

NAME	SCHOOL / AREA	EMAIL
ARD Staff	ARD / Recreation	jfish@auburnrec.com
ARD Staff	Regional	jfish@auburnrec.com
Kim Piper	Sierra / Weimar Hills	chrisandkimpiper@yahoo.com
Joe Aldrich	Foresthill	joealdrich50@gmail.com

League Directors

Jerry Fisher/League Director
jfish@auburnrec.com

Sheryl Petersen/Recreation Services Mgr.
spetersen@auburnrec.com

Visit the ARD Web page at:
www.auburnrec.com

Auburn Area Recreation and Park District Youth Development League

(ARD-YDL)



Coaches Handbook 2018 / 2019

Contents

How to Become an ARD-YDL Coach and Form a Team	3
ARD-YDL League Rules & Regulations	4-5
Coaches Rules and Regulations	6-11
Unsportsmanlike Conduct	12
Suggested Skills	13-14
Court Map	15
Practices Coaching Tips	16-19
Court Map	19
ARD-YDL Timekeepers & Scorekeepers	20-21
Segment Sheet	22-23
Definitions	24-26
Players or Spectators Terms & Interpretations	27-29
All Form	
Incident Report	30
Docked Segment Form	31
Feedback Form	32
Protest Form	33
Referee Evaluation	34
Coach Evaluation	35
Directions to Gym	36-39
Quick Reference Guide	43

QUICK REFERENCE GUIDE

	All 2nd-3rd	All 4th	Girl's 5th	Boy's 5th	Girl's 6th	Boy's 6th	All 7th	All 8th
Zone defense OK					●	●	●	●
Man to Man defense only	●	●	●	●				
Back court pressure OK					●	●	●	●
Double teaming trapping OK					●	●	●	●
3-point field goals allowed	●	●	●	●	●	●	●	●
Segmented play	●	●	●	●				
Equal play	●	●	●	●	●	●	●	●
10' free throw	●	●						
15' free throw			●	●	●	●	●	●
Technical = Automatic 2 pts. and possession	●	●	●	●	●	●	●	●
Overload Offense					●	●	●	●

Visit the ARD Website at: www.auburnrec.com

NOTES

Ball Sizes:

27.5 For 2nd - 3rd Boys & Girls

28.5 For 4th - 8th Girls & 4th-5th Grade Boys

29.5 For 6th -8th Boys

It is the goal of the ARD Youth Development League to provide an organized program that the youth of our communities can partake in at a reasonable cost to their families. The Youth Development League has divisions from the 2nd through the 8th grade level. Eligibility for participation in the Youth Development League will be based upon age/grade level and the participants' actual place of residence in relation to the school of residence boundaries.

How to Become an ARD -YDL Coach and Form a Team

ARD Youth Development League has two levels of play: recreation and competitive. The recreation league uses segmented equal play, the competitive league does not.

Cost for participation in the Youth Development League for 2018 2019 is \$110.00 per player and \$120.00 for out of district players. This fee covers equipment, referees, gym rentals and administrative costs. Teams are guaranteed 8 games over the season.

The way the league by-laws have been set up, teams are formed within schools boundaries and consist of players chosen by grade level. Players may play up a grade but not down, nor may they move laterally. (That is, play on two teams in the same season). Players are to sign up under their school of residence. If a school is short players in an age division ARD may combine players from the surrounding school(s) to form a team. The coaches may not solicit players from other schools. This protects the integrity of each school's ARD-YDL program. It is not up to a coach to decide whom they would like from the other school.

If there are enough players to form two teams in the same school, ARD will create two teams in a fair manner.

RULES FOR 2019

No More Competitive Teams - Recreation Play Only!

2nd-5th Segmented Play, 6th-8th Free Substitution.

No Playoffs or Awards (All players will receive certificate of participation and youth basketball medals.)

Teams are allowed one head coach and one assistant coach. All coaches (head or assistant) must be finger printed and cleared by the Department of Justice. Coaches who have not been cleared **WILL NOT** be allowed to hold practices, coach games, or in anyway take a leadership role. Infractions of this rule will lead to disciplinary actions by the Auburn Recreation District up to and including termination of the coach or coaches.

Parents that volunteer time to cover practices must register as a volunteer. Only the coach and assistant are allowed on the bench. It is recommended that all coaches receive CPR training.

Youth Development League By-Laws

1. Players that have obtained an inter-district transfer to another school district can play for either school, however their first obligation is to the school of current attendance.
2. If a player wishes to participate on a YDL team, that player must sign-up to play at their school of attendance. If their school of attendance does not participate in YDL sign-ups, players must sign up at an adjacent school. If their school of attendance does not offer a team in that division, ARD will place that child on a team from the next closest school.
3. Players may be registered with only one YDL team at a time.

NOTES

Youth Development League By-laws

4. Players may be added to a team's roster from a lower division if that team does not have 7 players at the start of a game. Players should be solicited from the same school that the team represents. However, players from another school may be approached. Additional lower division players may only be added to bring the total roster number to no more than eight and that team will be expected to play by the equal segment rules with the additional players. Players must be registered with the ARD-YDL and cannot be added laterally. This is considered a special circumstance, done to solve a temporary problem. If the problem persists, it will be reviewed by ARD
5. Players from lower age divisions may be added to upper age division teams at the beginning of a season provided that such action is discussed between the two divisions and no harm will be rendered to the lower age division or the players in question.
6. Final registration date will be determined each year by July 1st.
7. The Administrators Committee shall consist of ARD staff and a representative from each school or school district.
8. Committee members are selected based on several criteria, including references, years of experience and their availability.
9. Players may petition the board, in the case of extreme hardship, for a change of team, school, or division.

COACHES RULES & REGULATIONS FOR GAMES

1. Only the head coach and one assistant coach are allowed on the bench with the team. Any additional coaches need to petition the ARD-YDL board. Parents and spectators must stay on the opposite side of the gym from the score table and players benches (when applicable). Due to the amount of teams and coaches in this league, only head coaches should be in communication with league officials. If an assistant coach or parent volunteer has a problem, suggestion or comment, he/she should inform the head coach who should then speak with the league directors. All coaches must abide by the Auburn Recreation District "Athletic Code of Conduct". Copies are available at the Recreation offices.
2. The game is divided into twenty-minute naming halves. The clock will not be stopped the last two minutes of the first half. The clock will be stopped (on a dead ball) in the last two minutes of the game, provided one team does not have a lead greater than 10 points.
3. Time-outs per game (4) Two 30-second time-outs and two full time-outs. (60 second per time out.)
4. Bonus shot on the seventh team foul in each half. The 10th foul of each half and every foul thereafter will be awarded a double bonus of 2 shots.
5. Substitution/segment play rules: As close as possible to each five-minute mark in the game, the clock will be stopped for a substitution break. This break should take place at times in the game such as offense/defense transition (when there is not a fast break,) or during a dead ball. The referee and scorekeeper will work together on this. Stop the clock only after the official blows the whistle. Players may be substituted during these five minute segment breaks only. There will be no subs honored during other dead balls. The only exception is in the event of injury or a fouled out player. COACHES: in this instance, be sure to substitute a player that has the least playing time first. Teams not following the rules of segment play will be subject to forfeitures of all games in question. For information on docking segments, please see the ARD-YDL segment form on pg. 42. 2nd -5th Graders will have segmented play every 5 minutes. 6th-8th free substitution.
6. The substitution break is 30 seconds in length and IS NOT an official time-out, (and is not to be used as such). Coaching (ie. drawing up a play) is not allowed during the break.
7. Substitution is mandatory in all grade levels in the league. As previously stated, this substitution should take place during the segment break, approximately every 5 minutes of clock time. Coaches are responsible for tracking each players minutes. Equal substitution/segment play applies to both individual games and the entire season. At the end of the season, total segment play should be equal for each player, with all games attended.

DIRECTIONS TO GYMS

PLACER ELEMENTARY SCHOOL 8650 Horseshoe Bar Road, Loomis

From I-80 go west from Auburn and exit at Horseshoe Bar Rd., Loomis Go back over the freeway and head east. At the first stop sign, Horseshoe Bar bears left, follow it. Stay on Horseshoe Bar Rd approximately 3 miles from the freeway. School is located on Horseshoe Bar Rd on the right. If you go as far as Auburn Folsom Rd. you have gone too far!
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!

SIERRA HILLS ELEMENTARY SCHOOL 16505 Placer Hills Rd, Meadow Vista

I -80 East approximately 5 miles east of Auburn to the Meadow Vista/Clipper Gap Exit. Left at the stop sign back over the freeway. This is Placer Hills Rd. Continue approximately 3 miles to the school on the left. The school is just before a large park with a pond and a Chevron gas station.
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!

SKYRIDGE ELEMENTARY SCHOOL 800 Perkins Way, Auburn

From I- 80 West of Newcastle take the Newcastle turn-off and go up Indian Hill Rd. approximately 3 miles to Auburn Folsom Rd. Turn left on Auburn Folsom then right at the fire station on the corner of Maidu Drive. Stop at Burlin Way and turn left. Go 1/2 block to Perkins, turn right and continue 1 block, the school is on the left. Drive in and park in the lot. From East of Auburn take Hwy 49 exit Lincoln Way. At the light turn right and continue to the next light, turn left. Continue on Auburn Folsom Road, just past the Maidu Market, turn left at the fire station and follow the above directions.
WATER ONLY FOR PLAYERS INSIDE PLEASE, STAY OFF THE STAGE. KEEP ALL KIDS INSIDE THE GYM!!!!!!!!!!

ST JOSEPHS SCHOOL 11610 Atwood Road, Auburn

From Hwy 49 (Grass Valley Highway) Take Atwood Road West go approximately 1 mile St Josephs Parish will be on the left hand side.
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!

WEIMAR HILLS SCHOOL 200 West Weimar Crossroads, Weimar

Take I-80 east toward Reno, approximately 8 miles past Auburn. Exit at Weimar Cross Roads and travel over the freeway. Continue over the railroad tracks and watch for the school on your right, about a half mile off the freeway. A single row of chairs on each side of the court is provided. Two large dust mops and a Damp Drag are also provided by ARD-YDL to keep the floor free of dirt, PLEASE USE THEM!!
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!!!

DIRECTIONS TO GYMS

NEWCASTLE ELEMENTARY SCHOOL

8951 Valley View Drive, Newcastle

From I-80 take the Newcastle exit and into the town of Newcastle. From Auburn take a right turn from the off ramp and from Sacramento cross over the freeway. The road T's at the Post Office. Turn left. Go 114 block to Valley View, Follow that over the hill and Down to the school. The gym is located at the bottom of the parking lot. Stand are provided for seating.

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!

NORTHSIDE ELEMENTARY SCHOOL

860 Cave Valley Rd, Cool

Northside school in Cool, approximately 10 miles of two lane road. From Sacramento Area take I-80 East to Auburn, Get off at Elm Avenue(next exit after Hwy 49). Make a left on Elm and go down to the next signal which is High Street (Elmwood Hotel on left). Make a left turn and follow the road to the right and go under the railroad bridge. You are now on Hwy 49. Go through the signal and into the canyon. At the bottom of the canyon make a right over the bridge to continue on Hwy 49 toward Cool. Go about 4 miles up and out of the canyon and you will arrive at the stop sign in Cool. Go straight through the stop sign for approximately 1 mile. Turn to the light into the school/parking lot. Northside School is on your left. (The Cool Christian Church is on your right.)

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!

PARKSIDE CHURCH

3885 Richardson Drive, Auburn

I-80 East to Auburn. Take the Grass Valley/Placerville/49 Exit. When exiting the freeway stay to the left and turn left at the signal light onto Hwy 49/Grass Valley Hwy. Stay on Hwy 49 for 4.2 miles to Dry Creek Rd. Turn left at the signal light onto Dry Creek Rd. There is a Beacon station and a Taco Tree at this intersection. Continue 3 blocks to Richardson. The Gym and parking lot are on the right across from the tennis courts.

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!

PENRYN ELEMENTARY SCHOOL

6885 English Colony Way, Penryn

From Auburn go west on I-80 to the first Newcastle exit, the Lincoln exit and Taylor Road. Follow Taylor road through the tunnel and continue to the first stop sign and go right on English Colony Rd. go through town, over the railroad tracks and you will see the school on the right. Turn right on Butler road and right into the school. The gym is small and you will probably have to wait outside for your turn to take the court. There is seating, but be prepared for interactive basketball.

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!

COACHES RULES & REGULATIONS FOR GAMES

8. After a substitution break, the ball will be awarded to the team who had the possession before the break. At the beginning of a new half, the ball would be awarded to the team who currently has control of the jump ball possession.
9. Control your bench. Display respect for the opponent at all times.
10. Coaches can only call a time out when their team has possession of the ball or at the time of a dead ball.
11. Only Referees can tell the timekeeper to stop the clock.
12. If you need to question a referees call, ask for a time-out and talk to the official. However, be warned that if you are wrong and there was no mistake (or the error was not correctable), a time-out will be charged to your team. The rule of good sportsmanship is to accept and abide by the decision made. Do not walk out on the floor (court). No one is allowed on the court without the official's permission. According to the ARD athletic code of conduct, an official is any referee, umpire, league director or ARD staff member. In all cases, anyone associated with a team should address the officials courteously without negative comments.
13. Exhibit respect for the officials. The officials of any contest are impartial arbitrators who are trained and perform to the best of their ability. Mistakes by all those involved in the contest are a part of the game.
14. If you have a problem with a decision or wish to report an incident, fill out an incident report or a protest form AFTER the game.
15. Control your parents. No one is to yell at the coaches, players or officials. This includes yelling for calls.
16. Any player or coach receiving two technical fouls in one game is subject to the following:
 - **Player:** Ejection from the game. Player will automatically receive a one game suspension and be put on probation for the remainder of the season. Once on probation, any subsequent technical fouls will result in further disciplinary actions up to and including removal from the league.
 - **Coach:** Ejection from the gym. If a league cleared assistant or parent is unavailable to coach the remainder of the game, the game will be a forfeit. The coach will automatically receive a one game suspension and be put on probation for the remainder of the season. Once on probation, any subsequent technical fouls will result in further disciplinary actions up to and including removal from the league.

COACHES RULES & REGULATIONS FOR GAMES

17. Investigations into mis-conduct by players, coaches and parents will be conducted internally by ARD. The results and findings will remain confidential.
18. Scoresheets must be completed and turned in before the start of every game. Coaches must present their roster to the score table complete with players first and last names and their jersey numbers. Please put players in numerical order.
19. Overtime Game: if a game should go into overtime, the clock will be set for a 3-minute period. The clock will be stopped at every whistle the last minute in overtime. If the game must go into a second overtime, it will be played as Sudden Death; whichever team scores the first point is the winner. Each team will receive one time-out in each overtime. The segment play rule is not in effect during overtime play. All overtime periods begin with a jump ball. There are no ties in basketball.
20. Possession will be alternated on jump balls.
21. Backcourt rules: No backcourt pressure is allowed in 2th-5th grade recreation games (see exception rule #23) Once a team gains possession of the ball in it's backcourt, the opposite team may not pressure the ball or players until the ball passes over the half court line. A team and the coach will be given one warning by the referee when this rule is broken. Upon a second infraction, the referee will charge a time out to that team, allowing the coach to explain the rule to the players. Any subsequent infractions will result in two points being automatically awarded to the team that was pressured and a technical foul assessed to the player who committed the back court pressure.
22. 6th-8th grade teams, boys and girls, will be allowed to full court press in the entire season.
23. Ten second rule: After an opposing team gains possession of the ball the backcourt, in whatever fashion, that team has ten seconds to bring the ball across half court. If after crossing half court the ball travels into the backcourt either team may pursue the ball to gain control and apply pressure even if the original team retains possession.
24. 24. If a team brings the ball across the half court line and the ball goes out of bounds, but possession is retained by the same team, that team will be allowed to throw the ball into their back court without pressure from the other team (exception 6th, 7th and 8th divisions). The team in possession then has ten seconds to cross half court.

Amendment 1999: During the last one minute of a game provided the score is within 10 points, a team in-bounding the ball from half court or in their front court who throws the ball into the back court is no longer protected from back court pressure. The opposing team may challenge the pass into the back court and may pursue the ball into the back court once the ball has been in-bounded.

DIRECTIONS TO GYMS

EV CAIN MIDDLE SCHOOL 150 Palm Avenue, Auburn

Take I-80 east towards Reno. Take the Hwy 49/Grass Valley Exit. Turn Left. Go approximately 1 mile to Palm Ave. Turn Left on Palm School is on the right hand side.
WATER ONLY FOR PLAYERS, PLEASE STAY OFF THE STAGE!!!!!!!!!!!!!!

FORESTHILL DIVIDE MIDDLE SCHOOL 22888 Foresthill Road, Auburn

From I-80 take the Foresthill exit at Bowman. The trip to Foresthill school takes approximately 25 minutes if driven at the speed limit. When you reach the signs for the US Forest Service Office, you should prepare to exit Foresthill Road at the school turn-off, which is the next exit. Parking is in front of the gym, between Foresthill Rd. and the school.
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!

FRANKLIN ELEMENTARY SCHOOL 7050 Franklin School Road, Loomis

From I-80 go west from Auburn and exit at Horseshoe Bar Rd. Go back over the freeway and head east. At the first stop sign. Horseshoe Bar Bears left, turn right. At next stop sign turn left follow road for approximately 3 miles. School is on the right hand side.
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!!!!!

H. CLARKE POWERS ELEMENTARY SCHOOL 3296 Humphrey Road, Loomis

From I-80 Exit on Horseshoe Bar. Head West towards town of Loomis. Right on Taylor Rd (about 1/2 mile from I-80) Turn left on King Rd (about 1/2 mile from the Horseshoe Bar & Taylor) Turn Right on Humphrey (about 3/4 from Taylor & King. Turn left into school parking lot.
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!!!!!

LOOMIS ELEMENTARY 3505 Taylor Road, Loomis

Take I-80 to the Loomis Exit (Horseshoe Bar Road). Follow the road into the town. You will pass by the Raley's shopping center. Make a right turn on Taylor Rd. Loomis Elementary is on the right hand side of the road about 1/4 mile from the Taylor Road, Horseshoe Bar intersection.
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!!!!!

Mangolia Middle School 22431 Kingston Ln., Grass Valley

From I-80 take hwy. 49/Grass Valley Hwy. North approximately 12 miles to Combine Rd., Turn Right. Combine Rd. turns into magnolia Rd. about 1.2 miles to Kingston Ln. turn left. Kingston Ln. dead ends into Magnolia Middle School. Large gym is closest to the parking lot and the small gym is behind the large gym.
WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!!!!!

DIRECTIONS TO GYMS

AUBURN RECREATION GYM 123 Recreation Drive, Auburn

I-80 East to Auburn. Take the Grass Valley/Placerville/49 Exit. When exiting the freeway stay to the right and turn right at the signal light. Get into the right hand lane and turn right at the signal light onto Lincoln Way. Turn left at the 1st signal onto Auburn-Folsom Rd. Continue to the 2nd signal light and turn right onto Race Track. There is a 7-11 store at this intersection (on the left). Continue to the 1st Stop sign. Turn left onto Recreation. The Gym and parking lot are on the left.

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!

AUBURN REGIONAL PARK GYM 3770 Richardson Drive, Auburn

I-80 East to Auburn. Take the Grass Valley Hwy 49 Exit. When exiting the freeway stay to the left and turn left at the signal light onto Hwy 49/Grass Valley Hwy. Stay on Hwy 49 for 4.2 miles to Dry Creek Rd. Turn left at the signal light onto Dry Creek Rd. Continue 3 blocks to Richardson. Turn left on Richardson. The Gym and parking lot are on the left just past the tennis courts.

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!

BOWMAN ELEMENTARY SCHOOL 13777 Bowman Road, Auburn

Bowman School is accessed by exiting at the Bowman Rd. exit off off I -80 just east of Auburn. If you are traveling from Auburn exit at Bowman Rd. and turn left. Continue under the freeway to the stop sign and turn right. Go one block and the school is on the left. If you are traveling from Weimar, exit at Bowman Rd., turn right and proceed to the stop sign. Turn right, the school is on the left and can be seen easily from the freeway exit.

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!

COLFAX ELEMENTARY 24825 Ben Taylor Road, Colfax

Take I-80 East, Take Colfax exit 135 over freeway to stop sign. Turn right onto CA-174, stay straight go onto S Auburn St. Turn left onto Grass Valley Street. Turn left onto Colfax St/Rising Sun St. Turn slight right on W Church St/Rising Sun Rd. Turn right on Tokayana Way which becomes Ben Taylor Rd.

WATER ONLY FOR PLAYERS INSIDE PLEASE!!!!!!!!!!!!!!

COACHES RULES & REGULATIONS FOR GAMES

25. Defense: The following is a list of acceptable defenses:
*2nd-5th grade: Man-to-Man only
*6th-8th grade and above: Zone or Man-to-Man is allowed.
*6th-8th grade full court press is allowed.

26. A team using a zone defense that should be using a man-to-man will be warned by the referee on the first infraction and will be assessed a technical foul for each infraction thereafter. By definition, man-to-man defense states that defenders must be within six feet of the player they are guarding. This applies only to players inside the three point arc.

27. 2nd-5th grade: While using a man-to-man defense there will be no trapping or double teaming the dribbler initiating their team's offense when positioned above the free-throw line. This rule was established to aid teams in their offensive games. A team double teaming or trapping the dribbler above the free-throw line will receive one warning from the referee and will then be charged a technical foul on subsequent infractions. 6th-8th grade teams can full court press the entire season.

28. Once the ball penetrates the free-throw line trapping and double teaming will be allowed.

29. Zone Defense: Any zone configuration may be used (where applicable)

30. Overload or clearout offenses 2nd-5th Grade:
Teams will not be allowed to stack, clear, separate or spread team members so that one or two of their best players can be isolated in a one-on-one situation. This applies only to 2nd-5th grade teams.

31. Basketball specifications: 27.5" diameter for 2nd - 3rd Grade Boys & Girls; 28.5" diameter for 4th - 8th Grade Girls & 4th-5th Grade Boys; 29.5" diameter for 6th - 8th Grade Boys.

32. Free-throws: All 2nd and 4th grade players, as well as 5th grade girls shoot from the 10 foot location and the players may enter the lane upon the ball hitting the rim. 5th grade boys and all 6th, 7th and 8th grades shoot from the normal 15 foot location and the players may enter the lane upon the release of the ball from the shooter. The shooter must wait until the ball makes contact with the rim prior to entering the lane.

33. 3 point baskets will be count for all grades as long as the court is marked with a 3 point line.

COACHES RULES & REGULATIONS FOR GAMES

- 34. Technical Fouls: At all grade levels all technical fouls will be an automatic two points and possession of the ball.
- 35. Playing with four players: A team may start a game with four players. If a team is short players at the beginning of a game, they may add players from a lower grade level team (ARD-YDL participants only) to bring your roster to seven. This is encouraged rather than starting with four players. Penalty for using non-ARD-YDL players will result in forfeit of the game.
- 36. A player in an upper grade level may not play on a lower grade level team. Players from the same grade level may not play for more than one team. A player may play down one grade at the league's discretion.
- 37. Players are not allowed to wear or use anything that might endanger the other players. Wearing jewelry or watches is not allowed.
- 38. Numbers MUST be visible on both sides of jerseys
- 39. All members of the same team must wear the same color. Jersey's should be the kind that can be tucked in or have the trim that can be worn out. The jersey must allow the referees to quickly and accurately identify each player. Make sure the numbers are visible and easy to read at a glance. They should be at least 6 inches high on the back and 4 inches on the front. All jerseys must have one white side (reversible jerseys) Teams not meeting these specifications will be warned by the league, and further infractions may result in league actions.

**ARD-YDL YOUTH DEVELOPMENT LEAGUE
COACH EVALUATION**

Coach Name: _____

Your Name: _____

Please rate your opinion or your teams coaches performance. Number 1 is an excellent rating and number 5 is a poor rating.

- 1. Reflects an understanding of the age group. 1 2 3 4 5
- 2. Sets a good example for those with whom he/she works with. 1 2 3 4 5
- 3. Cooperates with others in making the Basketball program a benefit to all youngsters. 1 2 3 4 5
- 4. Show, by example that he/she respects the judgement and the position of the referee. 1 2 3 4 5
- 5. Exercises the leadership role adequately but leaves the ball game in the hands of the players. 1 2 3 4 5
- 6. Provides an opportunity for each player to participate. 1 2 3 4 5
- 7. Encourages players at every opportunity. 1 2 3 4 5
- 8. Installs a desire to win and improve. 1 2 3 4 5
- 9. Imparts as much basketball knowledge as possible. 1 2 3 4 5
- 10. Encourages good grooming and care of the uniform. 1 2 3 4 5
- 11. Is instrumental in shaping acceptable behavior patterns whether the team wins or loses. 1 2 3 4 5
- 12. Know the Rules and Regulations of ARD-YDL and adheres to their intent. 1 2 3 4 5
- 13. Instills in the players a respect for the rules. 1 2 3 4 5
- 14. Is cautious and uses sound, reasonable judgement in protest situations. 1 2 3 4 5
- 15. Has knowledge of first aid and safety. 1 2 3 4 5

WRITE COMMENTS ON BLANK SHEET OF PAPER

ARD- YDL Referee Evaluation

Referee's

Name: _____ Locaton: _____ Date: _____

Your Name: _____ Team Name/Grade/Boys or Girl: _____

Address: _____ City & State _____ Zip _____

email _____ Game Time _____

Apperance:

1. Shirt tucked in _____ Jewelry _____ Black Attire _____

Mechanics:

- 1. Strong Whistle _____
- 2. Raised hand with whistle _____
- 3. Proper hand signal for infractions _____
- 4. Watches area of responsibility _____
- 5. Communicates with partner _____
- 6. Communicates with score table _____
- 7. Communicates with players _____
- 8. Makes the call _____
- 9. Gets into clear view position _____
- 10. Has control of the game _____
- 11. Knows the rules _____
- 12. Knows the penalties _____
- 13. Keeps the game moving at breaks _____
- 14. Punctuality _____
- 15. Hustle _____
- 16. Attitude _____

Comments:

Please use this form for **positive** comments as well as negative ones.
Please state the **FACTS** and avoid personal attacks. Please write legibly.
Use an extra piece of paper for more comments.

THIS YOUR CHANCE TO EVALUATE THE OFFICIALS WORKING YOUR GAME. TURN THIS EVALUATION IN WITH THE SCORE SHEET AT THE END OF YOUR GAME

40. 2nd-8th grade point spread:

In an on going attempt to provide a fair and competitive atmosphere that stresses sportsmanship, ARD-YDL has adopted a revision to the 2nd-8th grade point spread rule. The wording of the 2nd-8th grade point spread rule will be as follow: If a team increases their lead over an opponent to 20 points or more, the score on scoreboard shall be frozen to reflect that score. All other functions of the scoreboard, the scoring in the official book and segment play will continue as prescribed by the rules of the league. If the point differential falls below 20 points at any time during the course of the game, the new score shall be displayed upon the scoreboard. Upon subsequent 20 point deficits the score will again be frozen. To be perfectly clear, this means the scoreboard is fully functional until the deficit of the game reaches 20 point. If the score never reaches a 20 point deficit, the score board remains fully operational.

41. Adult Gym Monitor:

All ARD-YDL adult coaches and or/ assistant coaches will be required to act as Gym Monitor for one Saturday during the regular ARD-YDL season. We have to have a responsible adult in charge of each gym for the entire day. This is to protect the players, referees, coaches, the ARD-YDL league and the privilege to use the specific school gyms during the ARD-YDL basketball season. Coaches will be assigned a gym and a date to cover.

42. Only approved coaches may monitor a gym.
MESSAGE FROM ARD-YDL
The No tolerance rule is in effect. Any coaches showing unsportsmanlike conduct may be banned from the league. This includes manipulation of segment sheets and harassment of the officials. The officials have been instructed to use technical fouls to enforce this rule during the game. The board will be informed of all technical fouls and will take appropriate action. Please remember its not just about basketball or winning; it's about life. Set good examples for your players. You are a role model. Act like one.

Unsportsmanlike Conduct

(At the discretion of the referee & gym monitor)

1. A PLAYER

A player displaying unsportsmanlike conduct will be immediately benched by their coach or referee for the remainder of that current playing segment and penalized their next scheduled playing segment. If there is a repeat of misconduct in that game by the same player, he/she will be charged with a technical foul then benched for the rest of the game. COACHES: in this instance, be sure to substitute a player that has less playing time first.

2. A COACH

A coach displaying unsportsmanlike conduct is subject to a technical foul, and if the behavior continues will be expelled from the gym. All coaches must abide by the Auburn Recreation District "Athletic Code of Conduct". Copies are available at the Recreation offices.

3. PARENTS/ADULTS/FANS

A parent or fan displaying unsportsmanlike conduct will be warned once by the referee or gym monitor. They will be asked to leave the gym if the behavior continues. The game will not resume until that person is removed.

Games can be lost, players injured, and friendships strained because of ignorance or disregard for the rules. This is sad and ironic, since basketball has one of the most simple and fair sets of playing rules that exist in teams sports. We hope that this book will spread greater knowledge and enjoyment of those rules and of the sport of basketball. Young players should concentrate primarily on developing playing skills, not becoming basketball lawyers. When the action is the hottest and fastest, it is the superior player and coach who stays within the rules who will triumph. The best players know the rules so well that they are second nature. Emphasis should be on playing, improving, and having fun - not winning.

YOUTH BASKETBALL PROTEST FORM

We encourage all coaches to avoid the protest process and would appreciate your cooperation in resolving your differences as they occur. If the coaches cannot resolve the problem at the time of the infraction, please fill out this form and turn it in your ARD-YDL Representative within 48 hours.

TEAM FILING PROTEST _____

COACH FILING PROTEST _____

TEAM THE PROTEST IS AGAINST _____

WHY IS THE PROTEST BEING FILED? _____

SCOREKEEPER NAME _____

SCOREKEEPERS SIGNATURE _____

SCOREKEEPER PHONE # _____

WAS THE OTHER COACH NOTIFIED OF THE PROTEST? _____

OFFICIAL'S NAME _____

OFFICIAL'S SIGNATURE _____

OTHER COMMENTS: _____

SCOREKEEPER PHONE _____

REVIEW OF THIS PROTEST MAY RESULT IN THE AWARDING OF A FORFEIT TO THE PROTESTING TEAM!!

Suggested Skill Achievement for ARD-YDL Players

Feedback Form

We are very interested in getting reports of successes and discoveries of how we are doing with the basketball program. If you have comments to share please fill out this form and mail it to us. We are delighted to get general feedback, positive or negative, about the ARD-YDL BASKETBALL PROGRAM.

Thank you for taking the time to send us information about your experience. We will add you to our database unless you check the box indicating your desire to be left off of the list. We expect to have future camps, tournaments, and special announcements.

Date: _____

Name: _____

Address: _____

City, State, Zip: _____

Telephone: _____

Email Address: _____

Do not add me to the Database

Comments Section

Mail to: Auburn Recreation District, 123 Recreation Dr., Auburn,
CA 95603 Fax, (530) 823-0872, ATTN: Jerry Fisher

2nd - 3rd Grades:

1. Basic concepts of the game
 - A. Man to man defense
 - B. Sharing scoring responsibility
2. Fundamentals of passing
3. Pivot foot and pivoting
4. Fundamentals of dribbling
5. Fundamentals of lay-ups
6. Out of bounds and inbounding concept

4th Grade:

1. Passing techniques
 - A. Bounce, chest, overhead
2. Stationary dribbling both hands without looking at the ball
3. Strong hand lay-ups with proper footwork
4. Weak hand dribble on wall, spot dribbling, shot positioning on wall
5. Shooting technique, hand and ball positioning
6. Stronger understanding of the game concept, both defensively and offensively.
7. Two point landing
8. Simple out of bounds play

5th Grade:

1. Reinforce passing: add wrap around and extensive weak hand work
2. 2 point landing with options
3. Triple threat position
4. Lay-ups right and left hand with proper foot work
5. Passing: refine techniques to include off the dribble and on the run
6. Setting screens, pick and roll, give and go
7. Defending against screens, communication on the court
8. Running dribble both hands
9. Rebound techniques, positioning
10. Offensive plays and out of bounds plays
11. Introduction to zone defense
12. Refine shooting technique from floor and free throw line

Suggested Skill Achievement for ARD-YDL Players

6th Grade:

1. Faking to set up passes on and off ball cuts
2. Screening away from the ball- back door concept
3. Rebounding emphasis
4. Post moves
5. Strong emphasis on shooting properly
6. Power lay ups, two point lay ups, pull up short jumper right and left
7. Zone offenses
8. Integrate fast break into defense
9. Press and full court concepts
10. Dribble moves - pivot, hand change protecting the ball

7th Grade:

1. Continued emphasis on earlier fundamentals
2. Dribbling: stutter steps, reverse pivot, cross over dribble, behind the back change, between the legs change
3. 8 to 12 foot jumps shots
4. Passing techniques: one hand dribble shovel, running, baseball
5. Trapping and double teaming
6. Offensive rebounding position, defense rebounding position
7. Shot or pass fakes with pivot steps
8. Fast break offense and defense

8th Grade:

1. Retention and increase learning intensity
2. Game strategy and concepts; moves without the ball; offense and defense transition; recognition of opponents weakness; recognition of opponents offense and defense
3. Lay-ups: reverse
4. Dribbling: spin move
5. Shooting: spin move jumpers
6. Passing: behind the back
7. Conditioning

ARD-YDL DOCKED SEGMENT FORM

PLEASE PRINT THIS INFORMATION:

NAME OF PLAYER: _____

PLAYER TELEPHONE NUMBER: _____

JERSEY NUMBER: _____

PARENT OF PLAYER NAME: _____

I UNDERSTAND THAT MY CHILD IS BEING DOCKED ONE
SEGMENT OF PLAY FROM THIS GAME DUE TO:

1. NOT MAKING PRACTICE
2. UNSPORTSMANLIKE CONDUCT
3. BEING LATE FOR PRACTICES OR GAMES

SIGNATURE OF PARENT: _____

Date: _____

IF YOU HAVE ANY COMMENTS OR CONCERNS YOU
MAY CONTACT THE LEAGUE AT: jfish@auburnrec.com OR
TELEPHONE THE LEAGUE OFFICE AT:
530-863-4612

***THIS FORM MUST BE TURNED INTO THE SCORE-
KEEPER BEFORE THE GAME STARTS. BOTH
COACHES AND OFFICIALS MUST BE NOTIFIED.**

COACH'S NAME: _____

COACH'S TELEPHONE: _____

NAME OF TEAM: _____

GYM GAME IS PLAYED AT: _____

TIME OF GAME: _____

DATE OF GAME: _____

ARD-YDL DEVELOPMENT LEAGUE

INCIDENT REPORT

Date: _____ Time: _____

Location: _____

Name(s) of person(s) involved:

Name Address Telephone#

Name Address Telephone#

Describe incident in detail on seperate piece of paper.
Without description of incident, report is invalid.

Witnesses:

Name Address Telephone

Name Address Telephone

Game information:

Referee Name Telephone

Team Name

Coaches/Names of both Teams

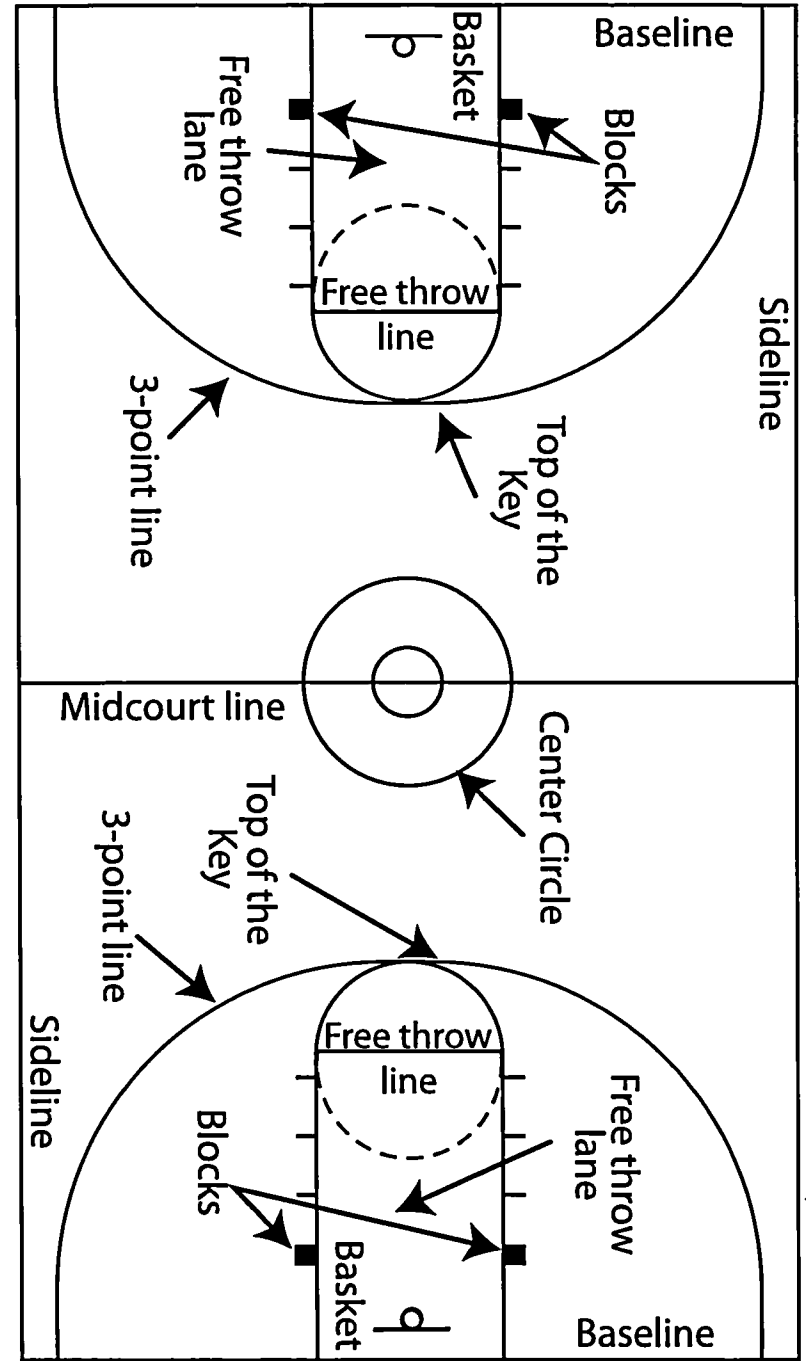
Name(s) of person(s) filing this report:

Print name: _____

Signature: _____

Phone/e-mail: _____

ARD-YDL LEAGUE REPRESENTATIVES WILL REVIEW ALL INCIDENTS AT LEAGUE REPRESENTATIVE MEETINGS AND WILL MAKE AN APPROPRIATE DECISION AT THAT TIME.



Practices

COACHING TIPS

1. Always arrive at the gym before your players
2. Ask parents to walk their child into the gym to make sure that you are there. Also be sure that all of your team members have been picked up before you leave the gym after practice.
3. Do not leave any kids without a parent of legal guardian present.
4. Parent/Coach Orientation meeting: Hold a short meeting 10-15 minutes in length with the parents of your players. Parents usually have questions about the team and you can let them know the philosophy of the ARD-YDL program, and what you expect from your players. Also remind parents about arriving and picking up children on time.
5. Team Rules: Establish team rules and penalties for violations of these rules. Some things to include:
 - A. Appropriate Dress
 - B. Being on time to practice
 - C. Attitude & Conduct
 - D. Language
 - E. Attendance
6. Proactive Schedule: Make out a monthly schedule of practices for your players. Use other basketball related information (fliers, diagrams) to enhance your practices.
7. Assistant coach: We encourage every coach to have an assistant coach. An assistant coach can make your season a lot more enjoyable because you can divide up the managing and coaching aspects of the job. Your assistant coach needs to complete the necessary form. (Only One Assistant Coach On The Bench Per Team. No Team Managers Etc.)
8. Practice: conduct a well planned out practice that consists of relevant drills aimed at improving the skills of your players. Please have your practice worked out from beginning to end before stepping into the gym.
9. Emphasize that practices are for learning and improving skills. Do not create an atmosphere in which your players are afraid to make mistakes.

Player's or Spectator's Basketball Terms and Interpretations

8. In order to call a charge, the following must be observed by an official:
 - a. The defender must obtain initial guarding position on a player with the ball by:
 - 1) Getting to the spot first without contact
 - 2) Having both feet touching the floor
 - 3) The defender must initially be facing the opponent
 - b. The defender may move laterally, at an angle, or backwards to maintain position.
 - c. The defender may raise their hands in a normal stance or may jump vertically within their vertical plane.
 - d. A defender may turn or duck, (usually seen as a slight movement, not bent over) to absorb shock.
 - e. A defender may not move into the path of the opponent after the opponent is in the air.
 - f. The defender that extends an arm, shoulder, hip or leg into the path of an opponent and causes contact would be "blocking".
 - g. The defender may not move forward into an opponent to cause contact. This is also a block. The defender must re-establish their position if they move forward toward the dribble.
 - h. The player with the ball must get their head and shoulders past the front torso of the defensive player.
9. The basketball is considered to be in the front court from the backcourt only when the following has been established. Both feet of the person in contact with the ball, as well as the basketball itself need to cross the half court line completely first, before the possibility of backcourt being called. In addition, a player catching the ball in the air from the frontcourt and landing in the backcourt is considered to be a backcourt violation, because the last place the player made contact with the floor is front court.
10. 3 seconds in the key is called when an offensive player is in the key and the ball is in the frontcourt. There is NO 3 seconds when the ball is released for a shot, if the ball is in the backcourt or if the ball is out of bounds.
11. There is no such thing as a MOVING SCREEN. It should be classified as an illegal screen. A screen is legal when a player, without causing contact, delays or prevents an opponent from reaching a desired positions. The screener may face any direction. They MAY NOT lean, or extend their hips into the path of the opponent. Remember, contact MUST be made for any screen to take place, whether it is legal or illegal.

Rule Interpretations:

1. There is NO over the back rule in Basketball. The correct foul is a push. Just because a player comes over the back of an opponent does not mean that player has committed a foul. It is determined by the following criteria:
 - a. Is it a long rebound?
 - b. Did the player behind jump straight up in the air?
 - c. Did someone push to get position for the rebound before the ball hit the rim?
 - d. Is the person in front making contact with the player behind?
2. Reaching is NOT a foul. If the players do not reach, they cannot get the ball. Generally, the correct call will be illegal use of hands. This is determined when a defender touches the ball handler. Remember **the hand IS part of the ball**, therefore contact needs to be on the wrist or the forearm.
3. Once position is established for a rebound, that player may not use their behind to push a player back away from the basket.
4. Any player may catch a ball once a legitimate shot is attempted. This includes the person that shot the ball.
5. A dribbler may not allow the basketball to come to rest in their hands. Therefore, a high dribble is legal as long as the ball does not come to rest.
6. A player starts a dribble by pushing, throwing or batting the ball into the floor. However, the pivot foot may not come off the floor until the ball is released to touch the floor. The pivot foot may be lifted to make a pass or to shoot only.
7. There is NO backcourt on an out of bounds play or a rebound attempt. Trapping the ball backcourt or throwing the ball when out of bounds to the backcourt is NOT a violation.

Practices

COACHING TIPS

10. If your players are not able to master a skill, go on to something else and come back to that skill later. Start at an easier level and assess where each player is stumbling. Be sure to commend their efforts even when they don't execute a skill properly. Always begin with a positive comment about their ability, then give constructive comments next.
11. Warm-up activities followed by stretching routines are important to physical and mental preparation.
 - A. Warm-ups can include: trotting, change of pace and direction, short sprints, and executing defense slides.
 - B. Stretching increases your readiness to perform and helps prevent injuries. Hold each stretch position for 8-10 seconds and never bounce in a stretch position. Stretching can also increase flexibility by moving further into the stretch and holding for another 8-10 seconds.
12. At the end of practice take about 5 minutes to cool down. This is an excellent time to stretch, because the muscles are warm. Cool down is especially important when it is chilly outside.
13. Be sure players are wearing proper attire when leaving the gym and going out into the cool winter air.

PLANNING A PRACTICE SCHEDULE

	ACTIVITIES	TIME
Warm-Up		
Review Previous Practice		
Teach New Skills		
Practice Under Competitive Conditions		
Fitness Training		
Evaluation & Review		
Cool Down		

Player's or Spectator's Basketball Terms and Interpretations

Basic knowledge: Games are usually officiated with 2 or 3 officials. If there are two officials, one official is around the half court line and one is out-of-bounds on the end lines (baseline). The officials move with the ball.

An official's job is to officiate the consequence of the ball formerly called "advantage or disadvantage" of a foul. Every contact between players could be classified as a foul. However, this contact needs to have an advantage gained or lost between opposing players. The official "referees" the defense primarily. When a foul is not called, the following things happened:

1. Incidental Contact -Normal body movement between players.
2. The person that made the contact got no advantage in the play. It was better to let the play continue.
3. There may be some contact away from the ball, however it should not be overly rough.
4. The referee was screened and missed it.

Common misinterpretations:

1. Over the Back
2. Reaching
3. Using the player's behind to "boxout" by pushing.
4. Catching a shot "airball" by the same player that shot the ball
5. Carry vs. high dribble
6. Traveling on the first dribble
7. Backcourt call on an out-of-bounds or rebound
8. Charging/Blocking
9. Frontcourt/Backcourt
10. 3-Seconds in the key
11. Moving Screen

ARD-YDL TIMEKEEPER AND SCOREKEEPER RULES &
REGULATIONS FOR GAMES

1. Only one person is allowed to do the clock and one to do the score sheet. Multiple timekeepers or scorekeepers are not allowed unless training. The official scoresheet is the one being done by the scorekeeper. The timekeeper should not keep a separate scoresheet. Timekeepers and scorekeepers should try to avoid having children with them at the score table.
2. Scorekeepers and Timekeepers must be impartial and fair. They should not cheer or yell at the time they are doing the clock or score sheet.
3. The clock can start and stop only when the referee has instructed so. (Coaches do not control the clock).
4. Twenty minute running halves. The clock is stopped in the last two minutes of the game, provided one team does not have a lead greater than 10 points.
5. Time outs can only be called when the coach's team has possession of the ball or there is a dead ball. Timekeepers should wait for the official to grant the time out. Do not stop the clock until the referee blows the whistle.
6. At halftime, the timekeeper and scorekeeper should go over the segments. Coaches should be informed how many time outs they have left and whom might be in foul trouble.
7. Do not use a coaches segment sheet to mark off the segments on the score sheet. The segment sheet is for coaches use only. The scorekeeper must verify the player is going into the game.
8. If a scorekeeper is unsure of a call, they should get the attention of the referee and request a clarification. This is done to keep the scoresheet correct and is not to be used for an explanation of a call.
9. The benches for each team should be on either side of, and the same distance from, the official scores table. Both coaches and each team's substitutes should have equal access when the checking into the game.
10. Each coach has a coaching area, or coaching box. It should be 3 feet deep and at least as long as the bench. This area gives the coaching staff room to move and talk to the players on the bench.
11. Teams should warm-up at the basket opposite their bench.

Exhibit respect for the officials. The officials of any contest are impartial arbitrators who are trained and perform to the best of their ability. Mistakes by all those involved in the contest are part of the game.

DEFINITIONS

Dead Ball:	The ball is considered dead and out of play when: <ol style="list-style-type: none">1. a held ball occurs or the ball gets stuck on the basket support2. an official's whistle is blown3. time expires for a quarter, half or extra period4. a foul occurs
Screen:	An action by a player which prevents an opponent from reaching a desired position. The screener, when visible, can make physical contact, but if coming from the blind side must leave room.
Throw-in:	A method of putting the ball into play from out of bounds.
Traveling (walking):	To walk or run illegally while holding the ball. Also illegal if there is movement of the pivot foot without completing a pass or shot.
Jump Ball:	The tossing of the ball between two opponents in the beginning of the game. All other jump ball situations are decided by alternating possession.
Lane:	The area on the court which extends from the basket line to the top of the free throw line. The lane boundary lines are marked on all basketball courts.
Pass:	The movement of the ball caused by a player who throws, bounces, or in any manner gives the ball to another player.
Double Foul:	When two opponents commit personal fouls against each other at the same time.
Free Throw:	A free throw is a chance to score a basket without obstruction or interference from the opposite team. A free throw is awarded according to the bonus situation and whether it was in the act of shooting. Each free throw is worth one point.
Held Ball:	Two opponents have both hands on the ball and possession cannot be established without unnecessary roughness.

DEFINITIONS

Disqualified Player: A player who is no longer allowed to participate in the game due to committing five personal fouls or a serious unsportsmanlike foul.

FOULS:

Personal Foul: When a player comes in personal contact with an opponent while the ball is alive. Holding, pushing, charging or tripping an opponent is not allowed.

Technical Foul: A technical foul is when a player, coach or substitute is disrespectful to an official; behaves in an unsportsmanlike manner; intentionally delays the game; or enters the court without official permission.

Unsportsmanlike Conduct Fouls Included:

- * taunts, teases, points at, ridicules, or uses obscene language or gestures to another player
- * uses hands to block an opponent's vision near their eyes
- * grasps the basket, except to prevent injury to himself or another player.
- * showing disrespect to officials

Blocking: Illegal personal contact which hinders the progress of an opponent.

Boundary lines: The end and sidelines on the basketball court. The inside edges of these lines mark the inbound and out-of-bounds area.

Charging: When the ball handler comes into personal contact with a defensive player who has established his/her position.

Court: The playing area of a basketball game. A court is divided into two parts, front and back. A team's front court includes its offensive basket and backboard between the end and half court lines. A team's back court includes its defensive basket and backboard between the end and half court lines.

ARD-YDL TIMEKEEPER AND SCOREKEEPER RULES & REGULATIONS FOR GAMES

12. It is the responsibility of the scorekeeper to notify the referee of the sixth team foul (if possible). If one team has committed seven fouls, the other team is now entitled to a bonus free throw. To get the referee's attention, scorekeepers should tell the timekeeper to buzz the bell or horn. The scorekeeper should wait until the ball is dead to signal the official. The scorekeeper should also notify the official when the 10th team foul occurs.

13. The scorekeeper should notify the official when a player has five personal fouls .

14. **TIMEKEEPER:** It is the timer's job to start and stop the clock at the appropriate times. The timer must pay close attention and immediately start or stop the clock.

15. This is a list of the reasons that cause the game and clock to be stopped:

* An official grants a player's request for a time-out.

* An official grants the coach time-out.

* An official stops play due to injured player.

* Officials conferring with each other at the score table.

When officials stop play because of an injury, they should wait until the ball becomes dead or until it's being controlled by the team of the injured player, or at a stop play while the other team has the ball. This means that they usually won't stop play while the other team has the ball. This is done to prevent player from faking injuries to stall a fast break opportunity. If the injury is serious enough, an official may suspend play to protect the injured player and get him or her immediate medical attention.

* No smoking or chewing tobacco is allowed in or around any gym or on school premises, including parking lots.

* No food or drinks in any gym (Lock-top plastic water bottles containing water are O.K. in gym or multipurpose room), & no gum chewing.

* Pick up all trash. Help clean up the restrooms.

* No skateboarding

* Do not leave any kids without parent or legal guardian present.

* No one is to be on-stage except for Referees, Score Keepers, Time Keepers, and ARD-YDL representatives.

* Keep an eye on your team. Hold all balls and no dribbling during the games.

* Keep kids off the court during games. No shooting at segment change or half time.

* Do not sit on any counters where food is served.

* Do Not Throw Balls Against Walls.

Do not sit under baskets if there is not ample room in the gym. Please assemble the team of the next game for a discussion outside the gym.

Please abide by all the rules & regulations of facility as our privilege and your privilege can be revoked at anytime!

