



Casper After School Program for Education and Recreation



The Natrona County School District #1 and the Casper Recreation Division are sponsoring volleyball and basketball programs for all 4th and 5th grade students known as **C.A.S.P.E.R.** (Casper After School Program for Education and Recreation).

This program is designed to provide an opportunity for the students to practice with a team from their own school and participate with teams from other schools under adult supervision and coaching.

General Information

NATIONAL HIGH SCHOOL FEDERATION RULES WILL BE USED WITH THE FOLLOWING EXCEPTIONS:

1. Games will consist of four (4) eight (8) minute quarters with a running clock. The clock will stop for time-outs, free throws and injuries.
2. Teams will be granted 3 time-outs per regulation game (1 minute each).
3. Half-time will be a minimum of 3 minutes.
4. The 3-point shot *will* be allowed for all divisions.
5. Pressing is illegal in the 4th and 5th grade divisions. Defensive players may pick up the offensive player at half-court.
6. Zone, trap, and double team defenses are not allowed. However, players will be allowed to come off their man to help inside the lane if their teammate gets beat, but they must return to their man once their teammate recovers.
7. An intermediate (28.5) ball will be used.
8. Teams will be allowed 7 team fouls in a half. Once 7 team fouls are given in a half, the opposing team will receive 2 free throws on any foul violation. Personal fouls will not be kept.
9. **Players will wear their issued reversible jerseys. The home team will be the first listed and will wear white, the away team will wear black.**
10. Positive sportsmanship is a requirement. Any coach or player who receives 2 unsportsmanlike technical fouls during the league will be suspended for the remainder of the league. Spectators ejected will not be permitted to attend any remaining league games. Appeals may be made to the Recreation Division Manager and Program Coordinator in writing.
11. The shoes worn while walking into the facility should not be worn on gymnasium floors. Shoes should be changed and be non-marking.
12. One representative from each team will be responsible for running the clock and the other will be responsible for keeping the scorebook.
13. Please have a meeting with all of your parents so they understand the rules and the sportsmanship expectations.



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Student and Parent Responsibilities

1. No student is allowed in the activity room until a supervising adult is present. This applies in the home school or when at a visiting facility.
2. Student spectators are not allowed at games unless they are accompanied by their own parents, or a legal guardian. If parents fail to supervise younger children, they may be asked to leave.
3. Candy and gum are prohibited in all activity rooms. No smoking is permitted in the activity rooms or in the hallways.
4. At no time are players allowed to roam the halls. Students are to remain in the activity room or leave the building.
5. The office telephone is not for student use after school hours unless they are accompanied by an adult.
6. All homework and clothing will be taken to the activity room after school. No one will be allowed to enter the classrooms to pick up these things after practices.
7. Students are responsible for their own clothing, valuables and books. It is suggested they carry such items to the gym with them.
8. No one will be allowed to sit on the edge of the stage.
9. Student behavior at after-school activities will determine whether or not they will be allowed back. All students are to observe the same regulations that apply in their home school when visiting another facility.
10. **PARENTS:** Will demonstrate positive sportsmanship
Will not approach referees or coaches during or after games
Will not use profanity or obscene language
Will follow procedures for complaints or concerns through the principal's office