation will be covered by Virginia High School Rules.**



RULES QUICK SHEET

	6-7y Co-ed	7-9y Girls	8-9y Co-ed	10-11 Co-ed	10-12y girls
Ball Size	28.5	28.5	28.5	28.5	28.5
Basket Height	8ft			10ft	
Game Time	7 minute quarters No Overtime	8 minute quarters No Overtime			
Foul Line	10ft	11ft		12ft	
Full Court Press?	No	No	No	Last 2 minutes of each half With less than a 10pt lead	
3 second rule (in the key)	Very Limited. Verbal warnings before whistle blowing. Called if players are at a distinct advantage	Very Limited. Verbal warnings before whistle blowing. Called if players are at a distinct advantage	Called often Some verbal warnings before whistle blowing	Called regularly Limited verbal warning	
10 second backcourt/5 second inbound	Yes				
Dribbling Violations (travel, double dribble etc)	Very Limited. Verbal warnings/coaching before whistle blowing. If an offensive player will gain a scoring advantage, call will be made.	Very Limited. Verbal warnings/coaching before whistle blowing. If an offensive player will gain a scoring advantage, call will be made.	Called often Some verbal coaching/warning given	Called regularly Limited verbal warning	
Substitutions (remember equal play time!)	Substitutions must be made during dead ball situations. No substitutions made on the fly				



PARENTS CONTINUED..

Volunteer Coaches.

Volunteer Coaches are the greatest asset we have in the community. All coaches in the youth leagues for Gloucester County Parks Recreation and Tourism are volunteer coaches. They do not get paid. They are making a commitment to help out the youth of the community because they want to give back. Please help them out in any way you can. All coaches attend our coaches meeting and submit to a background check.

Cheering and Jeering.

Parents are encouraged to cheer for their child, their team, or any player making a good play. Critical comments such as "I can't believe he made another error," "That kid is terrible," or even things like "you need to be tougher" are not in the spirit of a recreational youth program. Even adults have difficulty separating well-meant criticism from personal attacks. Parents should not be making critical comments about the other team. This includes cheering because a particular player was called for a foul or ejected, etc. Please be respectful and courteous. Every child is important. If comments made by parents are seen to be harmful or unsportsmanlike, coaches are the first line of defense to help keep things in perspective. If it becomes excessive, a member from the parks and recreation staff will communicate and possibly ask the parent to leave the premises.

**We are always looking for volunteer officials to help with our games!
Please contact the athletic supervisor if you are interested in helping
out. 804-693-1262**



HOW TO BE AN ALL STAR SPORTS PARENT

Make your child proud of you. Here are some great tips on being a sports parent.

Don't impose your ambitions on your child. Improvement and progress occur at different rates for different individuals. Don't judge your child's progress based on the performance of others, and don't push based on what you think they should be doing.

Don't create public scenes. If you have a problem with someone there are better ways to address it: talk to the coach privately, email the athletic supervisor, etc. Even if you're in the right, creating a public display undermines the coach or official and makes your child feel embarrassed of you.

Acknowledge your child's fears. Any game or big event is stressful. It's natural for a child to be anxious. Assure your child that you, the coach, and their teammates are all pulling for your child's success.

Do not criticize the officials. It gains nothing. It only distracts from the game and puts the focus on you instead of on the players where it should be.

Remember that there are goals besides winning. An honest effort, regardless of the outcome, is much more important than winning. Sometimes the road to player development and confidence is paved with small steps. At this level development and fun are more important than trophies.

Respect the coaches, even when you disagree. Coaches have a hard job. They are trying to develop players of varying talent levels, plan practices, encourage players, promote fun, teach, deal with parents' expectations, communicate to everyone, and yes—win games. And they do all of this because they want to help others, not because they're getting paid.

Not every player will play professionally. Statically the odds are actually better of getting struck by lightning. Encourage your child to dream big, to be focused, to be proud of their accomplishments but don't push your child so hard you don't leave room for them to have fun.

Best thing to say to your child before the game. "Have fun." "Play hard." "I love you."

Best thing to say to your child after the game. "Did you have fun?" "I'm proud of you." "I love you."
"I just love to watch you play"



PARENT'S PROMISE

I pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parent's Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of the children ahead of a personal desire to win.
- I will do my best to call the coach to let them know if my child will be late or miss a practice or game.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will discuss any concerns I have with the coach privately and respectfully.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol; and will refrain from their use at all youth sports events.
- I understand that coaches are volunteering their time and effort
- I will remember that the game is for youth—not for adults.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed, or ability.
- I will promise to help my child enjoy the youth sports experience by doing whatever I can such as being a respectful fan, assisting with coaching, or providing transportation.

Parent's Signature

Date



COACHES:

Program values. Gloucester County sports programs are built upon the foundation of Sportsmanship, Opportunity, Fun and Development. We believe kids should have a positive environment that:

- Teaches character lessons such as sportsmanship, personal growth, cooperative team work, fair play and overcoming challenges.
- Provides everyone an opportunity to enjoy the benefits of sports. Every player in our youth soccer league get to play. Coaches are also encouraged to give players opportunities to play different positions.
- An emphasis on fun is more important than a focus on winning. Players that enjoy a sport will continue to play. Winning a game is secondary. If you're worried more about the kids winning the game than whether or not they're having fun, this is not the place for you.
- Kids should learn the fundamentals of the sports and develop their skills. When kids do this the confidence, they earn becomes an important part of who they are. We believe that sports can teach kids valuable lessons about life while fostering physical skills and developing social maturity. Kids involved with sports routinely do better in school and get into less trouble. The key issue isn't about wins and losses on the scoreboard as much as it is about creating a situation where kids enjoy themselves while learning to be better players, and better people.
- All players should play equally. This means **EQUAL!!!!** Sitting and playing equally. You cannot do this correctly by winging it. If you need help let me know. Failure to comply with this rule may be cause for dismissal as a coach. If you do not accomplish this goal you are violating one of the most important philosophies of our youth programs. To accomplish this goal you **MUST** do a pre-game playing chart. You can not do it by winging it on the sidelines. The only exception to this will be for repeated absences, discipline or health considerations. In either case a coach must tell the field supervisor and the opposing coach.

Practices. GPRT Youth basketball practices occur Monday-Thursday evening. Although, your team will practice only 2 times per week out of those days. Usually Monday/Wednesday or Tuesday/Thursday. Practice times 6pm or 7pm. Each team gets half court to practice. We use Schools across the county including Bethel, Peasley, TC Walker, Botetourt and Achilles. If we get bad weather or bumped from a school for any reason, practices may not be made up due to the capacity of scheduling. Keeping in mind that players are also placed on teams based on their practice day availability, among other things. Teams will practice two times per week. Practices will begin one or two weeks after the coaches meeting. Players should make every attempt to be at each practice. Practices are as important an experience as the games and vital to development.

- Show up 10 minutes early. That goes for players and coaches. Coaches should remain until the last player is picked up.
- Be sure to clean your practice area when you are done. This includes collecting any water bottles or other trash.
- **COMMUNICATE WITH THE PARENTS THOROUGHLY!!!** Phone calls and group texts are best. Constant reminders/