ROARING FORK YOUTH BASKETBALL LEAGUE

Rules and Standards

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Mission

The Roaring Fork Youth Basketball League is a recreational, developmental youth basketball league that focuses on fundamental basketball skills, education of basketball rules, sportsmanship, teamwork, and having fun. The goal of this program is to introduce first-time players to the game, as well as aid the improvement of beginner/intermediate level players. While standard basketball rules will apply, we also offer the following rules and guidelines to promote a positive, safe, and beneficial program for all involved.

3rd and 4th GRADE RULES & GUIDELINES

Equipment/Facility Specifications

TOPIC	RULE
Size of Ball	Boys and Girls size 5 (27.5”)
Height of Basket	8’
Size of Court	Ideal; 74’x50’
Distance of 3-Point Arc	N/A – 2 Points ONLY
Distance of Free Throw Line	N/A

Game Structure

TOPIC	RULE
Game Length	Two 20-minutes halves Stopped clock on dead ball in final 2:00 of regulation when score is within 10 points.
Halftime	3 Minutes
Players	5-on-5
Extra Periods	There are no OT Periods (Extra Periods).
Scoring	Free throw: No FTs in Games Shooting Foul- Missed Shot = Possession, Shooting Foul- Made Shot = 2 Points + Possession All field goals: 2 points. / No 3pt.
Timeouts	• Two 30-second timeouts permitted in each half of play • Unused timeouts may not carry over into the next half
Start of Game	Jump Ball, Possession Arrow Determines Ball at Halftime & Extra Periods
Playing Time	Equal playing time for all players

3rd and 4th GRADE RULES & GUIDELINES

Game Tactics

TOPIC	RULE
Set Defense	Only player-to-player, man defense is allowed. • Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive players movements with or without the ball. • The defensive player must stay on the same side of the court as the offensive player, divided by the rim line. • If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player. • "Help-and-Recover" defense is permitted, and off-ball spacing encouraged. • No Switching Allowed – Colored Wristbands Required – Guard Same Colors ONLY – Coaches dictate matchups and may only switch bands on dead balls.
Double-Team/Crowding	Double-teaming/crowding is not allowed.
Stealing	NO Stealing on the Dribble Stealing on the pass ONLY Refs are asked to enforce hand-checks and foul-contact on steal attempts.

Game Play

TOPIC	RULE
Backcourt Timeline	10 seconds (enforced by Referees). Over and back will not be called . Defenders can follow offensive player if they cross into the backcourt.
5-Seconds Guarded	Coaches encouraged to emphasize ball-movement on held-ball. Defenders are not allowed to grab ball when picked up on dribble.
Clock Stoppage	Timeouts, Injuries.
Blow-Outs	If point spread exceeds TWENTY (20) points, score will be kept on paper but not on the scoreboard, until differential returns to <20. Either team may substitute on any dead ball. • Subs must check in at the scorer's table and wait for the referee to wave them into the court.

Substitutions	• Players must run on/off the court during substitutions, and shake hands/'high-five'/exchange wristbands.
Violations	• 5-Second Inbounding violation loosely enforced • Sideline boundaries enforced during inbound • 10-Second back court loosely encouraged • 3-Second lane violation enforced
Fouls	Players are addressed at their 6th foul, and coaches are expected to restrict playing time. Bonus: N/A
Technical Fouls	Technical Fouls will result in an automatic 2 points and possession of the ball to the other team. • Technical on Player: Player must be removed from play for the remainder of the half (restrictive penalty). A second technical will result in a suspension for the remainder of the game, and a mandatory sit-down meeting with the League's Town Representative and head coach to discuss sportsmanship. • Technical on Coach/Bench: After a technical, the coach is restricted to his bench for the remainder of the game (no standing). If the coach continues to stand or engage the officials in a non-positive manner, a second technical may be called. A second technical for a coach will result in forfeiture of the game.
Bench	Players not in play must remain on their bench, seated. No dribbling/passing/playing with basketballs on the bench. Warning first, then unsportsmanlike conduct or delay of game may be enforced by the officials.

5th & 6th GRADE RULES & GUIDELINES

Equipment/Facility Specifications

TOPIC	RULE
Size of Ball	Boys & Girls Size 6 (28.5”)
Height of Basket	10’
Size of Court	84’/94’x50’
Distance of 3-Point Arc	N/A – 2 Point FGs ONLY
Distance of Free Throw Line	15’

Game Structure

TOPIC	RULE
GAME LENGTH	Two 20-Minute Halves, running clock. *Stopped clock on dead ball in final 2:00 of regulation when score is within 10 points.*
HALFTIME	3 Minutes
EXTRA PERIODS	There are no OT Periods (Extra Periods)
SCORING	Free throw: 1 point. / All field goals: 2 points. / **No 3 point FG.**
TIMEOUTS	• Two 30-second timeouts permitted per half of play with no carry over from first to second half. • One 30-second timeout granted for each extra period with no carry over from regulation or prior OT periods. • Unused timeouts may not carry-over into the next half or extra periods
START	Jump ball.
PLAYING TIME	Coaches discretion throughout competition. Equal Playing Time encouraged. Emphasis on inclusion and establishing understandable criteria for athletes to focus their efforts to earn more time.

5th & 6th GRADE RULES & GUIDELINES

Game Tactics

TOPIC	RULE
SET DEFENSE	• Man-to-Man (player-to-player) "Help & Recover" defense ONLY through January • All Zones or Varied Defensive Strategies behind half court are allowed beginning **at the halfway point of the season** • Coaches encouraged to gradually introduce zone sets, as well as various traps and/or help defense rotations.
PRESS DEFENSE	Full Court Pressing is not allowed in 5th/6th grade basketball
DOUBLE-TEAM/CROWDING	Allowed in zone or combination defensive schemes after Feb. 5th. Help defense and switching is encouraged throughout the season
STEALING FROM THE DRIBBLER	Allowed throughout the competition at coach's discretion. Reach- in fouls will be strictly enforced.

Game Play

TOPIC	RULE
BACKCOURT TIMELINE	10 seconds
5-SECONDS GUARDED	Referees and coaches encouraged to emphasize ball movement.
CLOCK STOPPAGE	• Timeouts and Injuries. • Final Two Minutes of Play (Score within 10 points)
FREE THROW TIME LIMIT	10 seconds
FREE THROW LANE	• Offense may have 3 players on the lane, including the shooter • Defense may have 4 players on the lane
SUBSTITUTIONS	Either team may substitute on any dead ball. • Subs must check in at scorer's table and wait for the referee to wave them into the court. • Coaches encouraged to require players to shake-hands or high- five the player they replace.

VIOLATIONS	• 5-Second Inbounding violation enforced • 10-Second back court enforced • 5-Second closely guarded will be enforced • 3-Second lane violation enforced
FOULS	Player fouls monitored by Coaches, Referees, Score Table. Players foul out at 5th individual foul. If the team is low on #s, fouled out players playing time restricted
TECHNICAL FOULS	Technical Fouls will result in an automatic 2 points and possession of the ball to the other team. • Technical on Player: Player must be removed from play for the remainder of the half (restrictive penalty). A second technical will result in a suspension for the remainder of the game, and a mandatory sit-down meeting with the league commissioner and head coach to discuss sportsmanship. • Technical on Coach/Bench: After a technical, the coach is restricted to his bench for the remainder of the game (no standing). If the coach continues to stand or engage the officials in a non-positive manner, a second technical may be called. A second technical for a coach will result in suspension from the remainder of the game, and a meeting with the league commissioner. In the event of a coach suspension, a Recreation Staff Member would be appointed to fill in for the remainder of the game, or a parent if a staff member is not readily available.
BENCH	Players not in play must remain on their bench, seated. No dribbling/passing/playing with basketballs on the bench. Warning first, then unsportsmanlike conduct or delay of game may be enforced by the officials.
BLOW-OUT GAMES	If the point-spread exceeds TWENTY (20) points; • The scoreboard WILL NOT reflect the actual score until the differential returns to within 20 points (accurate score kept in book). • Respect and sportsmanship emphasized by leading-team coaches. • Leading-team coaches are asked to emphasize patience and execution in offensive possessions. • Exploitative or unsportsmanlike conduct will be reported to the league commissioner by the officials.
ADVANCEMENT OF BALL AFTER A TIMEOUT	In the last 2 minutes of the 2nd half, and each extra period following a timeout, the ball may be inbounded from the offensive team's frontcourt opposite the scorer's table.

LEAGUE STATURE

LEAGUE STANDARDS

SPORTSMANSHIP

- Sportsmanship is respecting all opponents equally, no matter their record, skill, or ability.
- Sportsmanship is committing your best effort to every challenge with the intention of achieving mutual growth and to further development.
- Sportsmanship is respect – it must first be given before it can be earned.

SUCCESS

- Success is the peace of mind which comes from the self-satisfaction in knowing you did gave your entire effort in pursuit of your best potential.

ETIQUETTE

Hospitality

- Our athletic environments should be warm and welcoming to any and all visitors.

Respecting Officials

- Parents shouldn't interact with officials in any capacity, in any sport. If an interaction does occur, it has to be positive.
- How we as adults interact with officials directly influences our student-athletes' perception of referees and what is/what is not acceptable.
- How we react to adversity in competition impacts our athletes' ability to maintain focus and composure. If we want our student athletes to realize competitive greatness, we have to lead by example!

COMPETITIVE GREATNESS

Our youth sports are not about Wins/Losses. Our youth sports are about growth and development, and we emphasize the traits and values well-taught athletics can instill in young student-athletes.

If our youth can learn at an early age to respect and enjoy the process of growth, rather than focusing only on their W/L 'value', we will create a community of healthy competitors who can recognize and appreciate the lessons our sports can teach, prioritizing enjoyment and progress over trophies and records.

RFYBBL CODE OF CONDUCT

Youth Athletics Code of Conduct

To ensure the integrity of our leagues and safety of officials and participants the Youth Athletics Player Code of Conduct has been developed. Any questions of these guidelines can be brought to the attention of any Youth League City Representative or to any League- Representing City Official on-site.

1. Keep in mind that our leagues are focused on fun, safe, and fair play for all participants.
2. Respect across all four ROLES is expected, and direct dialogue should only occur between the Players, Coaches, and Referees during games.

   DIALOGUE: Player-Coach-Referee | Spectator-Spectator

   RESPECT*: Player-Coach-Referee-Spectators

   Between and across all ROLES involved
3. Remember that even professional officials cannot always make the right calls, nor can they always see an infraction/violation that takes place. Please understand that in this league, not every official is professionally certified and will sometimes be in training. Anything that distracts the attention of the game from the kids should be deemed inappropriate – and we should be teaching the kids to brush-off bad calls and focus on the next play, rather than dwelling on something that's ultimately out of their control.
4. Remember that calls do not get overturned in youth athletics! We do not have a replay center, and officials are supported in sticking to their calls regardless of the reactions of the spectators. Only another referee can overturn a referee's call. Let them do their job.
5. Teams are expected to inform their City's League Representative with any discrepancies regarding a questionable call made by an official. If further explanation or evaluation is needed then the City's League Representative from each City in the league will convene and discuss.
6. Any excessive physical contact (Unsportsmanlike Conduct) towards other participants or league officials may result in immediate police involvement. "Excessive Physical contact" includes but is not limited to an attempt to push, head butt, kick, punch, spit, bite, etc. The City's League Representative will determine game suspensions, removal from league play, and/or other disciplinary actions.

TIPS TO EFFECTIVE PARENTING IN YOUTH ATHLETICS

1. **Remember that winning isn't important.**
    a. There are many aspects of youth sports that are far more important than your child's team winning the basketball game. If you hold yourself to that expectation, your child will notice.
2. **Focus on your child's enjoyment.**
    a. It's better for a child to play on a weak team that emphasizes enjoyment, development, and allows the players to develop a passion for the sport, than a winning team that over-stresses commitment, intensity, and defeating opponents.
3. **Let the coach do the coaching**
    a. … And never undermine coaching decisions.
        i) Respect the ROLES of youth athletics, and the boundaries between them. When a child is being coached from two different directions, they are placed in the position of being forced to choose who they're going to listen to and who they'll 'disappoint'. This is a pressure no child should have to endure in youth sports.
        j) If you can coach, please volunteer to coach a team at the beginning of the season. If you cannot commit to the team for an entire season, please focus on encouraging from the sidelines, and helping develop the fundamentals at home. Encourage teamwork; both individual and collective growth.
4. **Don't be afraid to raise issues with the coach.**
    a. Too often parents will refuse to ask to meet the coach and discuss a problem they have. Instead, they choose to share the problem with other spectators or players. This only exasperates the issue.
    b. If you ever have an issue, ask to set up a meeting with the coach and find a private location to ask your questions and discuss solutions. If your questions are approached respectfully and the right way, all good coaches will be happy to answer and discuss. Keep in mind that you must be willing to receive an answer you might not want to hear.
    c. Volunteer coaches are instructed to be receptive to parent/spectator feedback while enforcing healthy boundaries;
        i. The 24-Hour Rule: After games, allow yourself 24 hours before approaching to coach to discuss issues or questions about the game. Emotions run high after the buzzer sounds – let both parties cool-off and reflect before discussing.
        ii. Feedback should never occur during practice or during games. Never allow a parent/spectator-coach interaction distract from a situation where the kids' participation should be the primary focus.

5. **Allow your child to be coached.**
    a. Trust the coach to do their job; sometimes expectations have to be upheld and players must be held accountable. We recognize the value of "tough love" while stressing the importance of tone and delivery method; coaches shouldn't yell, demean, or blame the players, ever. But when rules or expectations need to be enforced, healthy discipline is undeniably beneficial developmentally.
6. **Display good body language at games.**
    a. Your child will always know exactly where you are in the gym during games and practices. They will look at you often, and you can never know when.
    b. Your body language displays your emotions and if yours is visibly negative, your child will notice and may misguidedly attest it to their performance.
    c. If you ever catch your child looking your way, make sure you smile and wave, showing them you've enjoying being there.
7. **Know your role at the game & Don't stand out from the crowd.**
    "It amazes me that spectators want to coach, coaches want to officiate, and officials just want to watch the game." Lou Holtz
    a. The Four Main ROLES:
        i) Player – they play the game
        j) Coach – they coach the game
        k) Referee – they referee the game
        l) Spectator – they watch the game
            a. Any time a role is handling the duties of another, something is wrong.
8. **Treat your child the same after a win or a loss.**
    a. Don't let the outcome of the game determine the way you interact on the car ride home. Remain positive, especially if they are down or upset. Your support for them is not contingent on the outcome of the game or their performance.
9. **Don't focus on "skill" stats, focus on "hustle" and "teamwork" stats.**
    a. Points are hard to score. Highlights are simple and spread apart. Don't inflate the value of points scored, steals made, or assists thrown. Recognize them for helping their teammates up, setting good screens, boxing out for rebounds, dribbling and shooting with proper technique. What are your 'hustle' stats? Reward hard-work, not results! That's not the focus at this age.
10. **Never yell at the referees.**
    a. We don't expect our players to make 100% of their shots, so how can we expect referees to make the right call 100% of the time?

Coach Code of Conduct

Respect the Golden Rule

Treat your players, their parents and the officials in the same manner you want to be treated. That means no yelling, no sarcasm, and no embarrassing anyone in front of others. To gain respect, you must give respect.

Be Everyone's Coach

As the saying goes, "there is no I in TEAM." Let everyone contribute. That goes for your own kids, too. If you coach your own child, be sure not to shine the light too bright or too low on them. Treat everyone the same.

Appreciate Your Assistants

No youth basketball coach can do it all. Find a good assistant or two, give them responsibility and never stop thanking them.

Focus on the Fundamentals

Help your players master the basketball basics. Wins and losses come and go, but you only get one chance to develop a player's skills. Don't waste that opportunity. And remind your players that hustle is also a fundamental skill.

Teach—and Enforce—Good Sportsmanship

Spend time at practice and before games explaining to your team how to behave after a win or a loss. Good sportsmanship means no trash talking or taunting. Teach your players to develop a positive relationship with the officials. Have the courage to enforce sportsmanship if one of your players misbehaves. That's the key.

Understand the Rules of the Game

Read the rulebook. Identify any special policies your league has adopted. You can't expect your players to know the rules if you do not.

Have a Positive Rapport with the Officials

Officials will not respond positively if you try to bully or intimidate them. Instead, act like an adult. Ask questions if necessary. Seek clarification if it's warranted. Set the right tone for your team by never arguing a call or disparaging an official.

Promote Fun

Avoid getting too serious. Don't get crazy about winning. Make sure you smile. Above all else, make sure the kids are having fun. If they aren't, then you are doing something wrong.

Be Patient

Young players are going to miss shots. They're going to make crucial turnovers. They're going to commit needless fouls. They need the freedom to make mistakes. It's your job to help them learn from those mistakes. That takes time and patience.

Talk to the Parents and Understand Their Goals

From the first practice, talk with the parents. Explain your coaching philosophy. If a parent has a particular concern, give them the opportunity to discuss it with you. Parents come to games to see their kids play. Make sure every player has the opportunity to make a contribution.