

The City of Longmont Recreation Services youth sports programs strive to develop a sense of team play where participation, skills, sportsmanship and FUN are emphasized and winning is secondary.

**Jr. Nuggets Youth Basketball**

For grades 3rd through 8th grade. Boys and girls compete in different leagues – exception of 7/8th grade girls are combined. The high school division is for those players that do not play on their high school team nor on a competitive team.

**Registration** begins the first week of August and continues until the middle of December.

**Teams** are formed by school attended – coach and/or player requests are not guaranteed. Coaches will contact parents regarding practices during winter break.

**Practices** begin after SVVSD winter break. Teams practice two hours per week at local schools Monday-Friday evenings.

**Games** are played on Saturdays in Longmont or surrounding towns beginning mid-January for seven (7) consecutive Saturdays.

**Practice Time**

Teams are limited to two hours of practice time per week. Practice time will be reserved at local

school sites. However, due to available times and coach's availability, Recreation Services

cannot guarantee that adequate practice time will be available at every school site. Teams cannot

practice on “no school” days nor days indicated by the school as “no-use” due to conferences or

events in their gym. These practices will not be rescheduled by the City of Longmont or the St.

Vrain Valley School District. Teams CANNOT hold practice before their scheduled game at the Longmont Recreation Center nor on the outdoor courts at the middle schools.

**Uniforms/Equipment**

Jerseys/Tshirts – team jerseys are provided by The City of Longmont Recreation Services (if the team is registered through the City of Longmont) and must be worn at all league games. All shirts must be tucked into the front and back of the shorts/pants.

Shorts/Sweat Pants – players must wear shorts or sweats without pockets or zippers – no jeans or cutoffs. Shorts/pants must be worn properly and above the hips.

Shoes – non-marking tennis shoes must be worn – no boots, cleats, sandals, crocs or bare/stocking feet.

**Equipment** – A guard, cast or brace made of unyielding leather, plaster, pliable (soft) plastic, metal or any other had substance shall not be worn on the hand, finger, wrist or forearm, even though covered with soft padding. Knee and ankle braces, which are unaltered from the manufacturer’s design, do not require any additional padding. Any equipment that in the judgment of the referee increases a player’s advantage or presents a safety concern is prohibited.

**Individual Playing Times** – a team must have at least five (5) registered players present at the scheduled game time or a forfeit is called. Every player on the roster must play at least half of the game. Issues regarding missed practices and discipline may be handled by the coaches; however, they must be discussed with the players and parents prior to the season. Violations of this rule may result in technical fouls and disciplinary action against offending coach.

Blood Rule: Any player who has an open wound must:

be removed from the game

stop all blood flow

cover the open wound

change any clothing that has blood on it before re-entering the game.

Recreation Services will have bandages and ice on site on game days. Coaches should have a first aid kit and a clean shirt/jersey on hand at games as well as at practices.

**Sportsmanship**

*Recreation Services will not tolerate unsportsmanlike conduct by any player, coach, or spectator.* Players and coaches violating this rule will be given an unsportsmanlike technical foul and could be escorted from the facility. Spectators violating this rule will be escorted from the gym and could be asked to leave the facility. Any official or gym/facility supervisor can give an unsportsmanlike technical foul. Unsportsmanlike conduct includes, but is not limited to:

● Taunting (“trash talking")

● Using unnecessarily rough tactics in the play of the game

● Shoving, striking or threatening an official, player or spectator

● Refusing to abide by an official’s decision

● Using obscene gestures

● Using abusive verbal language

Coaches are allowed to stand unless they are given a warning to sit – the warning can be from a game official or the gym supervisor. Effect: A technical foul will be called on the coach. Only registered players and two (2) coaches are allowed in the bench area. All other spectators must sit in the stands.

All City of Longmont employees have the authority to remove anyone demonstrating negative behavior, using foul language or actions judged to be detrimental to the goals of the program and its operations.