

YOUTH BASKETBALL

CITY OF RIALTO



REVISED FOR 2024
City of Rialto
Parks, Recreation & Community Services



Dear Coaches,

We want to express our deepest appreciation for your incredible dedication to the City of Rialto and your unwavering commitment to our youth through your involvement in our youth sport programs.

Understanding the vital role, you play as mentors and leaders, we have developed the following Code of Conduct to guide your actions and ensure the positive development of our young athletes:

- 1. Inclusivity:** Embrace and foster an inclusive and welcoming environment within our youth sport programs. Treat all players, regardless of their background, gender, race, or skill level, with respect, fairness, and equal opportunities. Encourage teamwork, empathy, and a sense of unity among all participants.
- 2. Mentorship:** As coaches, you have the power to make a lasting impact on the lives of our young athletes. Strive to be positive role models, displaying integrity, sportsmanship, and professionalism always. Foster personal growth by actively helping players develop their skills, both on and off the field. Encourage them to overcome challenges and set high standards for themselves.
- 3. Building Confidence:** Place a strong emphasis on building the confidence and self-esteem of our players. Celebrate their achievements, no matter the size, and provide constructive feedback that helps them grow. Encourage a growth mindset, where mistakes are viewed as opportunities for learning and improvement. Empower players to believe in themselves and their abilities.
- 4. Respecting League Policies and Practices:** Familiarize yourself with the rules, policies, and practices established by the league. Adhere to these guidelines and ensure that your coaching staff, players, and parents are aware of and respect them as well. By doing so, we create a fair and consistent environment for everyone involved.
- 5. Accountability:** Hold yourself accountable for your actions and behaviors as a coach. Set clear expectations for your coaching staff, players, and parents regarding their conduct during games and practices. Foster open communication, address concerns promptly and professionally, and promote an environment of mutual respect and teamwork.
- 6. Zero Tolerance for Disrespect:** We have a zero-tolerance policy for any form of blatant disrespect towards league rules, league staff, coaches, players, parents, or community members. Such behavior undermines the values and principles we strive to uphold and will result in severe consequences. Any violations may lead to disciplinary actions, including suspension or removal from coaching duties.

Once again, we extend our deepest gratitude for your selfless service and dedication. Your commitment to the City of Rialto and our youth is invaluable. By following this Code of Conduct, we can continue to create an environment that instills the values of respect, sportsmanship, and personal growth. Together, let us empower our young athletes to become confident, resilient, and respectful individuals.

Thank you for your ongoing support and invaluable contributions.

Introduction

Welcome to the City of Rialto Youth Basketball program. We are looking forward to a **fun** and **enjoyable** season.

As a Coach in our program, you have distinguished yourself as a unique individual and leader for our youth. We truly believe that everyone wants the best for their children, but it takes a special person to find the time to give back to our community by volunteering your time. As a Volunteer Coach you are the most important ingredient to a successful program. On behalf of the City and Parks, Recreation & Community Services Department, we want to say THANK YOU, for dedicating yourself to be a Volunteer Coach this season.

The purpose of this manual is to assist you in becoming the best Coach possible. By doing so, you are a key role in the development of skill and character of our youth. This handbook will cover, in detail, the many different areas of coaching. The first section of this handbook deals with the philosophy of our program, while also defining an ethical approach to coaching. Section two is a basic outline of the rules and regulations. The third section, titled “Drills”, deals with the elements involved in developing a practice. The fourth includes pertinent articles which we hope will help influence your coaching techniques and characteristics.

We believe this will be one of the most rewarding experiences of your life. Your influence and guidance are most important, for it is the basis of your team’s, and each individual’s future growth in the sport and in life. We truly believe that a good experience in sports will help build a well-rounded child, and we are here to assist you in any way possible to achieve this goal.

Program Philosophy

The main purpose of the City of Rialto Youth Basketball Program is to provide a positive and fun experience for everyone involved, (i.e. coaches, parents, spectators, officials, and most of all the boys and girls participating).

These goals can be reached, even, without a winning season. Simply by emphasizing fun, skill development, and the excitement of competition, you’ll have a successful season.

Our philosophy of Youth Basketball is patterned after our belief that sports as a whole can play an integral role in the growth and maturation of each individual involved. The development of a person’s skill as a basketball player coincides with the outgrowth of each individual as a human being. The guidance and direction of each child should be based on what we call, “The Truths about Children and Sports”:

1. **Fun is pivotal; if it’s not “Fun,” young people will not play a sport.**
2. Skill development is a crucial aspect of fun, it is more important than winning even among the best athletes.
3. The most rewarding challenges of sports are those that lead to self-knowledge.
4. Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).

Your success as a coach will depend more on your coaching philosophy than any other factor. In general, a coaching philosophy is a set of personal beliefs and principles that guide the actions you take with your athletes. Developing a coaching philosophy is important because it provides you with a blueprint or framework for all the decisions you make as a coach. A well-thought-out coaching philosophy helps you:

1. To identify, prioritize and organize worthwhile instructional goals for the season.
2. Offer efficiency in planning and coordination between people.
3. Most important, it gives you, your assistant, your athlete's parents, and your team a sense of values from which to work.

Rules and Regulations

The Southern California Federation (S.C.M.A.F.) Rules and Southern California National Federation High School rules have been adopted as stated and will apply except where the City of Rialto League rules conflict. City league rules have priority.

Player Eligibility

A. The following divisions will apply:

Division 2 - Age group 13yrs – 15.11yrs

Division 3 - Age group 10yrs – 12.11yrs

Division 4 - Age group 8yrs – 9.11yrs

Advanced Rookie Division 5 - Age group 6yrs – 7.11yrs

Rookie Division 6 - Age group 4yrs – 5.11yrs

*Ages are calculated by last day of the season.

B. Players may play up one division. (With approval from League Programmer)

C. Any player found to be ineligible will be removed from the game and program immediately.

D. Coaches who use non-registered players (ineligible players) may also face suspension or expulsion.

E. Coaches may not recruit players for their team or presume to register players. All interested children must register through Parks, Recreation & Community Services directly.

League Rules

The following league's rules have been adopted as our league rules to standardize league play. City league's modified rules are also included herein.

1. Time outs: Four (4) per game and one (1) per overtime period. Time outs will be limited to one (30) second. Unused time outs do not carry over to over time.
2. Overtime: Two (2) minutes, regulation clock. Clock stoppage in the last minute of overtime period.
3. Double overtime is be played with the sudden death rule; first team to score wins the game.
4. There will be a 5-minute grace period prior to beginning of each game for late arrivals, every minute results in a point for the opposing team. Less than 4 players at game time are a forfeit.
5. All teams must have at least four (4) players to begin a game. If the game remains competitive (12 points or less), it will be allowed to continue. If by the halftime, a game is not competitive, it will be called a forfeit by Rialto Staff.
6. There shall be 1 minute between quarters and 2-minute half time.
7. The game will be divided into 4 quarters with different lengths per division.
8. Minimum Play Rule:
Each player must play a minimum of three and half (3.5) consecutive minutes in each quarter for Division 4 and a minimum of four (4) consecutive minutes in each quarter for Division 3 and 2. An official's time out not charged to either team, shall be called at the nearest midway point of the quarter or on the next dead ball, for the sole purpose of substitutions to meet the minimum play rule. Player must start his/her consecutive minutes at either the beginning or midpoint of a quarter in each half. Consecutive minutes begun in one quarter may not be carried over into the next quarter or half. All player must come off of the bench into the game.
Exceptions to the rule are:
 - ❖ **Coach is experiencing problems with player failing to attend practices. (Coach must notify the staff at score table before game)** If the Sport Programmer fails to resolve problem with the parent, then the League Programmer can restrict child's playing time for the upcoming game.
 - ❖ Late arriving players: Players must check-in at the table when they arrive. Players reporting to the table with more than the minimum minutes remaining in the quarter must meet the requirement of consecutive minutes remaining in the quarter. Players reporting to the official scorekeeper with less than the minimum minutes remaining in the quarter may not participate until the next quarter. Player must be dressed and ready to play at the time of check-in to play.
 - ❖ If a child is injured, play can be restricted but Coach must notify on-site staff prior to restricting play and staff approval. **If child is ill, he/she cannot sit on team bench.** NOTE: Coaches **cannot** restrict a child's playing time to less than what is established in the league rules.

9. Substitution Penalty: if a coach does not substitute all players as directed, the team receives substitution technical foul. This penalty will result in opposing team receiving 2 foul shots plus the ball out of bounds. Non substituted player(s) must sit for the last quarter of the game. As a courtesy, the scorekeepers are encouraged to notify all coaches at the start of each quarter, on the status of satisfying the minimum play rule. The ultimate accountability for compliance is the head coach's responsibility. The official scorekeeper shall determine compliance.
10. Free substitution (all divisions) during the 4th quarter of the game; **all** players have met minimum requirements. Exception: A player is injured, becomes ill, or fouls out.
11. The Bonus Rule shall be in effect on the 5th team foul two shots will be awarded. Team fouls start over with the beginning of each quarter.
12. Girls will play by boys' rules regarding 10-second back court rule and over and back.
13. Three (3) point shot will be allowed in Divisions 2, 3 and 4.
14. Rosters will be limited to maximum of 10 players, unless program needs require additions. Division 6 will be capped at 5 players per team.
15. There will be an initial "jump ball" to begin play. All other jump ball situations will be enacted with throw-ins using alternating possession. Table will keep track of possession.
16. A coach can call time out in addition to a player on the court.
17. Head Coach, Official Assistant Coach (must be listed on Coach's application) and ONLY players on the team currently playing are allowed to sit on the bench at all times.
18. All players must play and sit at least half of the quarter length each quarter if the team has 10 players. If not, every player still must sit down half of one of the quarters.
❖ **VIOLATION OF THIS SUBSTITUTION RULE WILL EARN A SUBSTITUTION TECHNICAL FOUL. THIS TECHNICAL FOUL WILL RESULT IN 2 SHOTS PLUS THE BALL FOR THE OPPOSING TEAM. THIS TECHNICAL FOUL WILL BE CALLED BY THE SCORERS TABLE ONLY. THE REFEREES DO NOT TRACK PLAYER TIME ON OR OFF COURT.**

Rookie D-6 Four 6 Minute Quarters

- a) Free substitutions, coach will be responsible for making sure all players play in the game.

Advanced Rookie D-5 Four 6 Minute Quarters

- b) There will be a substitution at 3:00 of the first three quarters. Free substitutions in the 4th quarter.

D-4 Four 7 Minute quarters

- a) There will be a substitution at 3:30 of the first three quarters. Free substitutions in the 4th quarter. Free substitutions in the 4th quarter.

D-3 and D-2 Four 8 Minute Quarters

- a) There will be a substitution at 4:00 of the first three quarters. Free substitutions in the 4th quarter.

19. Concussion Rule: Any player who hits their head will be evaluated using the standard concussion rule testing. Determination of continued play will be at the sole discretion of the City of Rialto sports staff members.
20. 20 Point Rule: If a team is winning by more than 20 points, it is suggested that players with less experience be allowed to play more during the game to gain the experience for future seasons.
21. Any player not wearing a current season City of Rialto basketball issue jersey will not be permitted to play. The only exception is if the recreation center has not issued a jersey to that individual because the jersey was unavailable or defective.
22. Any player displaying aggressive behavior toward another player is subject to league discipline. **League discipline is defined as:** suspension, game ejection, league ejection and/or discipline as deemed necessary by City of Rialto Staff. **Aggressive behavior is described as:** striking or an attempt to strike, threats, malicious injurious play, malicious intent, and/or unsportsmanlike conduct.
23. The match will be terminated in the event of a fight before, during, or after a game. Any parties involved in the altercation will result in a loss for their respective team. If both teams are involved in the fight, both teams will receive a loss.
24. If a player gets ejected from a game, they must sit out the next game. If a player gets ejected from a second game, they will be subject for review and may be suspended indefinitely by the City of Rialto Staff.
25. All players must remove their jewelry before the start of the game they are not allowed to wear band-aids over ears to cover earrings. All jerseys must be tucked in,

and shorts pulled to their waistline. If game is stopped due to these infractions, it will result in a two-shot technical foul for delay of game.

26. Coaches must be aware of players uniforms including shoes. Clock will not be stopped if player(s) shoes are untied.
27. Injury Protocol: If a player is injured, coach must immediately ready a substitution for injured player. Injured player must leave the court. After medical attention, player can return to game.
28. All teams in all divisions MUST practice fundamental basketball skills for a minimum of 10 minutes during practices.
29. No personal basketballs are allowed in the gym on game day. We kindly request that coaches provide the necessary basketballs for pre-game warm-ups.
30. Only the Head Coach is allowed to stand during the game. It is strictly prohibited for coaches to verbally abuse officials, yell at other coaches, physically touch an official, or approach an official in a threatening manner.
 - ❖ Coaches must address officials with respect, calmly make their point (in a non-demonstrative way), and let it go.
 - ❖ Please remember that if officials call every minor infraction, it disrupts the flow of the game. Focus on coaching your players rather than criticizing the referees.
 - ❖ Encouraging your players and ensuring they have fun should be your primary focus.

Division Regulations

1. Division 2

- a. Basketball: This division will use official size, 29.5 circumference basketball size, rubber or leather covered optional.
- b. Teams may press the entire game. Exception: A team with 15 point or more lead will not be allowed the use of the back-court press at any time. The defense must allow offense to move ball across the plane of the mid-court line. Penalty: First offense, a warning to the team. Each subsequent offense will be deemed a technical foul.
- c. Division 2 will play four (8) minute quarters. Clock will stop in the 4th quarter in the last two minutes only if the score is within 10 points or less, and for all time outs and technical fouls.

2. Division 3 Regulations

- a. Basketball: This division will use official size, 29.5 circumference basketball size, rubber or leather covered optional.

- b. Teams may press the entire game. Exception: A team with 15 point or more lead will not be allowed the use of the back-court press at any time. The defense must allow offense to move ball across the plane of the mid-court line. Penalty: First offense, a warning to the team. Each subsequent offense will be deemed a technical foul.
- c. Division 3 will play four (8) minute quarters. Clock will stop in the 4th quarter in the last two minutes only if the score is within 10 points or less, and for all time outs and technical foul.

3. **Division 4 Regulations**

- a. Basketball: This division will use official size, 28.5 circumference basketball size, rubber or leather covered optional.
- a. Teams may press the entire game. Exception: A team with 15 point or more lead will not be allowed the use of the back-court press at any time. The defense must allow offense to move ball across the plane of the mid-court line. Penalty: First offense, a warning to the team. Each subsequent offense will be deemed a technical foul.
- b. Division 4 will play four (7) minute quarters. Clock will stop in the 4th quarter in the last two minutes only if the score is within 10 points or less, and for all time outs and technical fouls.

4. **Advance Rookie**

- a. Basketball: Basketball will use the 27.5 circumference basketball rubber or leather covered.
- b. An adjustable basket that will be set at 8 ft. on side courts.
- c. One coach is permitted on the court during the 1st, 2nd and 3rd quarters. However, during the 4th quarter, coaches are required to return to the sideline.
- d. **Week 3 Rules:** During the 4th quarter, double dribbles, traveling (3 or more steps), 3 seconds in the key, and illegal dribbling (extreme carrying of the ball) will be called as violations, resulting in turnovers.
- e. **Week 5 Rules:** During the 3rd and 4th quarters (2nd half), double dribbles, traveling (3 or more steps), 3 seconds in the key, and illegal dribbling (extreme carrying of the ball) will be called as violations, resulting in turnovers.
- f. **Week 8 Rules:** In the 2nd, 3rd, and 4th quarters, double dribbles, traveling (3 or more steps), 3 seconds in the key, and illegal dribbling (extreme carrying of the ball) will be called as violations, resulting in turnovers. Coaches will be allowed on the court during the first half only.
- g. **Week 10 Rules :** will play a full regulation game, with all violations being called.



PARENT/GUARDIAN OATH

The City of Rialto – Parks, Recreation, and Community Services Department has introduced the following Parent Code of Conduct to emphasize the crucial role of parents/guardians in supporting their child/children in sports. Please carefully read and sign this form as your child will not be permitted to participate in games or attend practices until this signed form is submitted.

Any parent, family, friends, or athlete found engaging in improper conduct during games or practices may be asked to leave the sports facility and could face suspension or removal from the following game or the current/future season. Repeated violations may result in a multiple-game suspension or the forfeiture of the privilege to attend all games for the season or removal from the current and/or future seasons.

Our longstanding youth program is more than just a recreational league; it provides a secure, organized environment for children to learn, grow, and develop essential skills in sportsmanship, teamwork, and responsibility. To ensure a fair and enjoyable experience for all participants, we have established specific goals for our Recreation Youth Sports Program:

- *Providing equal opportunities for all participants to play, regardless of skill level or ability.*
- *Offering players, the chance to experience leadership and training from coaches while forming bonds and friendships with new teammates.*
- *Creating a secure, pleasant, and positive environment for all participants.*
- *Fostering the development of skills, teamwork, and sportsmanship while encouraging players to learn how to win and lose gracefully.*
- *Promoting self-confidence, self-esteem, self-discipline, leadership, and the desire to succeed.*
- *Improving the overall quality of the youth sports experience.*

I hereby pledge my positive support, care, and encouragement toward teaching good sportsmanship by observing the following oath

(Please initial each statement and sign the bottom):

___ I acknowledge that children participate in sports for fun, and the focus is on their enjoyment, not on adult expectations.

___ I will inform the coach of any physical disability or ailment that may impact my child's safety or that of others.

___ I will familiarize myself, my child, and guests with program rules, seeking clarification if needed.

___ I will demand a sports environment free from drugs, tobacco, and alcohol, refraining from their use at sports events.

___ I will avoid coaching my child or others during games and practices unless officially cleared as a team coach.

___ I (and my guests) will be positive role models, encouraging sportsmanship by demonstrating respect, courtesy, and positive support for all involved.

___ I understand the importance of my child attending practices and games, and I will communicate with the coach if unable to attend.

___ I understand spectators must remain on the bleachers side, avoiding the players' side and staff stage area.

___ I acknowledge the strict zero-tolerance policy against bullying. Should I, my guest, or my athlete be involved in ANY form of bullying, we will be promptly expelled from participating in or attending the program.

___ I will teach my child to play by the rules and resolve conflicts without resorting to hostility or violence.

___ I will never ridicule or yell at my child or others for mistakes or losses during games or competitions.

___ I commit to reporting any concerns or problems related to the league to a staff member in writing immediately.

___ I will make myself available to assist the coach, recognizing their volunteer status and dedication to teaching sports principles.

___ I understand that personal balls are not allowed in the gym on game days. I will make sure that we leave our ball at home or in the car.

___ I will respect officials during games and address concerns with coaches at agreed-upon times.

___ I will respect city staff who contribute to the sports program, addressing concerns by contacting the sports department programmer in writing.

___ I will dispose of any trash in designated cans before leaving to maintain a clean fan area.

___ I, my guests, and athlete will not engage in unsportsmanlike conduct, such as bullying, booing, taunting, refusing to shake hands, or using profane language, or gestures.

I, (parent/guardian names), _____ have thoroughly read and understood the terms outlined above. I vow to do everything in my power to achieve the goals and objectives of promoting good sportsmanship. Additionally, I will take responsibility for the behavior of my guests while they are visiting the Rialto Carl Johnson Gym.

Parent/Guardian Signature: _____ Date: _____

Player's Name(s): _____ Division: _____



Rialto Carl Johnson Center Gym Guidelines

1. No Personal Balls on Game Days: Avoid bringing personal balls to the gym on game days. Only coaches may bring balls for pregame warm-ups. Personal balls will be confiscated and returned at the end of the day.
2. Zero Tolerance for Inappropriate Behavior: Profanity, fighting, bullying, or name-calling is not permitted. Involvement or participation may result in immediate removal of the program and the facility.
3. No Heckling: Refrain from heckling officials, players, coaches, or staff.
4. Respectful Communication: Address issues with staff in a respectful and professional manner.
5. Avoid Crossing in Front of Benches: Go around rather than crossing in front of team benches.
6. Stay on Designated Spectator Areas: Remain on the bleachers side, avoiding the players' side and staff areas. Violation will result in your removal for the day. Repeated violations will result in your removal of the program.
7. No Sideline Coaching: Parents, please refrain from sideline coaching to support the coach's role. If you are interested in coaching, please let us know and we can provide you with more information.
8. Encourage Good Sportsmanship: Cheer for both teams and discourage actions that may negatively affect players. Unsportsmanlike behavior will not be tolerated.
9. Shirts and Shoes Must Be Worn at All Times.
10. No Hanging on the Rim: Strictly prohibited for safety reasons.
11. No Sitting on the Stage: Avoid sitting on the stage area.
12. No Foul Language or use of racial slurs is allowed: Use appropriate language at all times. Violation of the rule will result in the violators immediate removal of the game.
13. Keep Pathways Clear: Do not block doorways or walkways.
14. Clear the Court: Keep the court clear during halftime, timeouts, and between games.
15. Closely Monitor Children: Keep a close eye on all children under your care and prevent disruptive behavior. Remember all these rules apply to them as well.
16. Non-Mark Shoes: Only non-marking shoes are allowed on the court.
17. Maintain Cleanliness: Food and drink are permitted, but please dispose of trash properly to keep the gym clean. Use designated trash cans for proper disposal. Continued violation of this will result in a no food/ drink policy.

The City of Rialto and its staff are not responsible for ANY lost or stolen items. Let's focus on the kids having fun. Adults, guest, and athletes are urged to avoid behavior that could disrupt the league. We reserve the right to expel anyone from the gym or involve the authorities if they engage in any conduct unbecoming to the league.