

Youth Basketball Rules and Philosophy

Youth Sports Mission Statement

The purpose of the Das Rec's Youth Sports Program is to provide quality recreational sport experiences for the community's youth through a positive atmosphere that values sportsmanship, development, and fun.

Youth Sports Philosophy

The primary objective of the Youth Sports program is for children to have fun through recreational sports! Each child should have the same opportunity to participate in a recreational sports activity regardless of talent or ability. This values the individual and collective experiences of participants by providing a positive atmosphere that emphasizes sportsmanship and player development. Success is not reflected in the score or standings, but is achieved through effectively teaching the skills and strategies of the game as well as building the character and self-esteem of children participating in the program.

PURPOSE – Role of the Coach

As a coach of a youth athletic team, you have a tremendous influence on the life of each youth on that team. Next to the parent, you are probably one of the most important adults in the youths' lives. Each youth on the team looks to you for guidance and leadership. You will find yourself, at one time or another, in the position of being a father, a mother, a teacher, a friend, and a disciplinarian; and many times all of these on the same day -- your guidance effects the youths in all situations. It is the intent of the City to ensure that games shall be conducted with good sportsmanship and fair play. It is our hope that the managers and coaches be the type of individuals who our society can point to as worthy examples for youths to follow. II.

CODE OF CONDUCT

A. RESPONSIBILITY FOR THE FOLLOWING:

1. A coach, assistant coach, parent, spectator or player shall not at any time lay a hand upon, push, shove, strike, or threaten to strike a referee, or they are subject to ejection from the game, as well as, any or all games left in the season.
2. A coach, assistant coach, parent, spectator or player shall not verbally abuse a referee or use profane, obscene, or vulgar language in any manner or at any time.
3. A coach shall not appear at any time in an intoxicated condition, smell of alcohol or have in his/her possession any alcoholic beverage.
4. For the conduct of his/her own spectators or rooters on either side of the playing area.
5. For the conduct of his/her players while they are on the field or sidelines.
6. For seeing that his/her assistant coaches and team helpers exhibit good sportsmanship before, during and after the game.
7. Win, lose, or draw, all coaches, assistant coaches and players will be required to show good sportsmanship by giving a cheer to the other team and shaking hands after the game.

Coaches Code of Conduct

- I will place the emotional and physical well being of my players ahead of a personal desire to win.
- I will praise my players just for participating.
- I will look for positives, and make a big deal out of them.

Youth Basketball Rules and Philosophy

- I will stay calm when my players make mistakes, helping them learn from their mistakes.
- I will treat my players with respect, avoiding put-down, sarcasm, or ridicule.
- I will remind my players not to get down on themselves.
- I will remind myself, and my players, to laugh and keep a sense of humor.
- I will emphasize teamwork, and help my players to think “we” instead of “me.”
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will remember not to take myself too seriously during the game.
- I will maintain a “fun is #1” attitude.
- I will remember that I am a youth coach, and that the game is for children and not adults.
- I will be a role model for good sportsmanship:
 1. Winning without gloating
 2. Losing without complaining
 3. Treating my opponent and officials with fairness and courtesy

Disciplinary Sanctions

ACTION	SANCTION
1. Aggressive confrontation with official, staff, coach, player or spectator before or during a game. 2. Ejection from game.	Removal from Game and Facility One (1) Game Suspension from following Game and Facility Restriction
1. Aggressive confrontation after a game with official, staff, coach, player or spectator.	One (1) Game Suspension from following Game and Facility Restriction
1. Any aggressive confrontation, including technical fouls, following a one (1) game suspension 2. Threat or engagement in physical violence towards official, staff, coach, player or spectator. 3. Physical/Verbal threat or abuse of a child.	Termination as Coach

The Das Rec Administration has the responsibility and authority to both interpret and enforce these sanctions on a non-negotiable, case by case basis. Violations may be applied to ALL TEAMS coached in the program. Persons forfeiting a game due to a disciplinary sanction will face immediate termination as a coach. Persons whose actions have warranted a disciplinary sanction hold the right to a written appeal to be submitted within 48 hours of notification of disciplinary sanction. Appeals will be heard by the Recreation Division Managers, the Assistant Director of Parks and Recreation and the Director of Parks and Recreation. Until appeal verdict is rendered, disciplinary sanction shall be upheld.

The purpose of the Das Rec Youth Sports Program is to provide a fun, safe and positive environment for our participants.

Youth Basketball Rules and Philosophy

I agree to the above disciplinary sanctions and I understand that failure to abide by the Code of Conduct, or any serious violation of the rules and guidelines, may result in my removal, suspension, or termination as a volunteer coach.

Honoring the Game

The key to preventing adult misbehavior in youth sports is a youth sports culture in which all involved "Honor the Game." Honoring the Game gets to the **ROOTS** of the matter and involves respect for the **Rules, Opponents, Officials, Teammates** and one's Self. You don't bend the rules to win. You understand that a worthy opponent is a gift that forces you to play to your highest potential. You show respect for officials even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don't. Here are ways that parents can create a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

Before the Game:

1. Make a commitment to Honor the Game in action and language no matter what others may do.
2. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

1. Fill your children's "Emotional Tank" through praise and positive recognition so they can play their very best.
2. Don't give instructions to your child during the game. Let the coach correct player mistakes.
3. Cheer good plays by both teams (this is advanced behavior!)
4. Mention good calls by the official to other parents.
5. If an official makes a "bad" call against your team? Honor the Game—BE SILENT!
6. If another parent on your team yells at an official? Gently remind him or her to Honor the Game.
7. Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child or the team?"
8. Remember to have fun! Enjoy the game.

After the Game:

1. Thank the officials for doing a difficult job for little or no pay.
2. Thank the coaches for their commitment and effort.
3. Don't give advice. Instead ask your child what he or she thought about the game and then LISTEN. Listening fills Emotional Tanks.
4. Tell your child again that you are proud of him or her, whether the team won or lost.

Guide for a Successful Parents Meeting

1. Introductions – Introduce yourself to the parents and make sure you get their name and contact information. This could also be a good time for teammates to bond.
2. Discuss Objectives and Expectations – Share with your parents the philosophy of the program and explain your coaching philosophy and how it relates. Share your expectations and ask parents to share their expectations. Talk about playing time requirements, and how you will decide who plays what position.
3. Briefly explain the rules of the game as they relate to playing time and conduct of the spectators. You may want to provide a copy of the rules at this time. Be clear that this program focuses on positive sportsmanship and that unsportsmanlike conduct will not be tolerated.

Youth Basketball Rules and Philosophy

4. Practice Plan - Explain when/where you plan to conduct practices. Talk about what you expect from players during practices and how they can get involved in practice sessions.
5. Tell them where games will be played and when players should meet before games.
6. Recruit parents to help out with team tasks such as snack lists, communications and arranging team parties.
7. Hand out appropriate literature: Philosophy and Mission Statement, Parent Code of Conduct, Guidelines for Honoring the Game, etc.
8. Other items of discussion may include:

Car-pooling

Injuries

Illness

Youth Basketball Rules and Philosophy

League Rules: Mighty Mite Division

Equipment

- Divisions will use the following basket and ball sizes:
 - a. Mighty Mite Coed- 8ft. Goal 27.5 Ball

Time Requirements

These are minimum playing time requirements only, and it might be in the best interest of all concerned to provide more time than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in forfeiture of the game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement. This division is non-competitive. Score will not be kept for the Mighty Mite divisions. There are no standings in these divisions.

- All games will consist of eight (8) 5-minute running quarters, with halftime occurring between the Fourth and Fifth quarters.
- Substitutions will be made at the end of each quarter. Each team must empty his/her bench during these substitutions. This is not a time-out situation. Coaches must have players ready to go and sub out immediately. Play will resume with the ball being inbounded based on the possession arrow.
- Substitutions, other than substitutions outlined in A-2, will not be allowed during game, no matter how many players are present at the game, except for an injury or a foul out. In the event of a foul out or injury during the game, the opposing coach gets to choose the player for substitution.
- Each player must sit out one (1) - five (5) consecutive minute period during the game unless there are SIX (6) or fewer players at the game.

Length of Game & Timeouts

- Mighty Mite Boys & Girls Games shall consist of eight (8) 5-minute quarters.
- Half time will be 3 minutes. All games will be running clock.
- There will be 3 cumulative timeouts per game. The clock will stop for all time-outs. Only a player on the court or the head coach can ask for a time-out.
- There will be no overtime period.
- Score will be reset every quarter in the Mighty Mite division.

Violations and Fouls

- Three seconds in the key will not be enforced.
- A team will have five (5) seconds to inbound the ball on a throw in and ten (10) seconds to bring the ball past the midline before violations are called.
- Technical fouls count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth personal foul, or second technical foul.
- A technical foul on anyone during the game results in possession of the ball. Two (2) technical fouls on a player or coach will result in removal from the facility. A technical foul on a spectator may be cause for immediate removal from the facility. Refusing to leave the area within two minutes may result in a team forfeiting the game. Technical fouls assessed to the bench also count against the coach and could contribute to his/her removal from the game.

Youth Basketball Rules and Philosophy

- Traveling and double dribbling violations will be enforced on a judgment basis by the official with the goal to promote fundamental basketball skill building.

Bonus and Double Bonus Free Throws

- Mighty Mite Boys & Girls divisions will not attempt free-throws.

Defenses

- Zone and man-to-man defenses are allowed.
- Backcourt defense is not allowed.
- After made shot and or shot attempt (with a defensive rebound) the defense must run back and set up in the designated defensive zone.
- Defense must stay inside the designated defensive zone (paint) (this also applies during fast breaks situations). Feet must be in designated zone. The ball may only be stolen while in the air (by a pass or by shot). Balls stolen off the dribble will be re-played starting at the top of the key. This is to ensure that participants can learn and understand the basics of offense but also the fundamentals of defense.
- Examples: (ball is dribbled off offensive players own foot and rolls to the defense; defense is allowed to take possession) e.g., 2. (offensive player passes ball and the defensive player intercepts the pass while maintaining his/her feet in designated zone; defense is allowed to maintain possession) e.g., 3. (offensive player shoots the ball directly into defensive players hands; defense is allowed to maintain possession) e.g., 4. (offensive player shoots the ball and results in a long rebound that travels out of the defensive zone; defense is allowed to track down the ball and gain possession). Defense may not step out of the designated defensive zone to reach a pass for them to intercept. Defense may not attempt to take the ball creating a jump ball situation, the only jump ball situations will be loose balls that both teams attempt to recover. Defense may not swipe at shot attempts or dribbling players.

***Anything not directly stated in the rules is up to the discretion of the officials and basketball supervisors**

****Rules are subject to change**

Youth Basketball Rules and Philosophy

League Rules: Junior Division

Equipment

- Divisions will use the following basket and ball sizes:
 - a. 8ft. 27.5 Ball

Time Requirements

These are minimum playing time requirements only, and it might be in the best interest of all concerned to provide more time than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in forfeiture of the game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement. This division is non-competitive. Score will be kept and reset at the beginning of each quarter. There are no standings in these divisions. The following rules have been adopted in order to increase playing time for the participants, and to allow officials to better monitor the playing time requirements.

- All games will consist of four (4) 10-minute running quarters, with halftime occurring between the second and third quarters
- Substitutions will be made at a dead ball nearest the midpoint of all quarters. Each team must empty his/her bench during these substitutions. This is NOT a time-out situation; however, the clock will stop to accommodate the substitutions.
- Substitutions, other than substitutions outlined in A-2, will not be allowed during the game, no matter how many players are present at the game, except for an injury or a foul out. In the event of a foul out or injury during the game, the coach will substitute the player. (Use fair judgment)
- Each player must sit out one (1) - four (5) consecutive minute period during the game unless there are six (6) or fewer players at the game.

Length of Game & Timeouts

- Junior Boys/Girls shall consist of four (4) 10-minute quarters.
- Half time will be 3 minutes. All games will be running clock.
- Two (2) timeouts per half (2mins). The clock will stop for all time-outs, only the head coach can ask for a time-out. There will be no overtime period.

Violations and Fouls

- A team will have five (5) seconds to inbound the ball on a throw in and ten (10) seconds to bring the ball past the half court line before violations are called.
- Technical fouls count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth personal foul, or second technical foul.
- A technical foul on anyone during the game results in two (2) free throws for the opponent and possession of the ball. Two (2) technical fouls on a player or coach results in removal from the area. A technical foul on a spectator may be cause for immediate removal from the area. Refusing to leave the area may result in a team forfeiting the game. Technical fouls assessed to the bench also count against the coach and could contribute to his/her removal from the game.

Bonus and Double Bonus Free Throws

- Junior Divisions- Free throws can be attempted from the designated Junior Free Throw Line in front of the regulation line. A free throw may also be attempted from the regulation line if player decides to do so

Youth Basketball Rules and Philosophy

(players besides the shooter will line up for the free throw based on the line the shooter decides to shoot from).

- Teams will shoot a one-and-one (bonus) on the seventh (7th) team foul*, and team will shoot two free throws (double bonus) on the tenth (10th) foul.
- During a free throw attempt from the Junior free throw line, players will line-up starting in the space closest to the base line. Players attempting a free throw from the regulation free throw line will line up according to regulation.
- Play will begin on the release of the free throw (this is no longer when the ball hits the rim).

3-Point Shot

- The Junior Division will be exercising the 3-point shot.

Defenses

- Zone and man-to-man defenses are allowed. (in designated defensive area.)
- Backcourt defense is not allowed.
- Junior Division Defensive Restrictions: Defenses will be required to setup and stay within the '3 point arc' (this also applies during fast breaks situations). Feet must remain behind this zone. The ball may only be stolen while in the air (by a pass or by a shot). Balls stolen off the dribble will be taken out of bounds and re-played. This is to ensure that participants can learn and understand the basics of offense but also the fundamentals of defense.
- Examples: (ball is dribbled off offensive players own foot and rolls to the defense; defense is allowed to take possession) e.g., 2. (offensive player passes ball and the defensive player intercepts the pass while maintaining his/her feet in designated zone; defense is allowed to maintain possession) e.g., 3. (offensive player shoots the ball directly into defensive players hands, defense is allowed to maintain possession) e.g., 4. (offensive player shoots the ball and results in a long rebound that travels out of the defensive zone; defense is allowed to track down the ball and gain possession). Defense may not step out of the designated defensive zone to reach a pass for them to intercept. Defense may not attempt to take the ball creating a jump ball situation, the only jump ball situations will be loose balls that both teams attempt to recover. Defense may not swipe at shot attempts or dribbling players.

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Youth Basketball Rules and Philosophy

League Rules: Minor Division

Equipment

- Minor Boys and girls - 9ft. 28.5

Playing Time Requirements

These are minimum playing time requirements only, and it may be in the best interest of all concerned to provide more than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in forfeiture of game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement.

- All games will consist of four (4) 10-minute quarters, with halftime occurring between the second and third quarters.
- Substitutions will be made at a dead ball nearest the mid-point of the first three (3) quarters. Each team must empty his/her bench during these substitutions. This is NOT a time-out situation; however, the clock will stop to accommodate the substitutions.
- Each player must sit out one (1) – five (5) consecutive minute period during the first three (3) quarters unless there are six (6) or fewer players at the game.
- Substitutions, other than substitutions outlined in A-2, will not be allowed during the first three (3) quarters, no matter how many players are present at the game, except for an injury or a foul out.
- In the event of a foul out or injury during the first three quarters, the coach gets to choose the player for substitution.
- Free substitutions begin in the fourth quarter (all players arriving after the start of the second quarter will be required to play a full quarter in the second half). **NO EXCEPTIONS.**

Length of Game & Timeouts

- Minor Boys/Girls shall consist of four (4) 10-minute quarters.
- Half time will be 3 minutes. All games will be running clock. “Stop clock” last 2 minutes of the 4th quarter unless lead is 10 or more points.
- Two (2) timeouts per half. The clock will stop for all time-outs. Only a player on the court or the head coach can ask for a time-out.
- If at the beginning of the second half, or anytime thereafter, there is a 30-point difference in the score, the scoreboard shall be turned off and the teams will play out the time left on the clock. Fouls and substitutions will continue to be kept. However, the scoreboard will not be turned back on for any reason, and the win will be awarded to the team with the 30+ point lead.

Substitutions

- Players can enter the game only when the ball is dead, and after checking in with the timer/scorer and being beckoned in by the official. Players coming in from the bench area, or during live balls, will receive technical fouls.
- Coaches are to enter names and numbers of players in the official game book five (5) minutes prior to start of game.
- At the beginning of each period, all players must check-in at the scorers’ table.

Youth Basketball Rules and Philosophy

- If a player is injured, and a coach goes onto the court, that player must be removed for a substitute. The player may be reinserted into the game at the next dead ball. In the event of an injury during the first three periods, the coach gets to choose the player for substitution.
- During multiple free throw situations, substitutes may not enter the game until right before the last free throw.
(Example: If 2 free throws are being attempted, a substitute may not enter the game until after the first free throw attempt).
- All teams must be on the same sideline as the score table.

Violations and Fouls

- A team will have five (5) seconds to inbound the ball on a throw in and ten (10) seconds to bring the ball past the midline before violations are called.
- Technical fouls count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth (5th) personal foul, or second (2nd) technical foul.

3-Point Shot

- The Minor Division will be exercising the 3-point shot.

Defenses

- Zone and man-to-man defenses are allowed.
 - Backcourt defense is not allowed.
 - After made shot and or shot attempt (with a defensive rebound) the defense must run back and set up in the designated defensive zone. (Half Court)
 - Defense must stay inside the designated defensive zone (half court) (this also applies during fast breaks situations). Feet must be in designated zone. **The ball may be stolen after you cross the halfcourt line.**
 - Examples: (ball is dribbled off offensive players own foot and rolls to the defense; defense is allowed to take possession) e.g., 2. (offensive player passes ball and the defensive player intercepts the pass while maintaining his/her feet in designated zone; defense is allowed to maintain possession) e.g., 3. (offensive player shoots the ball directly into defensive players hands; defense is allowed to maintain possession) e.g., 4. (offensive player shoots the ball and results in a long rebound that travels out of the defensive zone; defense is allowed to track down the ball and gain possession). Defense may not step out of the designated defensive zone to reach a pass for them to intercept. **Defense may attempt to take the ball creating a jump ball situation. Defense may swipe at shot attempts or dribbling players.**

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Youth Basketball Rules and Philosophy

League Rules: Major Division

Equipment

Divisions will use the following basket and ball sizes:

- a. Major Boys and girls - 10ft. 28.5

Playing Time Requirements

These are minimum playing time requirements only, and it may be in the best interest of all concerned to provide more than the minimum required playing time whenever possible. Failure of a team to comply with these rules may result in forfeiture of the game. If a player fouls out, is injured, or leaves the gym with his/her parents, he/she is excused from this requirement.

- All games consist of four (4) 10-minute quarters, with halftime occurring between the second and third quarters.
- Substitutions will be made at a dead ball nearest the mid-point of the first two (2) quarters. Each team must empty his/her bench during these substitutions. This is NOT a time-out situation; however, the clock will stop to accommodate the substitutions.
- Each player must sit out one (1) – five (5) consecutive minute periods during the first two (2) quarters unless there are SIX (6) or few players at the game. All players must enter the game at some point during the second half.
- Substitutions, other than substitutions outlined in A-2, will not be allowed during the first half, no matter how many players are present at the game, except for an injury or a foul out. In the event of a foul out or injury during the first half, the opposing coach gets to choose the player for substitution.
- Free substitution begins in the second half (all players arriving after the start of the second quarter will be required to play a full quarter in the second half). **NO EXCEPTIONS.**

Scorekeepers & Timekeepers

- Referees are the only people allowed to approach the scorers' table to ask information or ask for time remaining. Any coach, assistant and/or spectator approaching or asking any questions (i.e., disrupting the attention of scorekeepers), may constitute a technical foul and possible removal from the area. If there is a discrepancy of the score, notify the Gym Attendant. **NO EXCEPTIONS.**

Length of Game & Timeouts

- Major Division games shall consist of four (4) 10-minute quarters.
 - a. Half time will be 3 minutes. All games will be running time.
 - b. "Stop clock" last 2 minutes of the 4th period, unless lead of 10 or more points.
- There will be two (2) timeouts per half. The clock will stop for all time-outs. Only a player on the court or the head coach can ask for a time-out.
- If at the beginning of the second half, or anytime thereafter, there is a 30-point difference in the score, the scoreboard shall be turned off and the teams will play out the time left on the clock. Fouls and substitutions will continue to be kept. However, the scoreboard will not be turned back on for any reason, and the win will be awarded to the team with the 30+ point lead.

Youth Basketball Rules and Philosophy

Substitutions

- Players can enter the game only when the ball is dead, and after checking in with the timer/scorer and being beckoned in by the official. Players coming in from the bench area, or during live balls, will receive technical fouls.
- Coaches are to names and number of players in the official game book five (5) minutes prior to the start of the game.
- At the beginning of each period, all players must check-in at the scorers' table.
- If a player is injured and a coach goes onto the court, that player must be removed for a substitute. The player may be reinserted into the game at the next dead ball. In the event of an injury during the game, the opposing coach gets to choose the player for substitution.
- During multiple free throw situations, substitutions may not enter the game until right before the last free throw. (Example: If 2 free throws are being attempted, a substitute may not enter the game until after the first free throw attempt.)
- All teams must be on the same sideline as the scorers' table.

Violations and Fouls

- A team will have five (5) seconds to inbound the ball on a throw in and ten (10) seconds to bring the ball past the midline before violations are called.
- Technical fouls count as a personal and a team foul. A player is removed from the game upon receiving his/her fifth personal foul, or second technical foul.
- A technical foul on anyone during the game results in Two (2) free throws for the opponent and possession of the ball. Two (2) technical fouls on a player or coach will result in removal from the facility. A technical foul on a spectator may be cause for immediate removal from the facility. Refusing to leave the area within two minutes may result in a team forfeiting the game. Technical fouls assessed to the bench also count against the coach and could contribute to her removal from the game.

Bonus and Double Bonus Free Throws

- Teams will shoot a one-and-one on the seventh team foul, and teams will shoot two free throws on the tenth foul.
- During a free throw, the space closest to the base line will remain empty. Players will line-up after the space closest to the base line.
- Play will begin on the release of the free throw.
- During a free throw, when a player is given the ball by an official, SILENCE (no cheering, jeering, or stomping on bleachers) must be observed by everyone in the gym. Conduct violations may result in a lane violation and/or an unsportsmanlike technical foul against a team's bench at the discretion of the official. Respect the game and the child shooting the free throw.

3-Point Shot

- The Major Division will be exercising the 3-point shot.

Defenses

- Zone and man-to-man defenses are allowed.
- Backcourt defense is not allowed.
- After made shot and or shot attempt (with a defensive rebound) the defense must run back and set up in the designated defensive zone.

Youth Basketball Rules and Philosophy

- Defense must stay inside the designated defensive zone (half court) (this also applies during fast breaks situations). Feet must be in designated zone. **The ball may be stolen after you cross the halfcourt line.**
- Examples: (ball is dribbled off offensive players own foot and rolls to the defense; defense is allowed to take possession) e.g., 2. (offensive player passes ball and the defensive player intercepts the pass while maintaining his/her feet in designated zone; defense is allowed to maintain possession) e.g., 3. (offensive player shoots the ball directly into defensive players hands; defense is allowed to maintain possession) e.g., 4. (offensive player shoots the ball and results in a long rebound that travels out of the defensive zone; defense is allowed to track down the ball and gain possession). **Defense may not step out of the designated defensive zone to reach a pass for them to intercept. Defense may attempt to take the ball creating a jump ball situation. Defense may swipe at shot attempts or dribbling players.**

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