

# Hamilton/Wenham Winter Basketball League

## Rules & Regulations for Grades 3 – 4

### Version: 2020-2021 Season

The Hamilton/Wenham youth basketball program for grades 3 & 4 emphasizes having fun, skill development, staying safe, and learning how to play the game as a team (including the rules) above winning. Our basketball league requires equal playing time for all players to ensure that everyone gets a chance to play. Our aim is to provide the children in our program with a positive youth sports program experience.

#### **Team Practices:**

- Each team will have dedicated practice days, times, and gym locations (coaches are responsible for communicating these directly with their teams)
- Generally, teams will practice 1 time per week

#### **Game Details:**

Games will be played on Sundays in the Hamilton/Wenham Rec center (unless directed otherwise). Games are 4 v 4 players, but may be adjusted based on the number of registrations each year or players able to attend each game (e.g. could be 3 v 3 if warranted by the number of participants). Games are completed within a 60 minute block of time and consist of:

- 5 minute warm-up at start, 5 minute half-time.
- Two (2) 18 - minute halves (with running clock except for foul shots and last 2 minutes of the half/game)
- Substitutions can occur at any whistle (game clock should stop during substitutions), and coaches should ensure new players to the floor understand their defensive assignments.
- Two (2) 30-second time outs per team per half.
- One (1) additional time out, per team, per overtime period.
- One (1) 2-minute overtime period if needed and time allows within the 60 minute block of time. If at the end of the overtime period the game is still tied, it ends in a tie. In overtime, it is a running clock except during the last 30 seconds or foul shots.

Any non-shooting foul results in a one & one foul shooting situation during the entire overtime period.

#### **Equal Playing Time is Mandatory:**

Coaches are responsible to ensure each player receives equal playing time each game (to the best of their ability). Coaches are strongly encouraged to utilize a substitution worksheet to track their athlete's playing time. Coaches are REQUIRED to track their player's personal fouls, and team time outs, and to notify the referee, scorekeeper, and the opposing coach when they are out of timeouts or when a player has fouled out. In the event of a discrepancy about timeouts or fouls, the coaches from each team should work together to resolve the discrepancy as quickly as possible and inform the referee and scorekeeper of the resolution (remember, this is about the players having fun and learning how to play the game, not winning the game).

Coaches should do their best to "match up" their player's skill levels vs. their opponents.

#### **Only Man to Man Defense is allowed; No Zone Defense:**

**NO TRAPPING OR DOUBLE TEAMING IS ALLOWED.** "Man-to-Man" defense means to keep within 3-4 feet of the person you are guarding on the strong side. Weak side defenders may put one (1) foot in the lane. Two feet in the lane on the weak side or double teaming is a violation, which results in a warning. "Help" defense is only allowed between the 3 point arc and the "paint", but it must be "help & recover" or "switching" defense, so one offensive player is guarded by only one defensive player. The intention and spirit of this rule is to discourage teams on offense from isolating one strong player on one side of the court and have them go "one on one" for an extended number of times. (Inside the "paint" there should not be blatant double teaming, but there is so much traffic that it becomes too difficult for the official to manage the type of defense being played. If there is no advantage being gained then the official in all likelihood may not call the violation). No double team at any time!

## **Back Court Defense:**

Back court defense is not allowed at any time.

## **Fouls:**

- Any player assessed five (5) personal fouls, fouls out of the game.
- Foul shots will be taken throughout the game. If a player in the act of shooting is fouled, and makes the attempted shot, one (1) free throw is awarded. If a player is fouled while attempting to shoot and misses, shooter is awarded two (2) free throws. Foul shots are taken from the free-throw line.
- In the last two minutes of the game and the entire overtime, any non-shooting foul will result in a “one & one” foul shooting situation.
- Flagrant foul results in a technical foul and possession.
- Intentional fouls result in (2) free throws, no possession change except during rebounding or after free throw is made.

## **Warnings:**

Zone Defense, Backcourt Defense, and Double Teaming are violations, and each team will be given two warnings for each type of violation.

Any third violations of the same type previously given will result in a loss of possession at mid court.

During the first half of the season, referees will give each team warnings for traveling and double dribbling. A warning will result in the play stopping, the referee (and coaches) explaining to the player the reason for the warning, and the offense will inbound from the sideline to resume the game (no loss of possession). In the event of repeated or excessive violations, the referees retain the right to explain the violation AND turn possession over to the defensive team.

During the second half of the season, traveling and double dribbles will be called more often and result in a violation and loss of offensive possession.

## **Violations resulting in loss of possession:**

- Five Seconds on an inbound pass
- Ten Seconds in the backcourt (failure to penetrate frontcourt)
- Traveling (repeated or excessive in 1<sup>st</sup> ½ of season, any (loosely interpreted by the referee since we are talking about 3<sup>rd</sup> and 4<sup>th</sup> grade) instance during 2<sup>nd</sup> ½ of season)
- Double Dribble (repeated or excessive in 1<sup>st</sup> ½ of season, any (loosely interpreted by the referee since we are talking about 3<sup>rd</sup> and 4<sup>th</sup> grade) instance during 2<sup>nd</sup> ½ of season)
- Palming/carrying the ball in one hand (repeated or excessive in 1<sup>st</sup> ½ of season, any (loosely interpreted by the referee since we are talking about 3<sup>rd</sup> and 4<sup>th</sup> grade) instance during 2<sup>nd</sup> ½ of season)
- Stepping on/over the sideline/end line on an attempted throw in (repeated or excessive in 1<sup>st</sup> ½ of season, any instance during 2<sup>nd</sup> ½ of season)
- Offensive foul
- Stepping out of bounds/ball off player out of bounds
- Technical foul (no free throws are awarded if there are matching technical fouls)

## **Rim Height**

- Grades 3 & 4 players will be using an Intermediate Size ball (28.5”) and shooting at nets which are 9 feet high.

## **Miscellaneous:**

Any shot made behind the three point arc counts as two (2) points. This is a recreational league and we want the children to be focused more on advancing the ball versus running down the court and simply throwing up a 3 point shot every time. Any shot made behind the three point arc counts as two (2) points only.

## **Behavior / Code of Conduct**

### **Player Section**

All Hamilton-Wenham Youth Basketball League players need to read and follow the Behavior/Code of Conduct before participating in basketball games. The contract must be read with a parent or guardian as s(he) must sign the agreement. Player and parents (fans) agree to follow the Golden Rule of Sports: Treat opposing players, coaches, referees, and fans the way you would like to be treated yourself – with respect.

- I promise to respect my opponents (other teams) and will always cheer for my team and never against the other team.
- I agree to offer a sportsmanlike handshake to all opposing players and coaches after each game.
- I promise that I will learn to be a good sport whether my team wins or loses.
- I promise not to argue with any teammate, opponent, coach, or referee.
- I promise not to trash talk or taunt anyone on my team, the other team, or a coach or referee.
- I will never intentionally try to hurt another player.
- I understand that my coach's decisions are final, and I will accept my coach's decisions.
- I will never swear during a game or practice.
- I understand that if I fail to live up to these expectations, my coach may remove me from a practice or game, and that it is possible that I could lose the privilege of playing Hamilton-Wenham Youth Basketball.

### **Parent/Guardian Section**

The Hamilton-Wenham Youth Basketball Board of Directors asks that all parents and guardians show the players how to be good sports. Please help our league by applauding either team when completing a good play. Please do not complain about a call or decision in front of the players while a game is being played. Never embarrass a player, coach, or game official at any time. We encourage fair play at all times. We want our children to learn the value of being a good sport whether they win or lose.

### **Coaches Section**

All Hamilton-Wenham Youth Basketball League coaches need to read and sign the following contract before participating in basketball games. Coaches agree to follow the Golden Rule of Sports: Treat opposing players, coaches, referees, and fans the way you would like to be treated yourself – with respect.

- I promise to respect my opponents (other teams) and will always cheer for my team and never against the other team.
- I agree to offer a sportsmanlike handshake to all opposing players and coaches after each game.
- I promise that I will to be a good sport whether my team wins or loses.
- I promise not to argue with any teammate, coach, or referee.
- I promise not to trash talk or taunt anyone on my team, the other team, or a coach or referee.
- I will never intentionally try to hurt a player.
- I will never swear during a game or practice.

I understand that if I fail to live up to these expectations, the board may remove me from a practice or game, and that it is possible that I could lose the privilege of coaching Hamilton-Wenham Youth Basketball.

The Hamilton-Wenham Youth Basketball Board of Directors asks that all coaches lead by example and show the players how to be good sports. Please help our league by applauding either team when completing a good play. Please never embarrass a player, coach, or game official at any time. We encourage fair play at all times. We want our children to learn the value of being a good sport whether they win or lose.

**Additional Safety Rules:**

- All players must tuck in their shirts.
- Players are not allowed to chew gum while on the court.
- Players may not wear any jewelry on the court including necklaces, watches, rings, etc.
- Bouncing balls on the sidelines during games is prohibited.

## **2020-2021 Season COVID-19 Supplemental Rules & Guidelines**

We are focused on staying safe while playing rec basketball during the 2020-2021 season. To that end, we are adopting some modified rules and guidelines consistent with local travel team modifications and guidelines. Please be sure to read these rules and guidelines carefully. In the case of any conflict, all modifications below supersede any previously stated rule for the 2020-2021 season.

### **Youth Basketball Rules Modifications and Guidelines Winter 2020-2021**

#### **General Information**

This document was created to provide guidance for all participants during the upcoming basketball season. The goal of this season is to provide a framework that will allow players to participate in a safe environment, adhering to requirements laid out by the Massachusetts government's Executive Office of Energy and Environmental Affairs (EEA) as well as state and local departments of health (DPH) to avoid and respond to exposure to the COVID-19 virus.

In order for this season to be successful, ALL parties (players, parents, coaches, officials, and administrators, as well as facility managers) must engage in, and adhere to, guidelines and requirements presented here. Dealing with this pandemic has been, and is expected to be, a fluid situation that will undoubtedly change in the weeks and months ahead. As requirements as laid out by EEA and DPH change, the league intends to adhere to those changes as dictated by these governing bodies.

While these guidelines deal primarily with game day situations, it is expected that parents, coaches, players and town administrators will follow best practices to deal with COVID in their everyday lives in matters that include, but are not limited to, mask wearing, social distancing, monitoring health, and isolating and quarantining in accordance with state guidelines. Coaches and referees are especially encouraged to enforce safety protocols during practices and any team gathering during the season.

#### **General health/COVID guidelines**

- **Players, coaches, spectators may not attend practices or games if they are isolated for illness or quarantined for exposure to infection.**
- **Prior to attending practices, games or any team activity, players and coaches should check their temperature. If anyone has a temperature of 100 degrees or above, or if they have any other symptoms of COVID-19 infection, they should not attend the event. Anyone that has symptoms of COVID-19 infection should test and isolate in accordance with DPH guidelines.**
- **Players and coaches who are diagnosed with COVID-19 infection should rest and avoid exercise for ten days from symptom onset. In order to return to team activities, it is recommended a written clearance from their health care provider is obtained.**
- **Any player, coach or spectator who plans to attend a game who was exposed to COVID-19 must refrain from doing so until their 14-day quarantine is completed or a negative test that was taken 5 days from exposure must quarantine for 8 days.**

## Coaches

Coaches have always played a central role in leading team activities (instruction, managing practices, communicating with parents, etc.) beyond the game day coaching activities. Dealing with COVID significantly adds to the list of responsibilities that the coach will have. While this document focuses on game day activities, it is assumed that they will adhere to best practices in conjunction with town administrators and parents in ensuring safety precautions during ALL team activities. Following is a list of coach responsibilities: Please send this screening [check list](#) to your teams before each game and/or practice to ensure all guidelines are being followed.

- **Masks.** Players are required to wear cloth face coverings/masks per EEA guidelines, including covering both the nose and mouth at all times. Gaiters are NOT acceptable. Masks with valves or filters are NOT acceptable. It is the responsibility of the coach to make sure players and assistant coaches are wearing the mask properly. Head coaches should set the example and be diligent in wearing a mask at all times.
- **Mask breaks** may be taken for drinking, and when needed for breathing comfort.  
Identify a place during practice and games where players can do this safely and away from teammates or opponents. Require all players to have their own water bottles.
- A record should be kept of all individuals present at team activities.
- **Travel:** Face coverings are required during travel to and from games (if not from the same household). Coaches, please communicate this to players and parents.
- **Sanitizer.** Coaches must ensure that they, and all players, have adequate sanitizer (For HW Youth Basketball, this will be provided at the Rec Center). This should be used frequently, including prior to taking the court and returning to the sideline.
- Require players to refrain from sharing equipment or personal items (clothing, towels, etc.) Basketballs used during warmups should be cleaned before and after the activity.
- Follow the Pre-GAME & Pre-Practice instructions from the [check list](#) and ensure that all players and families know their responsibility to self-screen before attending any event (practice or game).

## Scorer's Table

- Personnel must be socially distanced and are required to wear a mask.
- Limit seats at the scorer's table.

## Team Benches

- Players should refrain from sitting directly next to each other on the player bench. Spread out to the best of your ability given the bench size.
- Coaches should identify a place for mask breaks and water break away from the bench.

## Game Officials:

- Must wear a mask at all times.
- Electronic whistles/noisemakers or under mask whistles are required.
- **Throw-in:** Official may stand 6 feet or greater away from a player making the throw-in and bounce the ball to the player on a front court throw-in.
- **Free Throw administration:** The lead official shall stand on the end line and bounce the ball to the free thrower.
- If a player is in violation of the mandatory mask rule, the official has the authority to send the player off the court.
- Address broken/damaged masks when the play advantage has subsided (similar to how injuries are handled).
- Must bring their own water bottles.
- Monitor the time of the game, start time of the next game, and warm up time to ensure we are staying on time.

## Spectators:

- Due to the size of the Rec Center and restrictions on capacity allowed in the gym (20 people in the gym is the maximum allowed by the facility), spectators are not allowed during games and practices.

## Parents and Players

While these guidelines do not specifically list parent and player responsibilities, please remember that they are inserted primarily for the benefit of the players and to provide an opportunity to play basketball this season. We ask each parent and player to thoroughly read through these guidelines and make a concerted effort to support your coaches, the officials and the facility coordinators in every way possible. This has to be a TOTAL TEAM EFFORT!

# Game Modifications:

- **Player Interaction**
  - Players should refrain from picking up another player by hand if a player has fallen to the court surface. (Unless deemed necessary to help player off court due to injury).
  - Players will refrain from huddling as a team prior to, during, or following free throws or other game situations.
  - The postgame handshake is suspended.
- **Coach Participation Limits**
  - No more than 2 coaches will be allowed on the bench at any time.
- **Jump Ball**
  - The jump ball will be eliminated to start the game and replaced with a throw-in at the division line.
  - The referee will toss a coin to determine the first possession.
  - To start an overtime period, a coin toss will be used to determine which team is awarded the ball. The possession arrow will be set to the opposing team in the same manner as to start the game.
- **Substitution process**
  - One player reports to the scorer's table when a team intends to substitute. Multiple substitutions can be made. When the horn sounds, players must enter through the scorer's table and use hand sanitizer (hand sanitizer will be available at the Rec Center).
  - Players must use hand sanitizer when entering or exiting the court at any time
- **Free throw situations**
  - To limit congestion and contact, free throw lanes will be limited to 3 players plus the shooter. This will include 2 defensive players and 1 offensive player, Plus shooter.
- **Quick whistle for a loose ball/tie up**
  - Point of emphasis – officials will quickly stop play/whistle during a loose ball/tie up between players in order to limit close contact. The possession arrow will be used as normal.
- **Inbound Play/Throw in**
  - On all throw-in/inbound plays, the defender will maintain a distance of 6 feet from the player inbounding the ball. Baseline throw-in from either baseline is allowed.