



City of Long Beach

Youth Sports Program

We Believe Every Kid Has Something to Play For

The Foundation of Our Program:

- † Sportsmanship**
- † Fundamentals**
- † Health and Wellness**
- † Perseverance**
- † Teamwork**

2024 Points of Emphasis: Rule Clarifications/Changes

Sportsmanship

- Youth Basketball is a fundamentally emphasized league for players, parents, and coaches. Coaches are expected to correct behaviors from players and parents. If players, parents, or coaches act un-sportsmanlike, they are subject to discipline and as a result MAY be disqualified from invitationals. (01/18/24)
- To avoid negative sportsmanship from coaches, an alternate game plan is highly encouraged.
Ex: Team A is winning by 30 points in the 4th Quarter against team B. Team A's coach should find a way to ensure all their players experience positive sportsmanship and not "run up the score".

Illegal Defense

- An illegal defense occurs when the defending team plays defense outside of the parameters specified in this rule book (Ex: Full Court Press in quarters (1-4 for the E-division))
- Illegal Defense is defined as:
 - There is a full court press for the E-Division.
 - There is a full court press for the D-Division outside of the 4th quarter.
 - There is a full court press for the C-Division outside of the 2nd half.
- Teams are allowed 3 illegal defensive violations for the entire game.
- Teams will be allowed to play defense at the location of a hash mark indicated on a basketball court.

Each team has two (2) warnings per game. Upon third (3rd) and every subsequent illegal defense call, violated team is awarded two (2) free-throws and possession of the ball to be inbounded from halfcourt.

Fouls

An infraction of the rules which is charged and is penalized.

Common Foul Terminology: Common Foul, Technical Foul, Flagrant Foul

Technical Fouls:

1. A foul by a nonplayer
2. A noncontact foul by a player
3. An intentional or flagrant contact foul which the ball is dead, except a foul by

an airborne shooter.

4. A direct technical, charged to the head coach because of the head coach's actions.
5. An indirect technical, charged to the head coach as a result of a bench technical foul being assessed to team bench

Penalty Assessed: Two free throws plus ball at halfcourt. *Note: two technical fouls will result in the ejection of player or non-player
Flagrant Fouls:

1. Personal or Technical foul of violent or excessive nature, or technical noncontact foul which displays unacceptable conduct. May or may not be intentional. If personal, it involves, but is not limited to violent contact such as: striking, kicking, and kneeling. If technical, it involves dead-ball contact or noncontact conduct at any time which is extreme or persistent, vulgar, or abusive conduct. Fighting is considered flagrant.

Penalty Assessed: Two free throws plus the ball at halfcourt.

Table of Contents

| | |
|--|--------------|
| Parents Code of Conduct | Page 5 |
| Mission Statement | Page 6 |
| Youth Sports Rules and Regulations | Pages 7-8 |
| Rookies and Minors Basketball Rules | Pages 10-13 |
| Supplemental Basketball Rules Division | Page 14 |
| D-Division (Boys and Girls) Basketball Rules | Page 15 |
| C-Division (Boys and Girls) Basketball Rules | Page 15 |
| “E” – “C” Division General Game Rules | Pages 14 –19 |
| Coaching in the Youth Sports Program | Pages 20-22 |

We pledge to follow the:

National Youth Sports Parent's Code of Conduct

- I will remember that youth sports are played for fun!
- I will be a role model for my team demonstrating how to treat players, others parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parent and coaches.
- I will show respect to all referees, officials and never act in a manner that would be disrespectful toward them.
- I will encourage all players on all teams regardless of the score. I will place my child's emotional and physical well-being ahead of my own personal desire to win.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I understand that failure to follow the above rules may lead to removal from the Youth Sports Program.

CITY OF LONG BEACH

DEPARTMENT OF PARKS, RECREATION & MARINE

MISSION STATEMENT

The Department of Parks, Recreation and Marine Youth Sports program exists to provide boys and girls in our community a variety of citywide recreational sports leagues that emphasize Teamwork, Sportsmanship, Fundamentals, Health and Wellness and Perseverance. We believe every child in Long Beach has something to play for and our role is providing that opportunity in a FUN, safe and nurturing environment.

YOUTH SPORTS RULES AND REGULATIONS

The Youth Sports Committee comprised of the various Park Supervisors, YS Supervisor, Recreation Assistant, and the 2 Youth Sports Coordinator have jurisdiction over all rules and regulations governing play and not completely covered in this handout.

Participant Requirements:

1. Proof of Birthdate

Proof of birthdate is required upon registration and is due with team rosters. A participant may not play without prior proof of birthdate. If a participant is currently on the master eligibility list, he/she is exempt from having to show this document. Every three years, the youth sports office will recreate the master list and request documentation. Picture/School ID's maybe requested for "D" - "B" age groups.

Proof of birthdate is required for all age classifications INCLUDING for Rookies and Minors. Xerox copies of both birth certificates and ID's will be kept on file for 3 years beginning in January 2017. No originals will be accepted. Privacy of all participants is important, and we will keep our copies for three years and then shredded.

Other acceptable forms of documentation accepted are immunization records, and official school records.

(Identify your park, division, team name and coach's name on the proof of age document)

2. Rosters

Rosters must be completely filled out and signed by a certified coach and the Supervisor. All rosters are due prior to league play (dates to be announced for each sport). In order for a roster to be accepted, it must have the required number of participants needed to play the given sport with all necessary paperwork attached. After one league game, rosters are considered frozen and roster changes cannot be made without add sheet (see below). All games are considered league games.

3. Adding/Dropping Players to Roster

Adding/Dropping players can be done on game day (PRIOR TO THE START OF THE GAME) by completing the "Add/Drop Forms" provided in the coaches, providing proof of birthdate and submitting them to youth sports staff (a player may not play in a game on Saturday and be added on Monday). (Identify your park, division and team name on the add sheet)

****A LIABILITY WAIVER MUST BE ON FILE**** Have an extra copy of the participant's waiver with you at all times on game day.

4. One Team/One Park

A participant may only be on one roster per sport at any one park. For example, a participant may not play on an "E" Boys Basketball team at Silverado Park and play up on a "D" Boys Basketball team at Pan American Park.

5. Transferring from One Park to Another

If a player wishes to transfer parks during the season, you must notify your youth sports coordinator of which park they are transferring to and complete a new add sheet for the new team prior to the next game they play in.

6. Girls Playing on Boys Team/Boys Playing on Girls Team

If there is a girls'/boys' team available at the park, girls/boys may not play on a boys'/girls team. Girls may play on a football team during the volleyball season.

- a. Exception, if the park they wish to play at does not have a girls'/boys' team, no more than two (2) girls may be put on the roster and allowed to play on a boys' team during the sports of indoor soccer or basketball which have a girl's league. Two boys maybe allowed to on a girls' volleyball team roster, but only one may play at a time.

7. Teams Dropping Out of Leagues

If a park has two teams in the same division and one team drops out of the league, those players have the right to join the other team from that park. Players cannot be added to another team on the same day that the team was officially removed from the league; they must wait to be added until the next scheduled league game. Unless there are extenuating circumstances which will be evaluated by the youth sports committee.

8. Forfeits Can Result from:

- Roster is not properly filled out.
- Lack of paperwork (e.g. add/drop sheets, proof of birthdate.)
- Lack of full name on score sheet.

Games will be declared a forfeit if:

- Less than the appropriate number of players is ready to play.
- A player participated who is not on the team roster.
- A player participated who has falsified his/her age.
- A player plays under an assumed name.
- Teams are not ready to play 10 minutes after scheduled game time.

- If a team forfeits twice due to lack of players, it will be removed the league.
- Players' first and last names are not listed on the score sheet.
- All rules concerning forfeits are retroactive.

9. Eligibility

If a coach knowingly plays an illegal player for any amount of time, the coach will be subject to a disciplinary hearing involving his/her coordinator, supervisor, Youth Sports Supervisor and respective Superintendent.

If an official or a coordinator ejects a participant from a game for any reason, the participant will be suspended for the following game and will not be allowed to attend the game. Player's actions, before or after a game, (taunting, fighting, etc.) may be cause for suspension from upcoming games or from the remainder of the season or program entirely.

***The final date for any late registrations**

10. Unsportsmanlike Conduct by a Player / Spectator / Employee

Unsportsmanlike conduct will not be tolerated. Any fighting, display of physical force, taunting, or gestures directed towards participants, officials, coaches or youth sports staff is cause for immediate ejection from the game. If unsportsmanlike conduct occurs by a coach, player, parent or spectator prior to or after a game, the offending party will be subject to a hearing with the Youth Sports Committee.

11. Process for Employee Misconduct

Unsportsmanlike conduct by any employee will be strictly monitored. Any abusive language directed toward other employees, participants or spectators will be handled on a case-by-case basis and may result in an employee misconduct hearing with the employee's Supervisor and Superintendent.

12. Participant Safety

A player who is bleeding, or has an open wound or has an excessive amount of blood on his/her uniform must leave the game. A player who has been determined to be unconscious shall not return to the game without written authorization from a physician. Coaches are required to carry copies of the signed participant waivers and should be submitted along with a patron/volunteer incident report when an injury occurs.

13. Participant Uniform

- Participant's shirt must be tucked into his/her shorts or pants. Shorts/pants must be pulled up to the hips.

***Closed toe shoes (preferably tennis shoes or basketball specific athletic shoes) must be worn.
(NO SANDALS)**

Youth Basketball

Rookie & Minor Division Rules

General Philosophy

The league is designed to introduce the fundamentals of basketball in a team environment to Boys and Girls born in (2009-2012) in a non-competitive recreational setting.

Calling Fouls for Rookies and Minors/Coaches Are the Officials

The coaches during a Rookie or Minor game are expected to also control the flow of the game by also working as officials. Coaches are mandated to bring whistles to their game and stop play under basic game situations.

Goals for the Rookie and Minor Basketball Player

1. To develop the skills of shooting, passing, defense and ball handling.
2. To create a game-like atmosphere that effectively teaches the above skills.
3. To teach the basic team concepts: Playing and learning all positions, team work, strategy and above all, sportsmanship.
4. To teach and emphasize great sportsmanship and fair play.
5. To further develop motor skills and abilities, the overall health & wellness of the participant, which includes muscular strength endurance & aerobic endurance.

Age Requirement

Rookies – (Born in 2017-2018)

Minors – (Born in 2015-2016)

Court Size

Rookies: Scaled Down Court Dimensions using 6' Portable goals
Minors: Scaled Down Court Dimensions using 8' Portable goals

Players Allowed on the Court

Rookies: 4 on 4 *NEW to the Rookie Division is 4 on 4 basketball. * Less players on the court will create less congestion in the key and will allow developing players to focus on dribbling, passing and shooting. Minors: 5 on 5

The Ball Size

Rookies - Youth Size Ball (25.5")

Minor - Youth Rookie Ball (27.5")

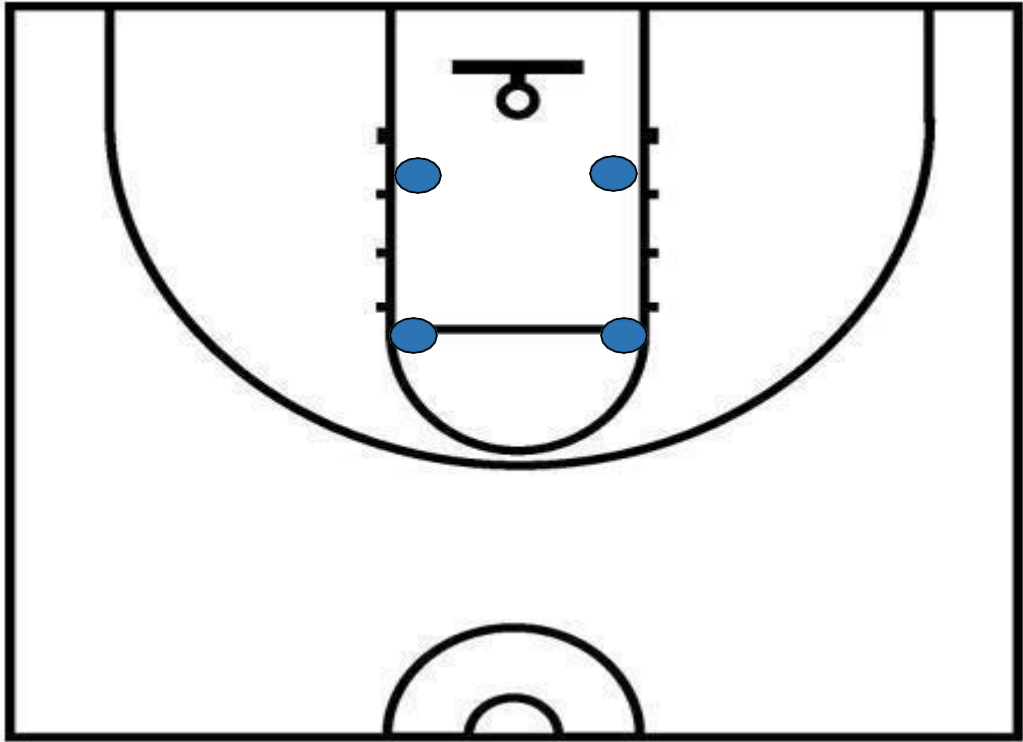
Length of Game

Four 8-minute quarters. One-minute break between quarters and two minutes between halves. Running time except for timeouts. Two time-outs per team per half; one minute per team. Timeouts are an opportunity to review the fundamentals.

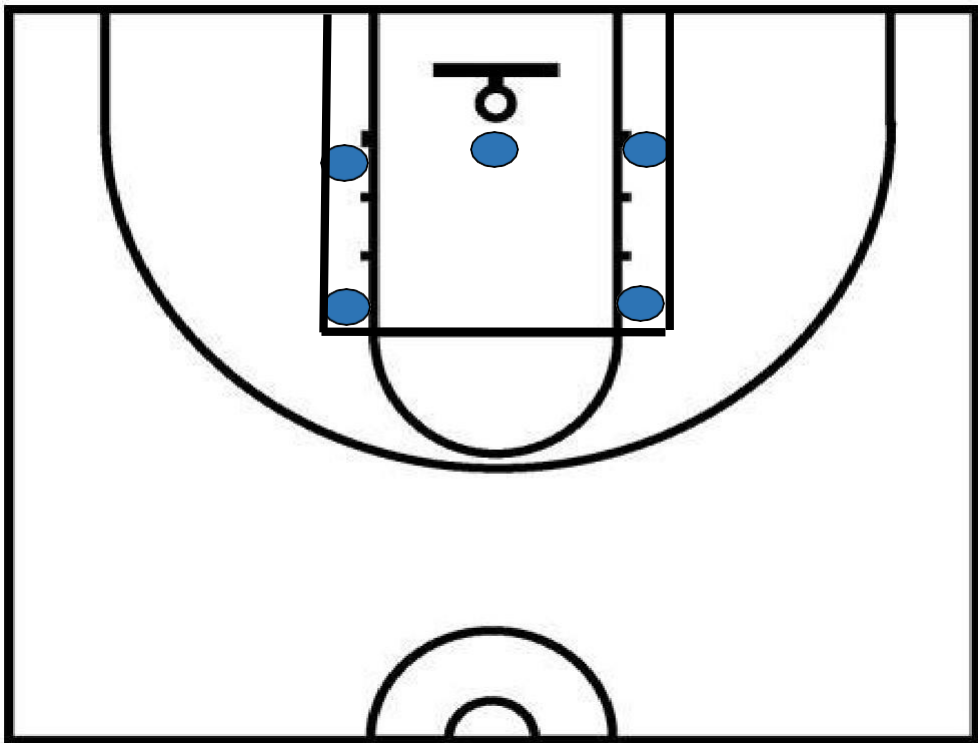
The Rookie and Minor Division General Game Rules

1. In our Rookies and Minors division, it is mandatory that all team defenses play a "zone defense". All defensive teams must play a 2 - 2 Zone Defense for the Rookie Division and a 2 - 3 Zone Defense for the Minors.
2. The defense must also have two feet/heels in the key at all times. The key will be extended by 1 two feet on the perimeter of the key for the Minor division. This will allow the defense to affect the offense player and still provide passing lanes, shot attempts and ball movement for the offense. Coaches should emphasize making sure players are in a fundamental defensive position at all times. Penalties for the defense leaving the "key" will be ball out of bounds to the offense.
3. Coaches may play "Point Guard" for the Rookie Leagues and dribble up off a rebound attempt, so players may have time to set up their formations.

ROOKIES ZONE DEFENSE



MINORS ZONE DEFENSE



The Rookie and Minor Division Game Rules Continued

4. Each player present and able to play must play and play at least 8 minutes per half. **COACHES ARE RESPONSIBLE FOR ENSURING EQUITABLE GAME TIME FOR THEIR PLAYERS.**
5. No jump ball to start the game, a coin flip or “rock, paper, scissors” may determine who takes the ball out first, then alternate at the start of every quarter.
6. Score will not be kept. Emphasis will be placed on FUN, skill development, sportsmanship and team play. Enforcement of rules are to be applied liberally at the officials and coach’s discretion.
7. General basketball rules should be enforced as a teaching tool for the fundamentals.
8. A back court rule will be in place. Penalty is ball out of bounds for the opposing team.
9. Personal fouls will not be distinguished or counted, no free throws will be awarded. Fouls will be called, briefly explained by the coach or official to the player in order to teach and the ball will be rewarded out of bounds.
10. **“FAST BREAKS’ will not be allowed.** When there is change of possession, the ball handler must wait until the defense has crossed half court before advancing the ball. The player can then push the ball up the court at any pace they are capable of.
11. **OFFICIATING** at the Rookie and Minor level is required by the coaches. All aspects of the game will be called by the coaches. At certain gym sites, the lead Recreation Leader on site will also assist in the implementation of the rules.
12. **The lead staff on site will keep the game clock and assist coaches and notify coaches when to substitute players.**

SUPPLEMENTAL BASKETBALL RULES -

For 2024, the BASKETBALL rules listed below are supplemental rules that have been adapted to our recreational level of competition. The rules are based on Sportsmanship, Fundamentals, the Health and Wellness of the participants and Perseverance. Our rules are based on the NFHS (National Federation of State High School Associations).

“E” - Boys and Girls DIVISIONS (2013-2014)

1. Four 8-Minute Quarters
2. Use Junior Size Basketball (27.5)
3. 9-foot basket height for the girls and boys (Adjustable Rim Heights Are Not Always Available at the gyms we play at)
4. 3-Seconds in the key
5. 12-foot free throw line (measured from the plane of the backboard, applicable at certain park sites)
6. Scaled Down Court when possible (approx. 60-feet)
7. Violation for illegal defense – Two Warnings, each warning results in a side out, third violation is technical foul (two free throws, plus the ball).
8. NO FULL COURT PRESS at all in the “E” Division – Penalty and technical foul on the third violation for illegal defense.
9. Defense is allowed after the BALL in control of the offensive player crosses beyond half court.
10. 3-Point Field Goals are allowed in the Boys and Girls division; exception: Some facilities may NOT have a 3-point line painted on the gym floor and will not be counted.
11. Stop clock ONLY in the LAST 2(TWO)-minutes of the game and if the score is 10-Points or less. *(Edited 1/18/23)*
12. Once “stop clock” is initiated; it continues until the end. Stop clock only on a dead ball situation:
 - a. Player Foul or Violation
 - b. Time-Out
 - c. Out of Bounds
 - d. Clock stops on a referee whistle

“D” - Boys and Girls (2011-2012)

1. Four 8-Minute Quarters
2. Boys and Girls use (28.5”) Basketball.
3. 10-foot basket height for both groups
4. 3-second key violation
5. Free Throw is reset to traditional 15ft.
6. Allowed to play defense after offensive player and the ball cross half court.
7. Full Court Pressure is allowed to start the 4th Quarter.
8. Stop Clock Rules are the same as in the “E” Division

“C” - Boys and Girls (2009-2010)

1. Girls use (28.5”)
2. Boys use (29.5”)
3. All other D-division rules apply.
4. Full Court Pressure is allowed at the start of the 2nd half.

“E” – “C” Division General Game Play:

1. **Players:** - Each team (on the court) shall be composed of 5 players. At least 4 roster players are needed to start and continue a game. There will be a pre-game meeting with all players and coaches prior to review basic game rules and to remind players/coaches/parents of the importance of sportsmanship and to discuss communication between coworkers.
2. **Mandatory Playing Time**

Each player must play at least 8 minutes per half.

a. Substitutions –

- i. Substitutions can only occur at the 4-minute interval in each quarter until the mandatory playing requirement. After each player receives the mandatory playing time, “free subs” may be employed by the coach. Officials shall not tolerate substitutions that are made to delay the game (delay of game warnings may be given; on the third warning a technical foul will be assessed.)

b. Injured Player –

- i. An injured player is required to leave the game. If the player cannot return to the game, they will receive credit for satisfying the mandatory playing time requirement. If an injured player is unable to shoot the free throws (if applicable), the opposing coach may choose any player ON THE FLOOR to shoot free throws.

c. Late Players –

- i. When adding a late player during running time of the game, a team will be assessed a time out. A time out will NOT be assessed if the late player is added during a regular time out or at the end of the quarter or halftime.
- ii. If a player arrives during the second half, they will be allowed to play and will have the opportunity to satisfy the 8-minute mandatory playing requirement. Late players must be entered prior to the start of the 4th quarter. The coach will not have FREE SUBS during the second half.
- iii. If a player arrives after regulation, they will not be allowed to participate in overtime. The mandatory playing time can't be met in overtime.

3. Time of Game -

Game Play – Running time will be utilized in all divisions. The clock will stop for the following during running time:

- i. Time Out
- ii. Injury
- iii. Officials Time Out

Final 1 (One-Minute) of any game having a difference of (8) points or less. Once we are in stop clock, it will continue until the end of the game. Stop clock only on dead balls, i.e. Out of bounds, fouls, player violations.

CLOCK DOES NOT STOP ON MADE BASKETS

4. Time Outs -

Each team is allotted 2-time outs per half (30 Seconds Each). Time outs do not accumulate. Coaches or players may call timeouts in each division.

- a. Teams must be in possession of the ball to call a time out.
- b. Ball will be inbounded at closest spot sideline/baseline when the timeout was called.

5. Personal/Team Fouls-

- a. A player must be removed from the game after committing 5 personal fouls. A team will shoot a bonus free throw (1 and 1) on the seventh team foul (per half; fouls reset after half time) and earn a second shot if the first bonus free throw is good. Teams will shoot two bonus free throws on the 10th Team foul. In the event that only 3 players on a team remain on the floor, due to fouling out, the last player to foul out may remain in the game to keep 4 on the floor. Any subsequent foul committed by that player shall be considered a technical foul.

6. Alternating Possession -

- a. In all jump ball situations or when the ball is tied up or possession can't be determined, possession of the ball will alternate. After the opening jump ball, the possession arrow will be utilized to determine possession of the ball at the beginning of quarters.

7. 10 Second Rule -

The offensive team has 10 seconds to advance the ball past the mid court line.

8. Inbounding from the Sideline and Baseline, Dead Ball Situation or After a Made Basket -

A player on the sideline has 3' in any lateral direction to inbound the ball and avoid defensive pressure. A player has unlimited space directly behind them. From the baseline, the same 3' applies unless it is **AFTER A MADE BASKET**, then the player may move along freely the entire baseline from sideline to sideline. **Players have 5 Seconds to inbound the ball.**

9. Tie Game at End of Regulation / Overtime Rules -

- a. A jump ball will start the One (1) minute overtime period.
- b. Stop Clock Will be utilized.
- c. Each team will receive One (1) timeout.
- d. All Fouls and Bonus Fouls carry over. If a team is shooting in the bonus in the 4th Quarter, they will be allowed to so in OT.
- e. Delay of Game warnings carry over.
- f. Illegal Defense warnings carry over.
- g. If a tie still exists after the one-minute period, the game will result in a tie.

10. Unsportsmanlike Conduct/Flagrant Fouls

Unsportsmanlike conduct/Flagrant Fouls is not a part of our Youth Sports program and may result in a technical foul and/or ejection and will result in a minimum 1-game player suspension. A flagrant foul is a hard foul that is not a direct play on the ball.

This relates to all of the recreation staff involved, parents and supporters in the stands and the players. Any fighting, flagrant display of physical force, abusive language or gestures directed towards another player, Recreation Staff, or spectators will be cause for immediate ejection followed by disciplinary investigation.

11. Taunting and Technical Fouls

- a. Taunting is unsportsmanlike and is not allowed. A technical foul will be assessed to the offending player.

- b. Technical Fouls – If a player or coach receives 2 technical fouls, they will be ejected from the game. A technical foul may be assessed to a player, coach or spectator for negative comments or actions that undermine coworker/officials. The ejected player, coach/city employee, spectator must also leave the gym, not only the gym, but the premises. The game will not restart until the ejected individual does so.

13. Dress Code Applies to All Ages –

- a. Player uniforms, specifically the shorts must be worn at waist level. “Sagging” is not allowed on the court. Shirts/Jerseys must be tucked in. This helps with officiating the game.
- b. Rubber soled shoes MUST be worn.
- c. Jewelry (earrings, necklaces, bracelets, etc.), hats, bandanas, wave caps, hair clips, beads and barrettes are not allowed. Hair clips and barrettes can cause a more severe injury if a player falls on the gym floor and strikes their head while wearing the items.
- d. Warnings will be given during the pre-game meeting. Any dress code infraction after the warning will result in a technical foul.

COACHES, PLAYERS AND SPECTATORS

1. Only certified coaches/volunteers may be on the bench with the players and be a part of their teams' huddle during timeouts.
2. Coaches are responsible for the actions of their players and spectators.
3. Parents must abide by the Parent Code of Conduct
4. Parent and team supporter's behavior is a reflection of the team and of the park and will have a direct impact for post-season invitations

Coaching in the Youth Sports Program

This following information has been together by the youth sports team and from a veteran Recreation Leader Specialist, who has coached for many years, mentored many coaches and whose program participants still consider him one of their most influential coaches. The recommendations made would be wise for any coach to implement into his coaching routine. It is the basic standard which the success of youth sports depends on. Appreciate the opportunity you've been given to impact youth. As you gain more experience as a coach, you will be able to build upon the following recommendations. Good luck every season and thank you for contributing to the program.

The Coaches Rule

As a youth sports coach, you have an obligation to do your very best to ensure your players have an understanding of the sport they are playing, the way to conduct themselves at all times when representing the team at any function i.e., practice, games, banquets, or any other situations they may be involved in that represent the park, the youth sports program and the City of Long Beach.

As the coach make sure all your players and any assistant coaches or volunteers you have are knowledgeable about all the rules governing your sport, and that they have read any rules or handbooks that may have been given to you by the coordinator of the league.

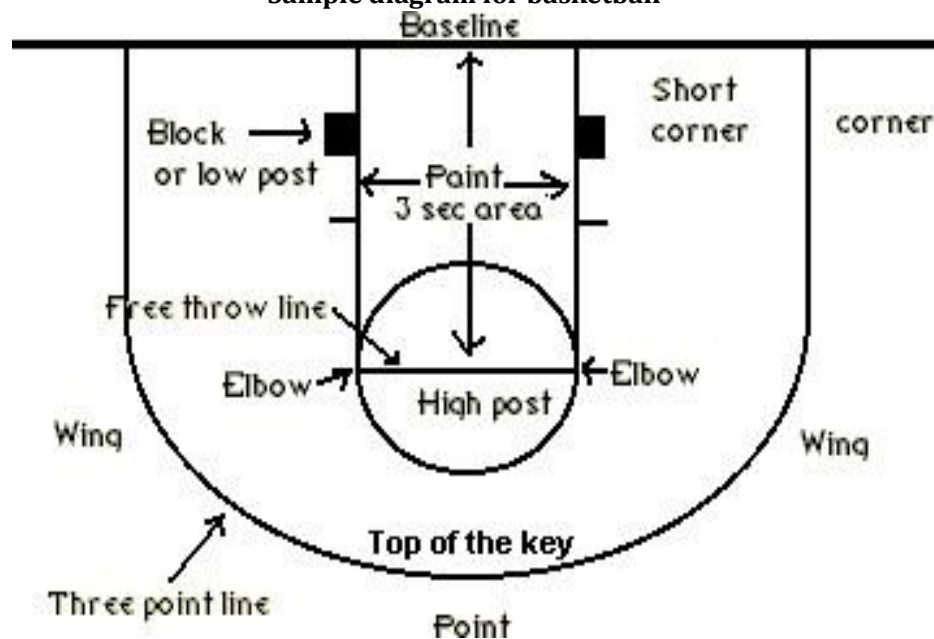
As a coach you are responsible for your teams' and your parents' sportsmanship. Remember you set the example. Your team and your parents should never get involved with the referees, the other team, or the other parents (for any reason). If you see something like this starting to occur, you should call a timeout immediately and put a stop to it. If you have a call that you would like to discuss, never yell at the official during the game action, wait for a break or call a timeout. Go over to the official in a professional manner, express your concerns, and then go back to coaching your team in a professional manner. You have an obligation for the safety of your players. If you feel the environment you are asked to play in is not safe, bring it up to the officials or the coordinator of the league. Remember you are the person responsible for your player's conduct and safety as well as their knowledge of the sport and the rules. Remember to always do your best and always set a good and positive example.

Your First Practice and Team Intro

Remember you NEVER make a second first impression your first practice sets the tone for every other practice the rest of the season. Be on time, be prepared, look professional, have a plan, set your rules & expectations, how you will handle discipline, and how practices will be run every week. You should introduce yourself as Coach (your name), have the players introduce themselves, have them mention if they have ever played the sport before, if they have you can have them tell you what they know about it. This way you get a sense of who has experience and who doesn't. Make a formal introduction to the parents. Let them know what you expect from them and their children.

You are now ready to start your first practice. Always begin with stretching exercises, and some warmup running. Now start your drills, i.e., layup lines (for basketball) dividing into two lines, one line dribbles the ball to the basket and shoots it in using the square on the backboard. After the shot the other line rebounds the ball and dribbles the ball to the first line, stops and makes a good pass to the next participant who will dribble and shoot a layup. The children will rotate lines after every drill. I.e., The person shooting the layup goes to the rebound line and the child rebounding goes to the layup shooting line. Teach the children the terms of the sport you are coaching, refer to the drill as lay ups, rebounds. Describe the different areas on the court or field so the children know where to go when you tell them.

Sample diagram for basketball



Maintain consistency at practices. During a game if you notice something that needs to be worked on more, address that issue at the next practice. Do not yell at or degrade the children, remember you are a teacher teaching fundamentals and sportsmanship.

Game Day Preparation

Make sure your team shows up to the game a half an hour before they play. At this time, you can cover the rules and expectations one more time, go over the court or field with them, do some stretches, some light running, and go over some drills. I.e. layup lines, pass, catch. Make sure the children have the proper uniform and shoes to play the sport they are about to participate in; additionally, make sure all youth participants are signed in.

Actual Game

OK it's finally time for all of you and your kids' hard work to show. Make sure your team knows where their bench is, sign your kids in at the table, then put your kids that will start in the game on the court or field. Remember from your handbook that you were given the number of kids to start each sport, 5 for basketball, 6 for flag football etc. Your remaining players should sit on the team bench until you sub them into the game. Also, there is a "coach's area or box" that you should remain in during the games.

Remember always stay positive and upbeat during the games, give praise but also coach, and tell the children in a positive manner how to do what you want them to do. Call time outs when you need to talk to your team, follow all rules during the time you are playing. After the game is over, line your children up and shake hands. Gather your kids for a talk about the game, this is where you tell your kids the good points and the things you still need to cover a little more, always stay positive! Make sure when leaving a facility after a game that you walk out with your kids and parents to avoid any altercations with the other team or coaches. Remind the kids of their next practice time and day of practice.

The above coaching tips have been provided by your coworker Manny O'Dell, a Recreation Leader with over 30 years of coaching and recreation experience. As of January 2017, Mr. O'Dell is currently a lead staff at Chavez Park still giving back his time to our program.

LET'S PLAY!