



**2024**





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# **IMPORTANT REMINDER**

## **Clinton County Recreational/Instructional Basketball Program**

### **COUNTY COACHES:**

Each County Youth Basketball Team will be permitted to have one (1) Head Coach and two (2) Assistant Coaches. Every person acting in a coaching capacity must sign and return a Code of Conduct. For your convenience copies have been included in this Manual. Please be sure any and all Assistant Coaches have completed the Code of Conduct **BEFORE** acting in a coaching capacity. Signed Codes of Conduct can be returned to the Youth Bureau via Fax (565-4775), Email (youth@clintoncountygov.com), Mail (137 Margaret Street, Plattsburgh NY 12901) or at your Recreation Assistant visits.

### **HELPFUL COACHING RESOURCES**

Clinton County Recreation: <https://www.clintoncountygov.com/youthbureau/recreation>

National Federation High school Association: <https://www.nfhs.org/>

National Alliance for Youth Sports: <https://www.nays.org/>

Safe Kids: <https://www.safekids.org/>

## DEALING WITH PROBLEMS

- As a coach you may come across situations where a behavior (or behaviors) is deemed inappropriate for the County Basketball Program. As the coach and adult in these situations, you must address these issues as soon as possible so the game can continue as smooth as possible so the Youth who join our programs get the optimal sports experience.
  - Our County officials are taught when they address a problem with either a spectator, player or a coach to meet with both the Home and Away Head Coaches when addressing issues. Coaches are responsible for their players and spectators behavior.
  - The County Referee only deals directly with the Head Coaches. Issues with Assistant Coaches, Score Keepers, Players, Parents or Spectators should be addressed with the Head Coach. However, if a coach does hear or see a player, or spectator for their team behaving against our county policies they do not need to wait for the official to address it. The coach can step in to ensure a problem does not escalate. It is best to deal with unsportsmanlike behavior and code of conduct violation right away so the game is safe and fun for all.
  - If a coach notices an issue with another team, coach or spectator that is not their own, They should bring it to the attention of the official and other coach together. The issue(s) should be spelled out clearly for the coaches and an opportunity to make changes and continue the game should be given. If the issue is then resolved the game can continue as planned. Should the issue not be resolved an official has the following two options that should be given to the coach; change the behavior or end the game. These options apply if a spectator, coach or player who has had an opportunity to change but has chosen to continue not to follow county policy.
  - Referees may sit any player that shows poor sportsmanship, uses inappropriate language or fouls excessively. Referees also have the option of having a spectator removed because of poor behavior. Which they would facilitate through the home coach.
  - Referees always have the choice to end a game because of inappropriate behavior. We would like issues addressed before it gets to this point, however that may not always be the case. If there is ever an issue as described above the coach should inform their coordinator as soon as possible. If a rec assistant is present, the problem should be brought to their attention if they have not already addressed the issue. If a coordinator is unable to help resolve a situation or if the situation requires further follow up from the Youth Bureau the coordinator will contact the Youth Bureau.
  - Any time a game is ended because of behavior a coach should call their coordinator and the Youth Bureau. An incident report should also be filled out and returned to the Youth Bureau.



# Clinton County Youth Bureau Sport Programs Coaches Code of Conduct



1. I will remember that the goals of the program are to have fun, improve skills, and feel good about oneself.
2. I will be reasonable in my demands on young players' time, energy, enthusiasm and performance.
3. I will read the Coach's Manual and be knowledgeable of the rules. I will abide by the rules of each sport that I coach and I will teach these rules to my players. I will ensure anyone acting as an Assistant Coach for my team will sign a Code of Conduct.
4. I will place the emotional and physical well-being of players ahead of my personal desire to win.
5. I will maintain my composure in both victory and defeat. Furthermore, I will not criticize the officials' calls.
6. I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice.
7. I will not harass, disrespect or cause a disturbance against a player, official, coach or fan.
8. I understand it is my responsibility to manage any disrespectful behavior by my team players, parents and assistant coaches.
9. I will model inclusive behavior and expect all participants to respect each other regardless of race, sex, or ability. Furthermore, I will not participate in or allow others to harass, yell at, or ridicule a participant or sports official for making a mistake.
10. I will provide a safe environment for players that is free of drugs, tobacco, alcohol, and foul language; and I will refrain from their use at all program events/functions.
11. I will strive to make this program a positive and enjoyable experience for ALL participants and others (players, coaches, officials, and parents) around me by treating everyone with respect and dignity, and by teaching participants, parents and assistant coaches to do the same.
12. I will remember that I am a YOUTH sports coach, and that the game is for the CHILDREN and NOT the ADULTS. **"To play the game is great; to have fun playing is greater!"**

*I, the undersigned agree to abide by the above Coaches Code of Conduct and have read and understand the Code of Conduct Policy. I understand that any violation of this code may result in sanctions being taken against either the coach or municipality involved. These sanctions may include the loss of eligibility of the coach, player, team, and/or municipality.*

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Email Address (End of Season Survey sent to this address)

\_\_\_\_\_  
Municipality

Rev 10/2023





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\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

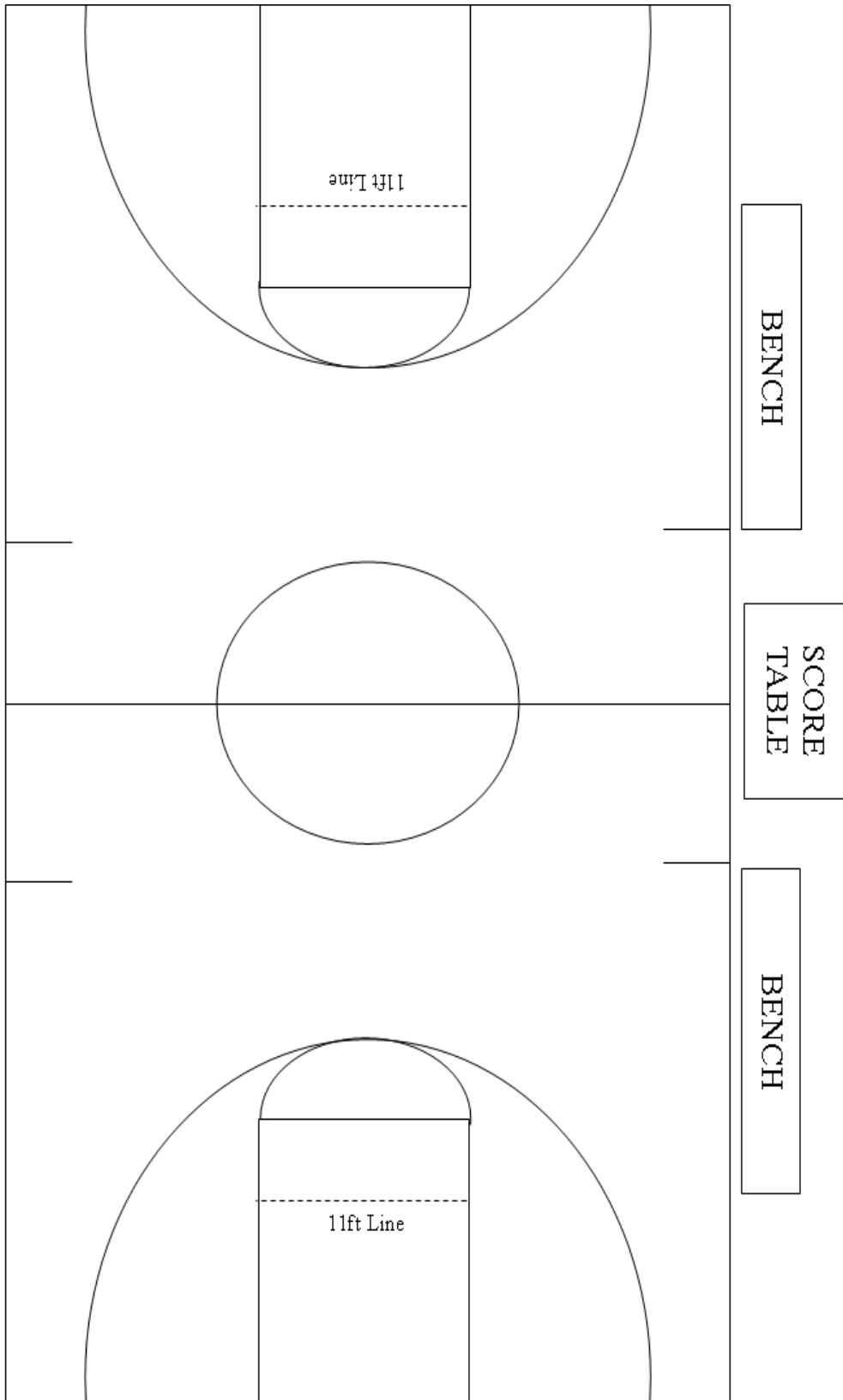
\_\_\_\_\_  
Email Address (End of Season Survey sent to this address)

\_\_\_\_\_  
Municipality

Rev 10/2022



# Basketball Court



When possible, player benches should be on the opposite side of the court as the fan bleachers

## **RECREATION DEPARTMENT MISSION STATEMENT**

**PHILOSOPHICAL BASIS FOR RECREATION:** All people struggle for self-realization and personal fulfillment in life. The goal of reaching full potential as human beings requires that each person exercise rights and freedoms in ways that are personally meaningful without taking the rights of others. Important among these is the way each person chooses to exercise the right to find fulfillment through education and intellectual achievement, through work, through worship, and increasingly through a positive approach to the use of unobligated time. While it is true that free time may be utilized simply as diversion or respite from life's responsibilities, it is important to recognize that many of life's most creative and meaningful achievements come not only during periods devoted to study and work but during those times and activities often referred to as leisure, recreation or play. Moreover, it is during these times and through these activities that people often make the greatest gains toward essential elements of self-realization, psychological, social and physical well-being.

**DEFINITIONS:** Recreation can be defined as those free time experiences, which bring true pleasure and personal satisfaction. Such experiences typically come through participation in activities which emphasize physical movement and coordination, social integration and psychological safety, cultural and aesthetic appreciation, learning and intellectual stimulation or combinations of these. While many people directly equate leisure with self-realization or self-actualization, leisure is generally considered to be free or unobligated time, the time which presents the most opportunities for engaging in recreational activities.

Recreation is first and foremost a personal matter. What is recreation for one person – bringing pleasure and satisfaction – may not be for another person. There is a tremendous range in people's recreational interests. This range is further dramatized when consideration is given to the diversity of ages, ability levels, ethnic backgrounds and economic well-being of people in society. However, individual benefits can accrue when people have opportunities to come together in recreational groups: groups with similar ages, interests, backgrounds or abilities. When these opportunities are varied, when they occur often, when they are local and when they are affordable – these are the circumstances under which the greatest number of people can benefit from recreation participation.

**REASONS FOR GOVERNMENT INVOLVEMENT:** The provision of local, public recreation enables local governments to provide at least some services for all people of the community. By definition, public recreation services are democratic and inclusive, encompassing citizen participation in decision making and access to all taxpayers. Public recreation has other benefits:

- It is comparatively inexpensive, providing equality of opportunity for persons with low as well as high incomes.
- It makes the most efficient use of public facilities and other community resources.
- It gives a sense of continuity and permanence to a vital area of human service.
- It helps bring renewed freshness and vitality to the community, literally increasing its attractiveness and life quality, raising its value to both present and prospective residents.

**RECREATION IN THE SCHOOLS:** Due to the close ties Clinton County enjoys with the schools, the following is also included:

- ◆ Recreation programs should directly reach children in the schools.
- ◆ Recreation programs should take full advantage of school resources: people and facilities for initiating, implementing and evaluating services.
- ◆ Recreation programs should exemplify educational ideals, high quality teaching prefaced by careful preparation and based on solid learning principles; provision of physical, social and psychological

environments conducive to desired outcomes; and sound administrative and policy-making practices which ensure continuing support for services vital to full human development.

**DEPARTMENT PURPOSES:** With these understandings as a base, the staff of the Clinton County Youth Bureau Recreation Department summarizes the department's purposes as follows:

1. To provide year-round recreation opportunities which are equally accessible to all residents of the County, regardless of economic status, race, gender, religion or national origin.
2. To educate county citizens, with emphasis on children and youth of school age, on the value of learning and practicing lifetime leisure skills and appreciation's.
3. To serve as a county resource and catalyst for recreation services providing referral information, organizational expertise and planning with other agencies, organizations and citizen groups in order to more fully meet the recreational needs of all county residents.

## **PROGRAM OBJECTIVES** **FOR THE YOUTH BASKETBALL PROGRAM**

**PURPOSE:** To establish clearly defined program objectives for the Youth Basketball Program.

**SCOPE:** Administrative and management procedures dictate that before any program can be correctly evaluated there must be clearly defined objectives for that program. The program objectives will establish and clearly state, in direct correlation with the Recreation Department's Mission Statement, the parameters by which we will gauge the operation of the program.

**OBJECTIVES:** The following objectives will ensure that the program's basic mission is accomplished each season. Those objectives are:

1. To provide the opportunity for recreation at no expense to the participants and without regard to ability, gender, race, color, creed, religion or national origin.
2. To pursue the development of motor and social skills; to obtain physical release to learn the value of good sportsmanship and fair play; to learn lifetime leisure skills; and to just have **FUN** in a wholesome, well-rounded, non-competitive environment.
3. To ensure equal playing time among participants without regard to ability or level of skill (providing they attend practice).
4. To teach the fundamental skills of basketball.
5. To require the participating Towns/Youth Commissions to establish, implement and enforce proper standards of conduct and good sportsmanship for **ALL** their participants.

# What is Expected of County Coaches

## **County Coaches WILL:**

1. Remember that the goals of the program are to have fun, improve skills, and feel good about oneself.
2. Be reasonable in their demands on young players' time, energy, enthusiasm and performance.
3. Read the Coach's Manual and be knowledgeable of the rules. I will abide by the rules of each sport that I coach and teach those rules to my players. I will ensure anyone acting as an Assistant Coach for my team will sign a Code of Conduct.
4. Place the emotional and physical well-being of players ahead of my personal desire to win.
5. Maintain my composure in both victory and defeat. Furthermore, I will not criticize the officials' calls.
6. Encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game and practice.
7. Not harass, disrespect or cause a disturbance against a player, official, coach or fan.
8. Be responsible for managing any disrespectful behavior by my team players, parents and assistant coaches.
9. Model inclusive behavior and expect all participants to respect each other regardless of race, sex, or ability. Furthermore, I will not participate in or allow others to harass, yell at, or ridicule a participant or sports official for making a mistake.
10. Provide a safe environment for players that is free of drugs, tobacco, alcohol, and foul language; and I will refrain from their use at all program events/functions.
11. Strive to make this program a positive and enjoyable experience for ALL participants and others (players, coaches, officials, and parents) around me by treating everyone with respect and dignity, and by teaching participants, parents and assistant coaches to do the same.
12. Remember that I am a YOUTH sports coach, and that the game is for the CHILDREN and NOT the ADULTS. **"To play the game is great; to have fun playing is greater!"**

### Coach Reminder

Remember, our Referees are learning too!

For many it is their first job or leadership role, they are trying their best!  
If you have major concerns please direct them to the Youth Bureau  
Staff at 565-4750.

# Important Tips to Remember when Dealing with our Sports Officials

## 1. Understand they are Human

- Just like you and I—they are NOT perfect. They aren't going to make the correct call 100% of the time.
- Don't expect perfection—look for consistency.

## 2. You have Different Angles on the Play

- Sometimes you are going to see things that they miss and sometimes they are going to see things that you miss.
- They have been trained to be in optimal positions to best see the play throughout the course of the game.

## 3. Set an Example

- Remember, you are a role model to your Players, Parents and Fans. They look up to you.
- By getting upset, arguing or yelling at Sports Officials, you teach them it's okay to do the same.

## 4. Remember your Role

- Don't get caught up dealing with the Officials. Your role is to coach—remember that. Don't let the Officials affect your ability to coach.

## 5. Adjust to the Officials

- As long as Officials are making calls consistently for both teams, it is up to you to adjust your game plan. (i.e. encouraging players to swing at more pitches, etc.)

## 6. Never Blame a Loss on the Officials

- Especially to your players. By finding an external force to blame for the loss the players dodge being taught accountability and sportsmanship.

## 7. They are Kids too!

- As a coach you wouldn't yell at or belittle a player for making a mistake—don't do it to the Officials.
- Good Officiating comes with experience. If first year Officials have a poor experience they will not return next year—leading to an endless cycle of new Officials.





## CODE OF CONDUCT POLICY

The Clinton County Youth Bureau and Clinton County Youth Board have developed a Code of Conduct Policy in the case that a severe issue of unsportsmanlike conduct takes place (i.e. physical contact, foul language, etc.)

Step One:        The Youth Bureau sends a letter to the Youth Commissioner and the Town Supervisor to let the municipality know what occurred with a request for a written response as to what steps they are taking to ensure this does not occur again.  
(1<sup>st</sup> offense)

Step Two:        If no written response is received or a second offense occurs the Youth Bureau Recreation Director will request a meeting with both the coach and the coordinator. The Recreation Supervisor may also be invited to attend.  
(2<sup>nd</sup> offense)

Subpart Step Two:

The specific response may include terms and conditions supplementing one or more sanctions. When reviewing a complaint and deciding what action is the most appropriate in a given situation, the Recreation Director will give consideration to various extenuating circumstances.

Factors that might suggest a more lenient sanction include:

- First Offense
- Remorse
- Apparent Desire to Reform
- Other Good Coaching Attributes
- Dedication to Sports

Factors that might suggest a harsher sanction include:

- Child Endangerment
- Violation of Law
- Prior Complaints/Review Action
- Lack of Remorse
- Number of Ethics/Rules Violated
- Number of Expected Behaviors Violated
- Breach of Duties as a Role Model
- Extraordinarily Poor Judgment Around Children

Step Three:        If the coordinator and coach do not attend the meeting for a 2<sup>nd</sup> offense or if this is a 3<sup>rd</sup> offense, a letter is sent to the Town Supervisor giving a sanction(s) depending on the severity of the problem(s). The sanction(s) must be followed if the municipality is to continue to participate in the Youth Bureau Sports Program.  
(3<sup>rd</sup> offense)

## **PLAYER RELEASE POLICY**

**It is the County Recreation Department's policy that youth play on teams in their hometown. A Player Release Form must be submitted to the Youth Bureau for approval, if a youth wishes to play outside of their hometown's program. A Player Release may be approved under the following five circumstances.**

1. The youth requesting the Player Release lives in Town A but Town A does not have an age/gender appropriate team for them to play on. The youth may be released to play in a neighboring town that does field an age/gender appropriate team for them to participate on.
2. Two towns may "share" athletes to form teams where neither town had enough players on its own to field a team. Athletes playing outside their hometown must still submit a Player Release Form.
3. A team from Town A has reached a pre-determined "roster limit" and will accept no further roster additions while a team in neighboring Town B is still in need of players. A youth may be released from Town A to play in Town B, as long as their addition does not pose a hardship on the team from Town B.
4. A youth who resides in Town A but lives very close to the Town Line with Town B, is closer to Town B facilities than their Town A facilities. The player may be released to play in Town B for the sake of convenience of travel, if that poses no hardship on Town A's ability to field a team nor the Town B team by adding another player to their roster.
5. If a parent coaches in a town other than their town of residence, their children may request a Player Release to play in the town where their parent coaches, as long as their absence does not pose a hardship on their hometown fielding a team nor on the team they are being released to play on.

*\*\*Player Release Requests Forms can be found on the Youth Bureau website at [www.clintoncountygov.com](http://www.clintoncountygov.com)\*\**

## **AGE VERIFICATION POLICY**

Effective, January 8, 2013 the Youth Bureau and Youth Board have finalized the **Age Verification Policy**. Proof of Birth is required at the time of registration for sports and required prior to rosters being submitted. Primary proof is Original or Certified Copy of Birth Certificate. If unavailable, other acceptable forms of proof are Sherriff's ID, Baptismal Certificate, School Record, Passport or Vaccination Record.

The policy steps will be taken by the Youth Bureau should a player be put on a team under his/her age level without the approval of the Youth Bureau or should a player be moved into the program before reaching the minimum required age. Examples are:

- A player has been practicing or competing with a team but has failed to be added to the official roster on file at the Youth Bureau offices.
- A player is on roster after providing the Youth Bureau with an incorrect Date of Birth.
- A player is on a lower age level team without the Youth Bureau receiving a Age Waiver Request form. (Players are not to be added to a lower age level team until an Age-Waiver Request is completed and approved by the Youth Bureau.)
- A player is moved into the program before they have reached the minimum age required to be eligible for the program.
- The Youth Bureau requires that all Municipalities conducting sign-ups verify Date of Birth through a birth certificate or other approved form of I.D. and submits a signed roster form for each participating team verifying accurate Date of Birth for each participant.

**It is the expectation of the Youth Bureau that municipalities will require Age Verification Documentation from all participants.**

- If a player is discovered to be on an age-inappropriate team, at that time they will be moved to the age-appropriate team for the remainder of the season. A letter will be sent to the Sports Coordinator asking, "How did this happen?" and "What steps will be taken to ensure this does not happen again?"
- In the event of a second offense within a town, a letter or meeting between the Town Supervisor, Sports Coordinator and Youth Bureau will occur to ensure no further incidents will arise and discuss what the Youth Bureau can do to aid the town with the Age Verification Process.
- Should further incidents within a municipality arise the situation will be brought to the Youth Board and dealt with on a case-by-case basis.

## Age Clarifications:

- **Age Clarifications:** The following age clarifications serve as a guideline for the placement of participants in all Basketball leagues.

<u>LEAGUE</u>	<u>BOYS &amp; GIRLS COMPETE SEPARATELY</u>
<b>3<sup>RD</sup>/4<sup>TH</sup> GRADE</b>	MUST BE CURRENTLY ENROLLED IN 3 <sup>RD</sup> /4 <sup>TH</sup> GRADE
<b>5<sup>TH</sup>/6<sup>TH</sup> GRADE</b>	MUST BE CURRENTLY ENROLLED IN 5 <sup>TH</sup> /6 <sup>TH</sup> GRADE
<b>7<sup>TH</sup>/8<sup>TH</sup> GRADE</b>	MUST BE CURRENTLY ENROLLED IN 7 <sup>TH</sup> /8 <sup>TH</sup> GRADE

### NOTE:

- \*Basketball players can **move up** an age bracket. This must be requested by the parent and is the decision of the local Youth Commission for which the youth plays.
- \*Basketball players may NOT **move down** an age bracket.
- \*Basketball players must meet grade requirements to be included on a team's roster. **There is no mechanism for a player moving up if minimum grade requirements have not been met or down if they have exceeded maximum grade requirements (i.e. 2<sup>nd</sup> Graders are NOT ELIGIBLE).**
- **Once a player has participated in an upper league (Ex. 3<sup>RD</sup>/4<sup>TH</sup> grader who has played in the 5<sup>TH</sup>/6<sup>TH</sup> grade league), that player cannot play down for the remainder of the season.**

# General Program Information for 2024 Basketball Program

- Clinton County does not keep "Standings" for its Basketball Program.
- Jewelry, such as earrings, rings, bracelets and necklaces **ARE NOT** permitted during play.
- A game should not be cancelled for lack of players. Teams should share players and complete the game. This will not be considered a **SCRIMMAGE**, but an **Official** County game.

## I. Tournament Participation:

By entering the County schedule it should be every team's **FIRST** priority to play these games. Games should be rescheduled ahead of time so that teams not participating in a tournament do not miss games. **County games MAY NOT be played as a part of ANY tournament.** Any game missed because of a tournament should be made up over the course of the season. An extra week will be provided at the end of the season to allow for these make-up games. Any games played at a tournament **are not** a part of the County schedule as we do not want to change the nature of the game. Changing a game should not pose a hardship to **EITHER** team. Referees who decide to work at a tournament should note it is **NOT** recognized by the County Program. The County Rules may not be in effect, the County cannot assist with grievances and the County **WILL NOT** pay Officials for those games.

## II. Participation Rule:

Starting line-ups should be changed from game to game. **Every player who attends practice should receive EQUAL playing time EACH GAME.**

**\*\*The only reasonable exceptions to this rule would be unusually large rosters, or players not participating for disciplinary reasons\*\***

## III. Disqualifications/Suspensions All Levels:

- Each Referee has the authority to disqualify any player, coach, substitute, or spectator for repeatedly objecting to decisions, for unsportsmanlike conduct or inappropriate language and to eject such disqualified person from the gymnasium.
- The referee shall report to the Youth Bureau (in writing) within 48 hours of the end of the game all violations of rules and other incidents worthy of comment -- including the disqualification of any coach or player and the reasons therefore. When any coach or player is disqualified for a flagrant offense such as the use of obscene or indecent language, or an assault upon a referee coach or player, the referee will notify the Recreation Director at the Clinton County Youth Bureau by phone **as soon as possible** with the details and then forward a written report.
- After receiving the referee's written report detailing the disqualification, Recreation Director will be in contact with and give recommendations to the proper Youth Commission/Coordinator for further action. (See Coaches Code of Conduct and Code of Conduct Policy)

**\*\*Referees: Because the penalty for ejections can be severe, it is respectfully requested that you ensure that you have just cause prior to disqualifying anyone.**

## IV. Alcohol, Drugs, Tobacco and Abusive Language:

Will not be tolerated around the game area. All citizens and Youth Commissions are asked to help enforce

this policy at their facilities. If these situations should go beyond control, referees have been instructed to discontinue the game.

#### **V. Team Rosters:**

Deadlines must be adhered to! Any team that fails to submit a roster by the established deadline will **NOT** be entered into the league schedule. **A player must appear on the Official Roster submitted to the Youth Bureau to be eligible to participate in any game OR practice.**

**Allowing a player who does not appear on your Rosters to participate is a VIOLATION OF THE COACH'S CODE OF CONDUCT.**

The Youth Bureau asks that rosters contain AT LEAST 2 more players than the minimum required to play the game. The Youth Bureau also recommends no more than twice as many as the number of players required to play appear on each roster when possible.

#### **VI. Game Times:**

Times may vary for each game depending on court availability. Games will be scheduled in 1 hour and 15 minute increments; please be sure to start and end each game on time, as one slow-running game can affect the schedule for the entire day.

#### **VII. Game Playing Days:**

3rd/4th and 5th/6th grade games take place every Saturday (8 weeks).

7th/8th grade games take place every Saturday (4 weeks)

#### **VIII. Officials:**

A. Each Municipality will be responsible for assigning 2 officials for their home basketball games from the **approved** list provided by the Youth Bureau.

At all grade levels the County pays for up to two referees per game.

**(Pay rate is the same with or without a second referee.)**

\*\*The officials will be in charge of the game, making all decisions and calling all violations.\*\*

B. The Home team will be responsible for the scorebook, clock, and possession arrow.

#### **IX. Overloading Teams:**

- **“All Star” or “Elite” Teams are not permitted within the County Program.** Towns with multiple teams within the same Age Group must ensure teams are evenly split by skill level. In a program of our size, mismatches are bound to happen from town to town – however there should **NEVER** be a mismatch within the same Municipality. This is unacceptable.

The Coordinators are to split teams evenly and fairly among coaches with equal skill and age/grade levels. If Coordinators will be allowing coaches to select players for their own teams ALL COACHES should be represented at the same meeting!

To help towns ensure each team is selected fairly, the following procedures have been used successfully in the past:

Once signups are completed and multiple teams are determined to be necessary for an age group all players and coaches should be present for the first practice to assess skill level prior to the breaking up of teams.

Option 1: Break players up by Age. Coaches then take turns selecting from players in the highest age group. Then take turns selecting from players in the middle age group and finally from the lowest age group.

Option 2: Break players up by Age: Each coach then each selects one player from the highest age group, then one player from the middle age group and then one from the lowest age group.

Option 3: Break players up by skill. Each coach then takes turn selecting players based on their skill level.

#### **X. Number of Players:**

At all levels the game will be played by two teams, each consisting of not more than 5 players. Teams must have 5 players to start and 5 players to finish a County Basketball game.

#### **XI. Ball Size**

Junior basketballs (27-27.5") should be used at the 3<sup>rd</sup>/4<sup>th</sup> grade levels.

Women's basketballs (28.5") should be used at the 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> grade levels.

#### **XII. Publicity**

No score or record is to be listed in any local newspaper, radio or Social Media Outlet.

#### **XIII. Court Playing Conditions**

For safety purposes, the Youth Bureau is urging each area to maintain courts in playable conditions prior to the scheduled game times. For example: tables and chairs should be far enough away from the courts that players won't run into them. We recommend safety barriers for anything, such as wall, that can't be moved. There should be good lighting around the court area. Courts should be swept and dry. Good court conditions may prevent physical injuries.

#### **XIV. Adult Coaches**

Each County Youth Basketball Team will be permitted to have one (1) Head Coach and two (2) Assistant Coaches. Every person acting in a coaching capacity must sign and return a Code of Conduct. For your convenience copies have been included in this Manual. Please be sure any and all Assistant Coaches have completed the Code of Conduct **BEFORE** acting in a coaching capacity. Signed Codes of Conduct can be returned to the Youth Bureau via Fax (565-4775), Email (youth@clintoncountygov.com), Mail (137 Margaret Street, Plattsburgh NY 12901) or at your Recreation Assistant visits.

**Allowing a person to coach who has not submitted a Code of Conduct to the Youth Bureau is a VIOLATION OF THE COACH'S CODE OF CONDUCT for the HEAD coach.**



**3<sup>RD</sup>/4<sup>TH</sup>  
GRADE**



# 2024 3<sup>rd</sup>/4<sup>th</sup> Grade Instructional Basketball Program

**\*\*PLAYERS WHO ATTEND PRACTICE MUST HAVE EQUAL PLAYING TIME!\*\***

(All players at the game should log the SAME amount of on-court time each day!)

## I. THE GAME RULES:

- A. Four eight (8) minute quarters will comprise the game.
  - 1. A jump ball will start the game. Teams will alternate possession after the initial possession.
  - 2. One (1) minute is allowed between the first - second and third - fourth quarters.
  - 3. Five (5) minutes is allowed between the first and second half of the game.
  - 4. The scoreboard is reset to zero (0) at the beginning of each quarter.
  - 5. There is NO OVERTIME! This is a participation-based, instruction-oriented program.
- B. A Junior basketball (27-27.5") should be used at the 3<sup>rd</sup>/4<sup>th</sup> grade level.
- C. Full Court Defense is NOT ALLOWED AT ANYTIME during the game.
  - 1. Players should pick up MAN to MAN defense at the 3 point arc or at mid-court if no 3 point arc lines are visible
- D. Zone Defense is NOT ALLOWED AT ANY TIME during the game.
  - 1. SWITCHING IS ALLOWED
  - 2. *"Why no zone? It doesn't help a young person develop their body. Man to Man will improve personal skills, basketball skills, responsibility and develop athletes overall, as well as, make the game fair."* – Coach Gregg Popovich
  - 3. *Zone Defenses require offenses to shoot from farther away. This causes poor shooting mechanics and/or habits to form. Don't overwhelm the kids before they are cognitively and developmentally ready.* – John LaMalva, Alpha Youth Sports
  - 4. It does no good to teach team defense before a child has been introduced to and hopefully mastered well enough the individual aspects of defense.
- E. Double Teaming is not allowed outside of the key. Inside the key Man-to-Man Double Teaming is permitted.
  - 1. If a Referee judges that either foot or any part of the ball is inside the key a Double Teaming Violation will NOT be called.
- F. Jewelry and/or Hair Beads ARE NOT ALLOWED on ANY player!
  - 1. This includes all necklaces, earrings, rings and bracelets
  - 2. Earrings **may not** be "taped over" they must be REMOVED
  - 3. Medical Alert and/or Religious medals must be taped to the body.

## II. CLOCK STOPPAGE:

- A. The clock will stop any time the Referee signals:
  - 1. A timeout is granted
  - 2. A foul is called
  - 3. A held ball is called
  - 4. A violation occurs
  - 5. An injury or other emergency situation arises
  - 6. The referee stops play to confer with the scorer/timer

7. There is an unusual delay in bringing a dead ball live
8. Unsportsmanlike behavior occurs
9. A ball Out-of-Bounds is called

**B.** The clock will NOT stop on a made basket

### **III. SCORING:**

- A.** Each basket will result in two (2) points.
- B.** Free throws are worth one (1) point each.
- C.** There are NO three (3) point baskets

### **IV. FREE THROW RULES:**

- A.** The FT shall be attempted from behind the FT line
  1. A second free throw line will be eleven (11) feet from the basket instead of the regulation distance of fifteen (15) feet. Players will have the option to shoot from the regulation distance (15 feet) or alternate distance (11 feet). The player must choose which line they will shoot from before attempting their first free throw (FT). Players cannot shoot their first FT from the 15 foot line and the second FT from the 11 foot line. They must shoot both FT's from the same line. Line violations will be called. (Because of the 11 feet option and the National Federation Rule Guidelines, the last two blocks closest to the 15 foot free throw line will remain empty; i.e. players may occupy bottom blocks as to not be positioned behind the shooter.)
- B.** An opponent of the FT shooter shall occupy each lane space adjacent to the end line during the FT.
- C.** When the shooter is given the ball:
  1. They must attempt their FT within 10 seconds. The try must be successful or touch the rim of the basket.
  2. The FT shooter cannot fake a try nor can any other player along the lane fake to cause an opponent to violate lane rules
  3. Opponents cannot attempt to distract the FT shooter
  4. Players along the lane must establish their position before the ball is given to the FT shooter for their try.
  5. The FT shooters' feet must be behind the FT line they are shooting from.
  6. Players along the lane, in marked lane spaces, must have both their feet within their marked lane space and not on or over the lane lines.
  7. Players can move when ball has contact with the rim

### **V. FOULS:**

- A.** Any contact that affects the course of the game or any non-contact activity (such as face guarding or shouting) that affects the course of the game is a personal foul
  1. Blocking is illegal personal contact, which interferes with the progress of the offensive player
  2. Charging is illegal personal contact by the pushing or moving into the torso of an opponent who has established their position.
  3. Generally speaking an offensive player “charges” and a defensive player “blocks”

- B.** An offensive player with the ball must stop or change direction to avoid contact with a defensive player who has established their position in the path of the approaching offensive player.
1. If the defensive player has established a legal guarding position, the offensive player with the ball must get their head and shoulders past the front of the torso of the defensive player.
  2. If contact occurs on the front of the torso of the defensive player, the offensive player is responsible for the contact and is called for a charging foul.
- C.** The offensive player with the ball may not push the torso of their defensive player to gain an advantage in order to pass, shoot or dribble.
- D.** Any unsportsmanlike conduct, actions which may cause injury, delay of the game, a flagrant personal foul that is committed while the ball is dead, or illegal use of the basket support, shall result in a two (2) shot technical foul plus possession of the ball to the team shooting the technical foul shots.
- E.** Player control foul is a foul committed by a player while they are in control of the ball - counts towards team fouls. No free throws are awarded for player control fouls. The possession of the ball is switched.
1. A player controls the ball when they are holding or dribbling a live ball inbounds. There is no control when the dribble is interrupted.
- F.** Team control foul is a foul committed by a player while their team is in control of the ball – counts towards team fouls. No free throws are awarded for team control fouls (unless the action warrants a technical foul). The possession of the ball is switched
1. A team controls the ball when a player on that team controls the ball, while the ball is being passed among teammates and during an interrupted dribble. Team continues control until:
    - a. The ball is in flight during a try or tap for basket
    - b. An opponent secures control of the ball
    - c. The ball becomes dead
  2. While the ball is live, a loose ball remains in the control of the team who last controlled it, unless it is a try or tap for a basket.
  3. Team control does not exist during a jump ball or the touching of a rebound, until control is re-established.
    - a. The ball is in flight during a try or tap for basket
    - b. An opponent secures control of the ball
    - c. The ball becomes dead
- G.** Penalties are awarded as follows:
1. Foul on a missed field goal attempt - 2 free throws
  2. Foul on a successful field goal attempt - 1 free throw
  3. Offensive player fouled not in the act of shooting - ball awarded out of bounds or one and one
  4. Loose Ball Foul - out of bounds or one and one
  5. Technical Foul - two (2) free throws plus possession of the ball to the team shooting the FT's
  6. Flagrant/Intentional/Unsportsmanlike Foul - immediate ejection, two (2) free throws plus possession of the ball for the team shooting the free throws.
  7. Offensive Foul - whereby an offensive player collides with or pushes a defensive player who has clearly established position, so as to displace the defensive player or to establish a new position of their own, is loss of possession.
  8. Seven (7) team fouls in a half results in a one and one situation for Non-Shooting Fouls.

## VI. VIOLATIONS:

- A. **Three Seconds:** An offensive player cannot remain in contact with their offensive free throw lane for longer than 3 seconds while their team controls the ball in their frontcourt. Allowances will be made for the offensive player who, having been in the restricted area for less than 3 seconds, dribbles or moves in to try for a goal. The count shall not begin, or it will be terminated, during an interrupted dribble.
- B. **Ten Seconds:** The offensive team may not be in continuous control of the ball in their backcourt for more than 10 seconds. The ball must be advanced by the offensive team, over the mid court line, within 10 seconds of having taken possession of the ball.
- C. **Lane Violation:** This rule applies to both offense and defense. When a player attempts a free throw, none of the players lined up along the free throw lane may enter the lane until the ball contacts the rim. If a defensive player jumps into the lane early, the shooter receives another shot if the shot misses. An offensive player entering the lane too early nullifies the shot if it is made.
- D. **Backcourt Violation:** Once a team controls the ball in the front court, a player on that team cannot be first to touch the ball, if he/she or a teammate was last to touch the ball, after the ball has crossed into the backcourt.
- E. **Travel:** A player holding the ball moves one or both of their feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking three or more steps without dribbling the ball. A player cannot travel until they have secured control of the ball.
- F. **Illegal Dribble (Double Dribble):** A player uses both hands simultaneously to dribble the ball or begins to dribble the ball a second time after having come to a complete stop

## VII. RULE BOOK:

- A. The National Federation High School Rule Book is the **only book** which applies to our program. All exceptions and adoptions are included in this handbook.



**5<sup>TH</sup>/6<sup>TH</sup>  
GRADE**

## **2024 5<sup>th</sup>/6<sup>th</sup> Grade Instructional Basketball Program**

**\*\*PLAYERS WHO ATTEND PRACTICE MUST HAVE EQUAL PLAYING TIME!\*\***

(All players at the game should log the SAME amount of on-court time each day!)

### **I. THE GAME RULES:**

- A.** Four eight (8) minute quarters will comprise the game.
  - 1. A jump ball will start the game. Teams will alternate possession after the initial possession.
  - 2. One (1) minute is allowed between the first - second and third - fourth quarters.
  - 3. Five (5) minutes is allowed between the first and second half of the game.
  - 4. The scoreboard is reset to zero (0) at the beginning of each quarter.
  - 5. There is **NO OVERTIME!** This is a participation-based, instruction-oriented program.
- B.** A Women's basketball (28.5") should be used at the 5<sup>th</sup>/6<sup>th</sup> grade level.
- C.** Full court defense is allowed ONLY during the FINAL MINUTE of the first half and the final minute of the second half.
  - 1. Players should pick up MAN to MAN defense at the 3 point arc or at mid-court if no 3 point arc lines are visible.
- D.** Zone Defense is **NOT ALLOWED AT ANY TIME** during the game.
  - 1. **SWITCHING IS ALLOWED**
  - 2. *"Why no zone? It doesn't help a young person develop their body. Man to Man will improve personal skills, basketball skills, responsibility and develop athletes overall, as well as, make the game fair."* – Coach Gregg Popovich
  - 3. *Zone Defenses require offenses to shoot from farther away. This causes poor shooting mechanics and/or habits to form. Don't overwhelm the kids before they are cognitively and developmentally ready.* – John LaMalva, Alpha Youth Sports
  - 4. It does no good to teach team defense before a child has been introduced to and hopefully mastered well enough the individual aspects of defense.
- E.** Double Teaming is not allowed outside of the key. Inside the key Man-to-Man Double Teaming is permitted.
  - 1. If a Referee judges that either foot or any part of the ball is inside the key a Double Teaming Violation will **NOT** be called.
- F.** Jewelry and/or Hair Beads **ARE NOT ALLOWED** on ANY player!
  - 1. This includes all necklaces, earrings, rings and bracelets
  - 2. Earrings **may not** be "taped over" they must be **REMOVED**
  - 3. Medical Alert and/or Religious medals must be taped to the body.

### **II. CLOCK STOPPAGE:**

- A.** The clock will stop any time the Referee signals:
  - 1. A timeout is granted
  - 2. A foul is called

3. A held ball is called
4. A violation occurs
5. An injury or other emergency situation arises
6. The referee stops play to confer with the scorer/timer
7. There is an unusual delay in bringing a dead ball live
8. Unsportsmanlike behavior occurs
9. A ball Out-of-Bounds is called

**B.** The clock will NOT stop on a made basket

### **III. SCORING:**

- A.** Each basket will result in two (2) points.
- B.** Free throws are worth one (1) point each.
- C.** There are NO three (3) point baskets

### **IV. FREE THROW RULES:**

- A.** The FT shall be attempted from behind the FT line
  1. A second free throw line will be eleven (11) feet from the basket instead of the regulation distance of fifteen (15) feet. Players will have the option to shoot from the regulation distance (15 feet) or alternate distance (11 feet). The player must choose which line they will shoot from before attempting their first free throw (FT). Players cannot shoot their first FT from the 15 foot line and the second FT from the 11 foot line. They must shoot both FT's from the same line. Line violations will be called. (Because of the 11 feet option and National Federation Rules, the last two blocks closest to the 15 foot free throw line will remain empty; i.e. players may occupy bottom blocks as to not be positioned behind the shooter.)
- B.** An opponent of the FT shooter shall occupy each lane space adjacent to the end line during the FT.
- C.** When the shooter is given the ball:
  1. They must attempt their FT within 10 seconds. The try must be successful or touch the rim of the basket.
  2. The FT shooter cannot fake a try nor can any other player along the lane fake to cause an opponent to violate lane rules
  3. Opponents cannot attempt to distract the FT shooter
  4. Players along the lane must establish their position before the ball is given to the FT shooter for their try.
  5. The FT shooters' feet must be behind the FT line they are shooting from.
  6. Players along the lane, in marked lane spaces, must have both their feet within their marked lane space and not on or over the lane lines.
  7. Players can move when ball has contact with the rim

### **V. FOULS:**

- A.** Any contact that affects the course of the game or any non-contact activity (such as face guarding or shouting) that affects the course of the game is a personal foul
  1. Blocking is illegal personal contact, which interferes with the progress of the offensive player

2. Charging is illegal personal contact by the pushing or moving into the torso of an opponent who has established their position.
  3. Generally speaking an offensive player “charges” and a defensive player “blocks”
- B.** An offensive player with the ball must stop or change direction to avoid contact with a defensive player who has established their position in the path of the approaching offensive player.
1. If the defensive player has established a legal guarding position, the offensive player with the ball must get their head and shoulders past the front of the torso of the defensive player.
  2. If contact occurs on the front of the torso of the defensive player, the offensive player is responsible for the contact and is called for a charging foul.
- C.** The offensive player with the ball may not push the torso of their defensive player to gain an advantage in order to pass, shoot or dribble.
- D.** Any unsportsmanlike conduct, actions which may cause injury, delay of the game, a flagrant personal foul that is committed while the ball is dead, or illegal use of the basket support, shall result in a two (2) shot technical foul plus possession of the ball to the team shooting the technical foul shots.
- E.** Player control foul is a foul committed by a player while they are in control of the ball - counts towards team fouls. No free throws are awarded for player control fouls. The possession of the ball is switched.
1. A player controls the ball when they are holding or dribbling a live ball inbounds. There is no control when the dribble is interrupted.
- F.** Team control foul is a foul committed by a player while their team is in control of the ball – counts towards team fouls. No free throws are awarded for team control fouls (unless the action warrants a technical foul). The possession of the ball is switched
1. A team controls the ball when a player on that team controls the ball, while the ball is being passed among teammates and during an interrupted dribble. Team continues control until:
    - a. The ball is in flight during a try or tap for basket
    - b. An opponent secures control of the ball
    - c. The ball becomes dead
  2. While the ball is live, a loose ball remains in the control of the team who last controlled it, unless it is a try or tap for a basket.
- G.** Penalties are awarded as follows:
1. Foul on a missed field goal attempt - 2 free throws
  2. Foul on a successful field goal attempt - 1 free throw
  3. Offensive player fouled not in the act of shooting - ball awarded out of bounds or one and one
  4. Loose Ball Foul - out of bounds or one and one
  5. Technical Foul - two (2) free throws plus possession of the ball to the team shooting the FT's
  6. Flagrant/Intentional/Unsportsmanlike Foul - immediate ejection, two (2) free throws plus possession of the ball for the team shooting the free throws.
  7. Offensive Foul - whereby an offensive player collides with or pushes a defensive player who has clearly established position, so as to displace the defensive player or to establish a new position of their own, is loss of possession.



8. Seven (7) team fouls in a half results in a one and one situation for Non-Shooting Fouls.

## VI. VIOLATIONS:

1. **Three Seconds:** An offensive player cannot remain in contact with their offensive free throw lane for longer than 3 seconds while their team controls the ball in their frontcourt. Allowances will be made for the offensive player who, having been in the restricted area for less than 3 seconds, dribbles or moves in to try for a goal. The count shall not begin, or it will be terminated, during an interrupted dribble.
2. **Ten Seconds:** The offensive team may not be in continuous control of the ball in their backcourt for more than 10 seconds. The ball must be advanced by the offensive team, over the mid court line, within 10 seconds of having taken possession of the ball.
3. **Lane Violation:** This rule applies to both offense and defense. When a player attempts a free throw, none of the players lined up along the free throw lane may enter the lane until the ball contacts the rim. If a defensive player jumps into the lane early, the shooter receives another shot if the shot misses. An offensive player entering the lane too early nullifies the shot if it is made.
4. **Backcourt Violation:** Once a team controls the ball in the front court, a player on that team cannot be first to touch the ball, if he/she or a teammate was last to touch the ball, after the ball has crossed into the backcourt.
5. **Travel:** A player holding the ball moves one or both of their feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking three or more steps without dribbling the ball. A player cannot travel until they have secured control of the ball.
6. **Illegal Dribble (Double Dribble):** A player uses both hands simultaneously to dribble the ball or begins to dribble the ball a second time after having come to a complete stop

## VII. RULE BOOK:

1. The National Federation High School Rule Book is the **only book** which applies to our program. All exceptions and adoptions are included in this handbook.



**7TH/8TH  
GRADE**

## **2024 7<sup>th</sup>/8<sup>th</sup> Grade Instructional Basketball Program**

**\*\*PLAYERS WHO ATTEND PRACTICE MUST HAVE EQUAL PLAYING TIME!\*\***

(All players at the game should log the SAME amount of on-court time each day!)

### **I. THE GAME RULES:**

- A.** Four ten (10) minute quarters will comprise the game.
  - 1. A jump ball will start the game. Teams will alternate possession after the initial possession.
  - 2. One (1) minute is allowed between the first - second and third - fourth quarters.
  - 3. Five (5) minutes is allowed between the first and second half of the game.
  - 4. The scoreboard is reset to zero (0) at the beginning of each quarter.
  - 5. There is **NO OVERTIME!** This is a participation-based, instruction-oriented program.
  
- B.** A Women's basketball (28.5") should be used at the 7<sup>th</sup>/8<sup>th</sup> grade level.
  
- C.** Full court defense **IS ALLOWED ONLY** during the final minute of the first half and the final minute of the second half.
  - 1. Players should pick up **MAN to MAN** defense at the 3 point arc or at mid-court if no 3 point arc lines are visible.
  
- D.** Zone Defense is **NOT ALLOWED AT ANY TIME** during the game.
  - 1. **SWITCHING IS ALLOWED**
  - 2. *"Why no zone? It doesn't help a young person develop their body. Man to Man will improve personal skills, basketball skills, responsibility and develop athletes overall, as well as, make the game fair."* – Coach Gregg Popovich
  - 3. *Zone Defenses require offenses to shoot from farther away. This causes poor shooting mechanics and/or habits to form. Don't overwhelm the kids before they are cognitively and developmentally ready.* – John LaMalva, Alpha Youth Sports
  - 4. It does no good to teach team defense before a child has been introduced to and hopefully mastered well enough the individual aspects of defense.
  
- E.** Double Teaming is not allowed outside of the key. Inside the key Man-to-Man Double Teaming is permitted.
  - 1. If a Referee judges that either foot or any part of the ball is inside the key a Double Teaming Violation will **NOT** be called.
  
- F.** Jewelry and/or Hair Beads **ARE NOT ALLOWED** on ANY player!
  - 1. This includes all necklaces, earrings, rings and bracelets
  - 2. Earrings may not be "taped over" they must be **REMOVED**
  - 3. Medical Alert and/or Religious medals must be taped to the body.

### **II. CLOCK STOPPAGE:**

- A.** The clock will stop any time the Referee signals:
  - 1. A timeout is granted

2. A foul is called
3. A held ball is called
4. A violation occurs
5. An injury or other emergency situation arises
6. The referee stops play to confer with the scorer/timer
7. There is an unusual delay in bringing a dead ball live
8. Unsportsmanlike behavior occurs
9. A ball Out-of-Bounds is called

**B.** The clock will NOT stop on a made basket

### **III. SCORING:**

- A.** Each basket will result in two (2) points.
- B.** Free throws are worth one (1) point each.
- C.** There are NO three (3) point baskets

### **IV. FREE THROW RULES:**

- A.** The FT shall be attempted from behind the 15 foot FT line
- B.** An opponent of the FT shooter shall occupy each lane space adjacent to the end line during the FT.
- C.** When the shooter is given the ball:
  1. They must attempt their FT within 10 seconds. The try must be successful or touch the rim of the basket.
  2. The FT shooter cannot fake a try nor can any other player along the lane fake to cause an opponent to violate lane rules
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  7. Players can move when ball has contact with the rim

### **V. FOULS:**

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    - c. The ball becomes dead
  2. While the ball is live, a loose ball remains in the control of the team who last controlled it, unless it is a try or tap for a basket.
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    - a. The ball is in flight during a try or tap for basket
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1. Foul on a missed field goal attempt - 2 free throws
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  5. Technical Foul - two (2) free throws plus possession of the ball to the team shooting the FT's
  6. Flagrant/Intentional/Unsportsmanlike Foul - immediate ejection, two (2) free throws plus possession of the ball for the team shooting the free throws.
  7. Offensive Foul - whereby an offensive player collides with or pushes a defensive player who has clearly established position, so as to displace the defensive player or to establish a new position of their own, is loss of possession.

8. Seven (7) team fouls in a half results in a one and one situation.

## VI. VIOLATIONS:

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- B. **Ten Seconds:** The offensive team may not be in continuous control of the ball in their backcourt for more than 10 seconds. The ball must be advanced by the offensive team, over the mid court line, within 10 seconds of having taken possession of the ball.
- C. **Lane Violation:** This rule applies to both offense and defense. When a player attempts a free throw, none of the players lined up along the free throw lane may enter the lane until the ball contacts the rim. If a defensive player jumps into the lane early, the shooter receives another shot if the shot misses. An offensive player entering the lane too early nullifies the shot if it is made.
- D. **Backcourt Violation:** Once a team controls the ball in the front court, a player on that team cannot be first to touch the ball, if he/she or a teammate was last to touch the ball, after the ball has crossed into the backcourt.
- E. **Travel:** A player holding the ball moves one or both of their feet illegally. Most commonly, a player travels by illegally moving his or her pivot foot or taking three or more steps without dribbling the ball. A player cannot travel until they have secured control of the ball.
- F. **Illegal Dribble (Double Dribble):** A player uses both hands simultaneously to dribble the ball or begins to dribble the ball a second time after having come to a complete stop

## VII. RULE BOOK:

- A. The National Federation High School Rule Book is the **only book** which applies to our program. All exceptions and adoptions are included in this handbook.





# **CLINTON COUNTY YOUTH BUREAU**

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