



Pleasanton Youth Basketball (PYB) 23/24 Handbook



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Introduction

Welcome Pleasanton Youth Basketball (PYB) Players, Parents, and Coaches:

The City of Pleasanton is proud to offer a youth basketball league and appreciates your participation. This is more than just a sports league, provides participants with a positive introduction to basketball in a caring and fun environment. Through this league, participants will not only learn the sport of basketball, but also about themselves, sportsmanship, and being a team player.

The purpose of this handbook is to provide a comprehensive overview of PYB. PYB is a recreational league for youth in grades 1-12. The season consists of twelve (12) practices, and seven (7) games. PYB is strictly recreation based and no standings will be kept. Jerseys are provided for each participant. No awards will be given at the end of the season.

This handbook contains pertinent information for anyone looking to volunteer or serve as a volunteer coach.

Library and Recreation Department Vision, Mission, and Values

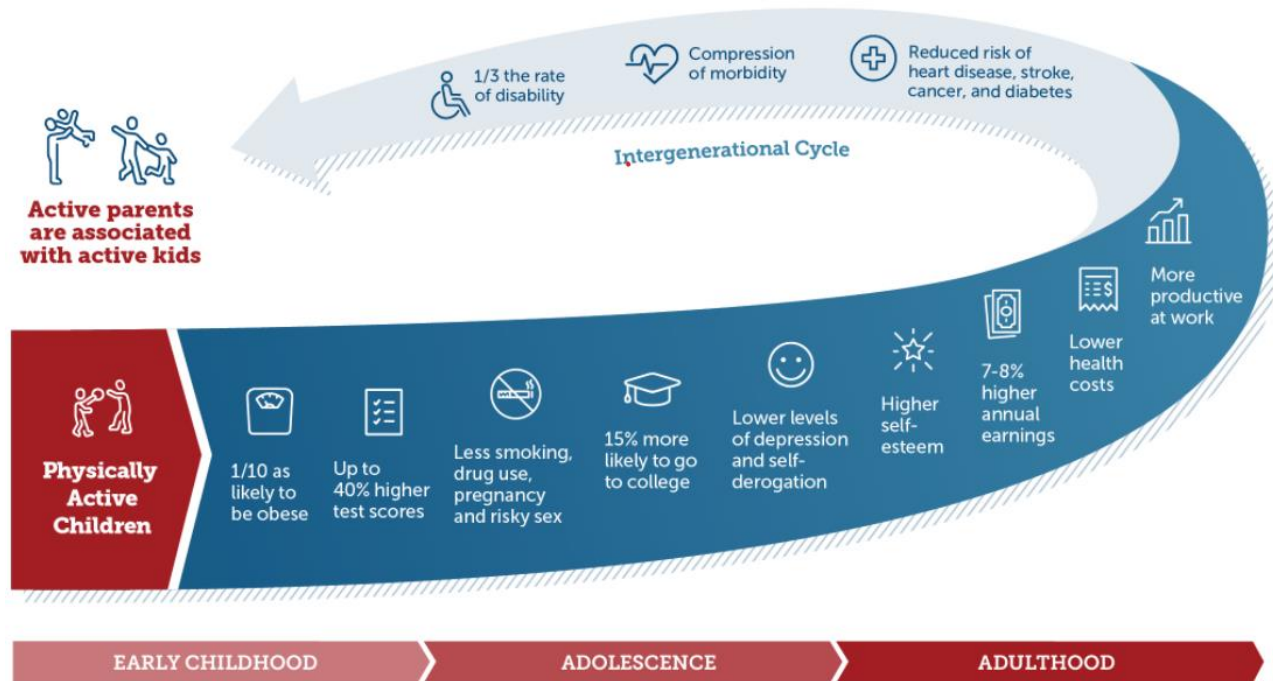
- Vision Statement: Inspiring a vibrant community
- Mission Statement: Start your journey here. Discover, Connect, Play
- Values: Integrity, Collaboration, Customer Service, Inclusiveness, Innovation

Contact Information

- Sports Office – (925) 931-3437
- Thomas Myers, Library and Recreation Coordinator, League Director, (925) 931-3441, tmyers@cityofpleasantonca.gov
- Jack Hettinger, Recreation Supervisor, (925) 931-3440, jhettinger@cityofpleasantonca.gov

ACTIVE KIDS DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits



Learn more at as.pn/sportsfacts

Player Goals

- Have fun
- Work toward a goal as an individual and team
- Practice good sportsmanship
- Experience the thrill of basketball participation
- Make new friends
- Develop lifelong social skills

Coach Goals

- Have fun
- Provide a positive and safe environment for all players
- Develop players fundamentals throughout the season
- Practice good sportsmanship
- Develop two-way communication between coaches and parents

Parent Goals

- Have fun
- Provide a positive and safe environment for all players
- Positively encourage all players
- Practice good sportsmanship
- Develop two-way communication between parents and coaches

Program Goals

- Have fun
- Provide a positive and safe environment for all players, coaches, and parents.
- Practice good sportsmanship
- Assist coaches and help develop players fundamentals throughout the season
- Develop open communication between coaches, players, and parents
- Build and strengthen community participation and engagement

Volunteer Coach Overview

- The Pleasanton Library & Recreation Department would like to thank all the volunteer coaches for accepting the responsibility of coaching. Youth sports programs cannot be successful without good leadership and a solid coaching foundation
- Coaches will be building the moral fiber, mental health, and physical strength of tomorrow's leaders
- Coaches have tremendous influence on participants. The emphasis of this program is fun, basic skill development, and sportsmanship. The coach is expected to provide an atmosphere in which all participants are

treated in a fair and equitable manner. The coach must be aware of all safety issues and hazards associated with basketball and devote full effort in providing an atmosphere where participants are physically and emotionally safe

- To ensure the safety of all players, coaches must stay with their players after practices and games until all players have been picked up by their parent/guardian. Under no circumstance shall a coach leave a player unattended and/or with someone not cleared by the City to supervise youth
 - If the same parent(s) are consistently late, please let the League Director know. The League Director will talk to the parent(s) regarding the issue
- Coaches are responsible for the parents and spectators of their team. Officials may penalize a team for the behavior of its parents and spectators
- Youth athletes are at an impressionable age and the training that coaches provide will have a lasting effect on their lives
- All requirements must be completed before volunteering
- Without coaches, this program would not be possible. On behalf of the players, parents, and the City of Pleasanton, thank you!

Coach Requirements

All individuals who will be supervising youth (coaches, team assistants, team parents, etc.) must complete an application, pass a background check, and complete concussion and sudden cardiac arrest trainings prior to assuming their role.

Application

- All volunteer coaches must complete an application. Applications may be found here: [Volunteer Coach Application](#)- Click "Fill in an application" tab. You must create an account to apply

Background Check

- All coaches must complete a Department of Justice background screening, scheduled through the League Director

Coaches Trainings

- Concussion training
 - Visit: <https://www.cdc.gov/headsup/youthsports/training/index.html>.
 - Scroll down to "Launch the Training"
 - Select the "Coaches" course
 - Coaches will be prompted to create an account through CDC Train
 - After coaches create an account, they will need to take the pre-assessment and then complete the actual training
 - After the training, coaches will need to complete the quiz
- Sudden cardiac arrest training
 - Visit: <https://epsavealife.org/sca-prevention-training/>.
 - Scroll down and create an account
 - Coaches will then be prompted to watch a video, take a pre-quiz, and complete a post quiz
- Mandated reporter
 - Visit: <https://www.mandatedreporterca.com/training/volunteers>
 - Scroll down to "Start Training"
 - Select the "Sign Up" or "Sign In" Option
 - Select the "Volunteers" course and then click the "Next" button
 - Fill-in contact information

Once coaches have completed all three (3) trainings, they will be required to upload their certification to Better Impact

- Visit: <https://app.betterimpact.com/Volunteer/Main>.
- Sign into account
- Click "My Profile" on the top right of the page.
- Click "Additional Info"
- Scroll down, under the Certifications Tab you will be able to upload your training certificates
- Once you have uploaded your certificates, click save

Once coaches have completed and submitted all the aforementioned requirements, the League Director reviews and informs coaches of their status in the volunteer process. Coaches are not eligible to start until they have received clearance from the League Director.

Coaches Clinics

- The Pleasanton Library and Recreation Department will be offering a variety of free Coaching Clinics to be held in October on Saturdays. Several basketball coaches from the Tri-Valley area have generously volunteered their time to put on each of these clinics
- All coaches are highly encouraged to attend all clinics, as each clinic will have a different emphasis. They will provide coaches with the necessary tools for coaching
- Coaches will receive training on how to run an effective and efficient practice for their team
- The clinics

Codes of Conduct

- A code of conduct for coaches, players, and parents provides guidelines for the behavior of everyone participating and spectating
- The purpose of the codes of conduct is to secure a certain standard of playing, coaching, and spectating. It also protects the welfare of all individuals and gives everyone involved reference points in reacting to difficult situations
- The codes of conduct promote fair and responsible behavior by the coaches, players, spectators, and parents towards others, including City staff
- Coaches are encouraged to have all players and parents sign the applicable codes of conduct at the start of the season

Coaches Code of Conduct

As a coach of PYB players, coaches pledge to be responsible for any (parent, guardian, or guests of the team). Words and actions while coaching PYB and shall conform their behavior to the following code of conduct:

- Coaches will remember that the primary reason children participate in this program is to have fun!
- Coaches will be a positive role model for players and encourage sportsmanship by showing respect, courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice, or any other sporting event
- Coaches will not engage in any kind of unsportsmanlike conduct with any official, coach, player, parent, or staff such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profanity and/or inappropriate gestures
- Coaches will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, player, participant, City staff member, official, or any other attendee
- Coaches will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Coaches will promote the emotional and physical well-being of all the players ahead of any desire to win
- Coaches will teach the skills of the game to the best of their ability and emphasize the values of teamwork and sportsmanship
- Coaches will always respect the officials and their authority during games
- Coaches will know and adhere to the PYB rules
- Coaches will communicate with parents and inform them of all practices and games
- Coaches will respect all facilities and equipment made available for teams to practice and play games
- Coaches will uphold PYB tradition and ensure all players play an equal amount of time each game
- Coaches will remember that City staff are there to improve the overall experience and are not professional basketball officials
- Coaches will ensure that all players and coaches shake hands at the end of each game
- Coaches will not, at any time be guilty of utilizing a non-roster or ineligible participant; or falsify the identification or age of any participant or person on an official league roster. Such falsification, intentional or otherwise, and with or without that participant or person's knowledge, shall be just cause for disciplinary action. The infraction will be reported to the League Director.

Player Code of Conduct

As a player in the PYB League, players pledge to be responsible for their words and actions while participating in the league, and shall abide by the following code of conduct:

- Players will be a positive role model for each other and encourage sportsmanship by showing respect, courtesy, and by demonstrating positive support for all teammates, opponents, coaches, officials, and spectators at every game, practice, or any other sporting event
- Players will not engage in any kind of unsportsmanlike conduct with any official, coach, teammate, opponent, or parent such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profanity and/or inappropriate gestures
- Players will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, teammate, opponent, City staff member, official, or any other attendee
- Players will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Players will promote the emotional and physical well-being of all the teammates and opponents ahead of any desire to win
- Players will always respect the officials and their authority during games
- Players will remember that all coaches are volunteers
- Players will remember that City Staff are there to improve the overall experience and are not professional basketball officials
- Players will respect all facilities and equipment made available for teams to practice and play games
- Players will ensure to shake opponents' hands at the end of each game
- Players will have fun!

Parent Code of Conduct

As a parent or guardian of a PYB player, parents/guardians pledge to be responsible for their guests' words and actions while attending or participating in the PYB program. Parents/guardians will abide by the following code of conduct:

- Parents/guardians will remember that the primary reason children participate in this program is to have fun!
- Parents/guardians will be a positive role model for players and encourage sportsmanship by demonstrating positive support for all players, coaches, officials, and spectators at every game, practice, or any other sporting event
- Parents/guardians will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; verbal or physical threats; or using profanity and/or inappropriate gestures
- Parents/guardians will not participate in, nor encourage the engagement of any behaviors which may endanger the health, safety, or well-being of any coach, parent, player, participant, City staff member, official, or any other attendee
- Parents/guardians will ensure any coach, parent, player, participant, official or any other attendee are treated with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play, or ability
- Parents will promote the emotional and physical well-being of all the players ahead of any desire to win
- Parents will always respect the officials and their authority during games
- Parents will remember that all coaches are volunteers
- Parents will remember that City Staff are there to improve the overall experience and are not professional basketball officials
- Parents will respect all facilities and equipment made available for teams to practice and play games

Administrative Rules

League Director Authority

- All situations are not foreseeable and personal judgment will be needed
- Rules and regulations will be interpreted and enforced as deemed necessary to ensure a smooth and consistent program in keeping with the standards and intent of fair and safe recreational play
- May change or revise the league schedule if it is in the best interest of the program
- Will determine all rules and regulations and reserves the right to establish, modify or eliminate regulations at any time that are deemed necessary for the efficient operation of the league

Disciplinary Actions

- Any player, coach, or spectator guilty of an abusive verbal attack, including "trash talking" or taunting any participant, official, agency representative, or spectator will be required to leave immediately
- Any player, coach, or spectator guilty of a physical attack, lay a hand upon, push, shove, strike or kick an official, participant, coach, or spectator will be required to leave the facility immediately
- Any player, coach, or spectator guilty of leaving his or her bench area to further incite any verbal or physical confrontation between players on the court will be required to leave the facility immediately
- Any player, coach, or spectator guilty of damaging or defacing school district or City property will be required to leave the facility immediately
- Any player, coach, or spectator guilty of deliberate rough tactics during a game against the body and person of an opposing player will be immediately removed from the game and will be required to leave the facility immediately
- Any player, coach, or spectator refusing to abide by an official's decision or be guilty of verbal or forceful demonstrations of dissent towards an official's decision will be required to leave the facility immediately

Ejections

- Ejected players/coaches are required to leave City/Pleasanton Unified School District (PUSD) property (parking lot included) immediately
- Failure to comply will result in the game being forfeited and add to the initial penalty. For any ejection, the player/coach will be suspended for a minimum of one (1) game
- The game clock will continue to run until the ejected player/coach has left City/PUSD property
- Ejected player/coach are not eligible to play, coach, nor sit on the team bench until approved by the League Director
- Ejected player/coach (or their guardian) may submit their written account of their ejection to the League Director within 24 hours of the ejection. No account may be submitted after 24 hours has passed
- Coaches who are ejected are subject to removal as head/assistant coach and additional penalties for the specific violation

Appeal Process for Suspended Players/Coaches

- Should a player/coach wish to appeal their suspension, they must submit their intent to appeal by email or letter within five (5) business days of the date on the suspension letter
- A player/coach who has been suspended for two (2) weeks or less may appeal to the Recreation Supervisor by email or letter. The League Director will setup an in-person meeting with the player/coach and the Recreation Supervisor to consider the appeal. Suspended player/coach is not eligible to play while the appeal is pending
- A player/coach who has been suspended for more than two (2) weeks, but less than five (5) weeks may appeal to the Recreation Manager. The suspended player/coach must email or send a letter to the Recreation Supervisor who will be responsible for setting up an in-person meeting with the player and Recreation Manager to consider the appeal. Suspended player/coach is not eligible to play while the appeal is pending
- A player/coach who has been suspended for more than five (5) weeks may appeal the length of their suspension by email or letter to the Recreation Supervisor. The Recreation Supervisor will then set up an independent appeal board made up of managers, officials, or other parties. Suspended player/coach is not eligible to play while the appeal is pending. The decision of the appeal board is final

Forfeits

- Teams that know ahead of time that they are unable to play must call the Sports Office at (925) 931-3437 or email the League Director
- Forfeited games will not be rescheduled or refunded
- In the event of a forfeit, teams may use the court for practice. Teams must vacate the court fifteen (15) minutes prior to the next scheduled game
- Officials are not permitted to officiate unofficial games
- A game may be declared a forfeit by an official in favor of the team not at fault in cases of unsportsmanlike conduct

Special Information

- No smoking (combustion and vaping) and/or drinking alcoholic beverages is permitted in any City/PUSD facility. This includes the parking lot and any adjacent fields/buildings. Players, coaches, or spectators that are caught smoking or believed to be under the influence of drugs or alcohol will be asked to leave the premises
- Please leave the facility promptly after game(s) have concluded. This will make room for the other teams that still have to play and/or speed up the closing process of the facility
- No climbing on gym bleachers or other equipment
- Officials/City staff will always check for safety measures

PYB League Rules

What's Provided

- The league will provide a game ball, scorekeeper, officials, scoreboard, gymnasium, gym maintenance, lights, league rules, and other such equipment or materials as required for the efficient operation of the league

Team Formation / Roster Management

- Teams are formed by the League Director following player observations.
 - Player requests will not be accepted
 - Head coaches are permitted to select their child and one additional player to play on their team. Please note, both players must be registered in the same course code for the request to be honored
 - Player observation schedule may be found at: www.teamsideline.com/pleasanton
- PYB utilizes team snap for roster management and team communication

Governing Body Rules

- All City rules outlined in this handbook supersede the governing body rules
- Should a rule not be listed in this handbook, standard California Interscholastic Federation (CIF) high school rules apply

Team Roster

- Only the League Director has the authority to add/change/remove players/coaches on a team
- Each team will have approximately the same number of players
- Participants must officially register and be assigned to a team by the League Director
 - Coaches and players who do not abide by this rule may be subject to disciplinary action
- Coaches will not, at any time be guilty of utilizing a non-roster or ineligible participant; or falsify the identification or age of any participant or person on an official league roster. Such falsification, intentional or otherwise, and with or without that participant or person's knowledge, shall be just cause for disciplinary action. The infraction will be reported to the League Director.

Jerseys

- The League Director will provide coaches with a jersey for each member of their team. Once the coach issues the jersey to the player, the jersey belongs to the player and must be worn at all games

Shoes

- Athletic shoes with non-marking soles must be worn on the gym floor

Jewelry

- For the safety of all players, all jewelry must be removed before playing
 - Medical emergency bracelets, religious medallions, and any jewelry that cannot be removed must be taped down
 - If a player is found to be wearing jewelry during a game, a timeout will be charged to their team (if available), and they will have to remove/tape down the jewelry

Schedules:

- Game schedules may be found at www.teamsideline.com/pleasanton

Schedule Changes

- Games that are to be made up due to weather, power failure, or other circumstances will be re-scheduled at the conclusion of the season, or sooner if the schedule allows. Make-up games may be played on a different day and location
- If there are no officials for a game, it will be postponed and made-up according to the above rule
- Game schedules will not be adjusted to accommodate other extracurricular activities
- The League Director will do their best to accommodate schedules for teams with coaches who coach multiple PYB teams

Lineup

- Team managers are required to submit a legible line-up card listing all players (first and last name) and uniform numbers five (5) minutes prior to game time
- Line-up cards are available at the score table and online at www.teamsideline.com/pleasanton

Injury Time

- In the case of a serious injury, the official may stop the game clock

Timing

- A game consists of two (2) twenty-minute halves

- The clock stops every five (5) minutes for mandatory substitutions
- Each substitution period is fifteen (15) seconds
- A running clock format is used except for timeouts and player injuries
- Each team is allowed two (2) thirty second timeouts per half. Timeouts do not carry over from one half to the next
- There will be no overtime periods (a game can end in a tie)
- Halftime will be (3) minutes

Grades 1-2

- Game scores are not displayed. The scoreboard is used for timing purposes only
- Please note for grades 1-2, the game score is not projected, however, scores are maintained in the scorebook along with player playing time

Grades 3-12

- Stop Clock Timing will be used during the last two (2) minutes of the game unless a team is leading by more than fifteen (15) points

Court Grades 1-3 Girls/Grades 1-3 Boys

- Games are played on a smaller version of the regulation shaped court (cross-court style)

Court Grades 4-12 Girls/Grades 4-12 Boys

- Games are played on a regulation shaped court

Location of Coach Grades 1-3 Girls/Grades 1-3 Boys

- Coaches are allowed on the court briefly and only at the start of each substitution period but then must return to the sideline, in front of their designated bench (coach's box)
- Coaches will be issued a warning for the initial violation. Any violation following the warning may result in a technical foul being issued
- No "coaching from the corners" or any part of the gym/court, outside the coaches' bench. The only exception to this rule is when coaching on the second court at Thomas Hart Middle School. Coaches may be on one (1) end of the baseline, not on both

Location of Coach Grades 4 Girls / 4 Boys and Up

While games are in progress:

- Coaches are not allowed on the court
- Coaches must stay on the sideline, in front of their designated bench

Basketball Sizes and Rim Heights

- **Grades 1-2**

Ball Size	Rim Height
27.5	8 Feet

- **Grade 3 Girls**

Ball Size	Rim Height
27.5	9 Feet

- **Grade 3 Boys**

Ball Size	Rim Height
28.5	9 Feet

- **Grades 4-5 Boys**

Ball Size	Rim Height
28.5	9 Feet

- **Grades 4-12 Girls**

Ball Size	Rim Height
28.5	10 Feet

- **Grades 6-12 Boys**

Ball Size	Rim Height
29.5	10 Feet

Substitutions

- The clock stops every five (5) minutes for mandatory substitutions
- Each substitution period is fifteen (15) seconds
- Players must line-up and kneel in front of score table one (1) minute prior to substitution periods
- Modification of player substitution is allowed only due to player injury or removal from game
- If substitutions have not been made within the ten (10) seconds allowed, the clock will start, and the ball will be put in play
- Illegal substitutions are penalized with a technical foul on the coach
 - Two (2) free throws will be awarded, and the opposing team will inbound the ball at mid-court

Playing Time

- Every player must play an equal amount of time. Playing time begins when the player arrives to the game
- Please refer to the PYB player substitution schedule on pages 16 and 1

Possession After Substitution Mark

- The ball will be put back into play where it was previously in play

- The team with possession of the ball immediately prior to substitution retains possession of the ball when play is resumed. A team does not have to “beat” the clock by shooting before these substitution marks
- If a shot was attempted or made at the substitution mark, the defensive team will be awarded the ball at the mid-court line when play is resumed

Key Violations

- **Grades 1-2:** Instruction will be given, and the ball will be given back to the offensive team
- **Grades 3-4:** Five (5) seconds in the key
- **Grades 5-12:** Three (3) seconds in the key

Fouls Grades 1-2

- Fouls are not recorded. Officials will instruct players on proper technique
- If an official believes a player is continuing to play too aggressive, the coach will be asked to further instruct the player on proper technique

Fouls Grade 3-12

- A player with five (5) personal fouls will be considered as having “fouled-out” and immediately replaced with an eligible player
 - If there are no eligible substitutions available, the team will continue to play with four (4) players for the remainder of the game. If there are less than four (4) eligible players, the game will be forfeited
- A player charged with a technical foul will be removed for the remainder of the current substitution period and the next
- Any player or coach with two (2) technical fouls will be removed from the game and must promptly leave the facility and may be subject to further discipline. This rule does not apply for technical fouls given for illegal substitutions
- A technical/flagrant foul will result in two (2) free throws and the ball awarded at the mid-court line. The fouled team retains possession of the ball

Free Throws Grades 1-2

- Will not shoot free throws. Instruction will be given, and the ball will be awarded to the fouled team

Free Throws Grade 3 Boys/3-4 Girls (on the release)

- Free throws shall be taken from the taped mark on the floor (30” up from the permanent free throw line)

Free Throws Grades 4-12 Boys/Grades 5-12 Girls (on the release)

- The “One and One” free throw rule is in effect starting on the seventh (7th) team foul in a half
- The “Double Bonus” free throw rule (2 free throws) is in effect on the tenth (10th) team foul in a half
- A technical/flagrant foul will result in two (2) free throws and the ball awarded at the mid-court line

Defense Grades 1-4/ Grade 5 Boys

- Cannot defend in the backcourt (no press). If a team is leading by fifteen (15) or more points, they also may not defend outside of their defensive 3-point line

Defense Grade 5 Girls/Grades 6-12

- May defend in the backcourt. If a team is leading by fifteen (15) points, they cannot defend in the backcourt
- If a team leads by (20) or more points, they cannot defend outside their defensive 3-point line

All grades are permitted to play any type of defense. Any violation will be considered illegal defense

Illegal defense

- For all grades - the first illegal defense will be a warning
- After the initial warning, the following will apply:
 - **Grades 1-2:** Warning will be continued to be issued
 - **Grades 3-12:** A technical foul on the coach will be issued. Two (2) free throws and the ball will be awarded to the opposing team

Rules at a Glance

	Boys 1-2	Girls 1-2	Boys 3	Girls 3	Boys 4	Girls 4	Boys 5	Boys 6-12	Girls 5/6-12
Ball Size	27.5"	27.5"	28.5"	27.5"	28.5"	28.5"	28.5"	29.5"	28.5"
Court Size	Cross	Cross	Cross	Cross	Full	Cross	Full	Full	Full
Basket Height	8 ft.	8 ft.	9 ft.	9 ft.	10 ft.	10 ft.	10 ft.	10 ft.	10 ft.
Key Violation	No	No	5 sec.	5 sec.	5 sec.	5 sec.	3 sec.	3 sec.	3 sec.
3 Point Shot	No	No	No	No	No	No	No	Yes	Yes
Back Court Press	No	No	No	No	No	No	No	Yes	Yes
Free Throws	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

6 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x	x	x	x		30
		2	x	x	x	x	x		x	x	35
		3	x	x	x	x		x	x	x	35
		4	x	x	x		x	x	x	x	35
		5	x	x		x	x	x	x	x	35
		6		x	x	x	x	x		x	30

7 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x	x		x	x	30
		2	x		x	x		x	x		25
		3	x	x	x		x	x		x	30
		4	x	x		x	x	x		x	30
		5	x	x		x	x		x	x	30
		6		x	x	x		x	x	x	30
		7		x	x		x	x	x		25

8 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x	x		x		x	25
		2	x		x	x		x	x		25
		3	x		x		x	x		x	25
		4	x	x		x	x		x		25
		5	x	x		x	x		x		25
		6		x		x		x	x	x	25
		7		x	x		x	x		x	25
		8		x	x		x		x	x	25

PYB Player Substitution Schedule

9 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x	x		x		x		x	25
		2	x		x	x		x		x	25
		3	x		x		x	x		x	25
		4	x		x		x		x	x	25
		5	x		x		x		x		20
		6		x	x		x		x		20
		7		x		x	x		x		20
		8		x		x		x	x		20
		9		x		x		x		x	20

10 Players

Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x		x		x		20
		2	x		x		x		x		20
		3	x		x		x		x		20
		4	x		x		x		x		20
		5	x		x		x		x		20
		6		x		x		x		x	20
		7		x		x		x		x	20
		8		x		x		x		x	20
		9		x		x		x		x	20
		10		x		x		x		x	20

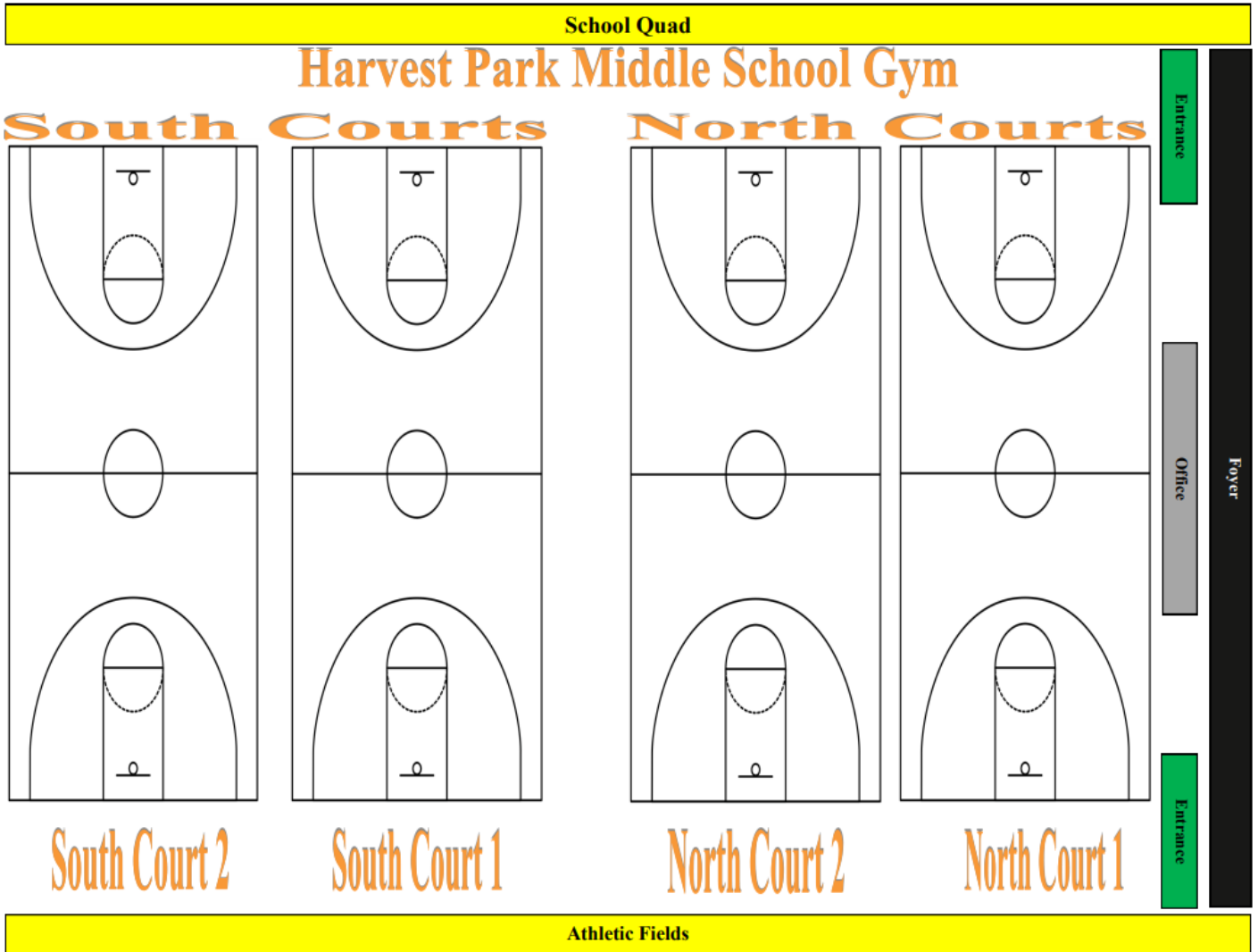
11 Players

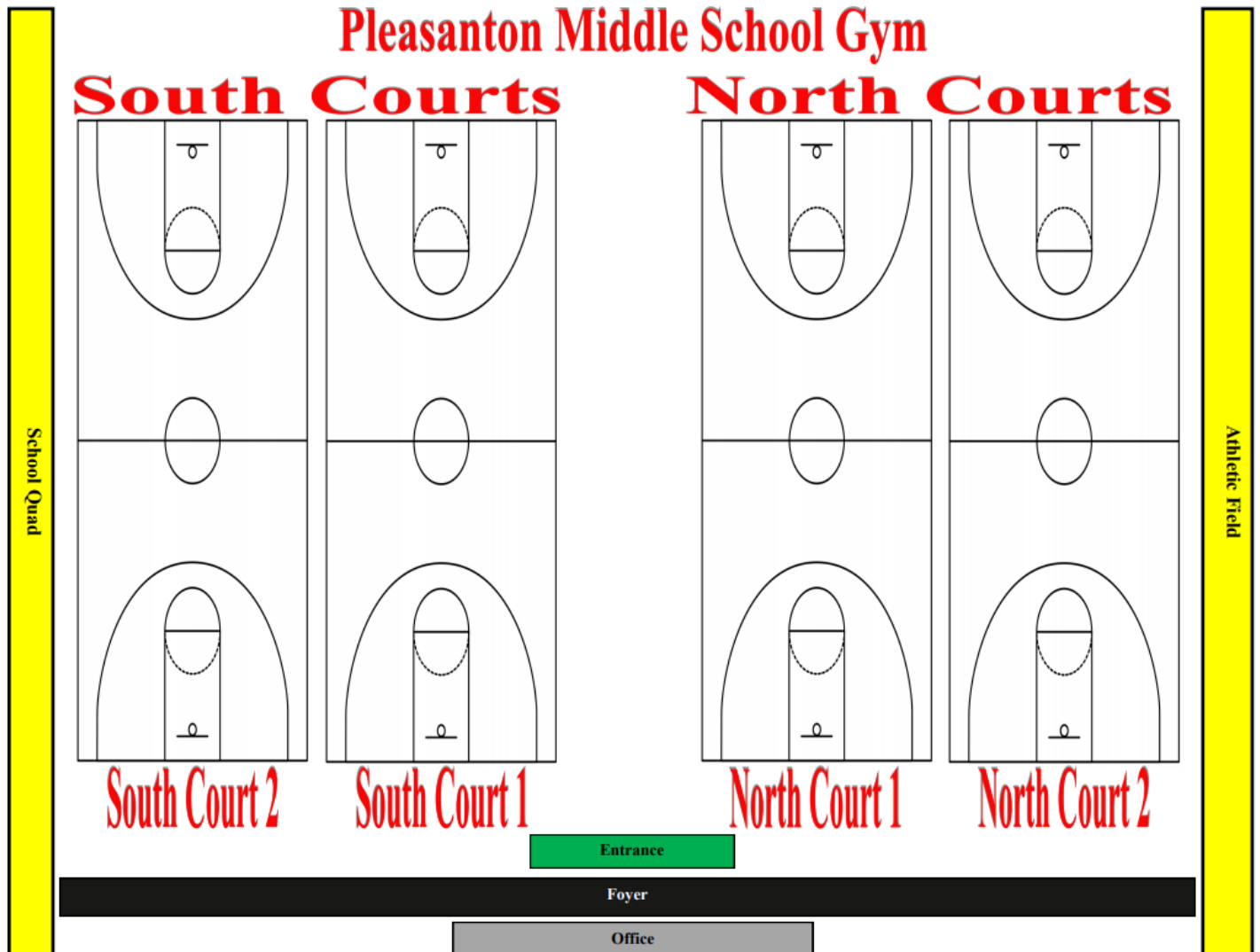
Player	Player Number	Substitution Number	5	10	15	20	25	30	35	40	Total Minutes
		1	x		x		x		x		20
		2	x		x		x		x		20
		3	x		x		x			x	20
		4	x		x			x		x	20
		5	x			x		x		x	20
		6		x		x		x		x	20
		7		x		x		x		x	20
		8		x		x		x			15
		9		x		x			x		15
		10		x			x		x		15
		11			x		x		x		15

Appendix

Gymnasium Locations

Harvest Park Middle School (4900 Valley Avenue, Pleasanton, CA 94566)

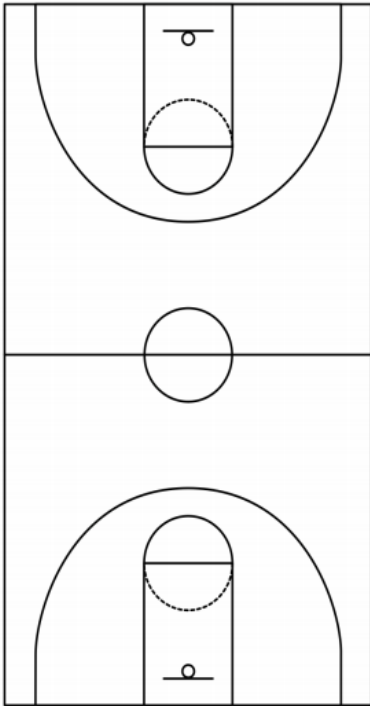




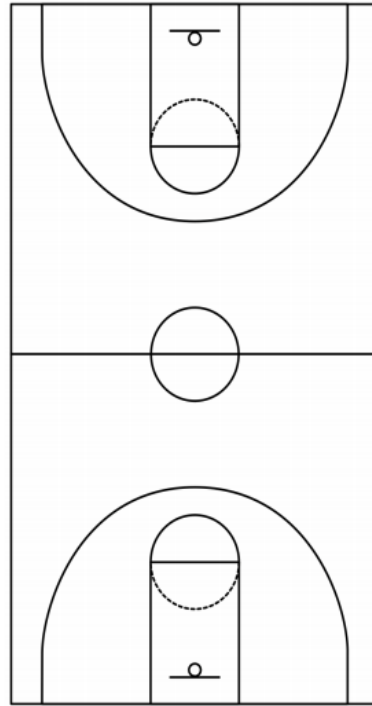
Athletic Fields

Thomas Hart Middle School

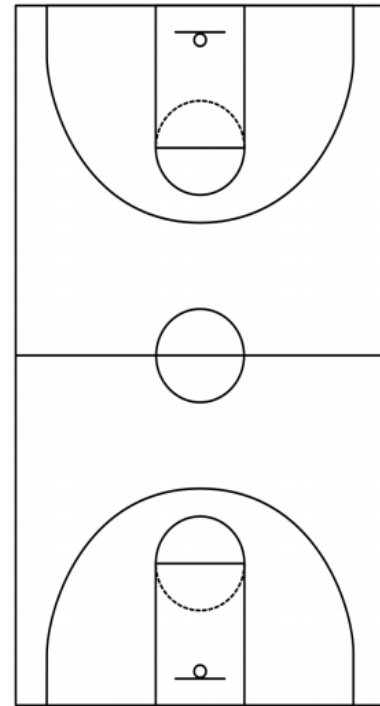
Office
Entrance
Foyer



Court 3



Court 2



Court 1

School Quad