

T A B L E O F C O N T E N T S

Volunteer Requirements	Page 3
Mission Statement and Philosophy	Page 4
Recreation and Community Services Code of Conduct	Page 5
Role of the Coach	Page 6
Coaches Code of Conduct	Page 7
Disciplinary Sanctions	Page 8
Guide for a Successful Parents Meeting	Page 9
Guidelines for Honoring the Game	Page 10
Hart School District Gymnasium Rules	Page 11
League Rules: Pee Wee Division	Pages 12-16
League Rules: Mighty Mite Division	Pages 17-20
League Rules: Junior Division	Pages 21-25
League Rules: Minor Division	Pages 26-30
League Rules: Major/Senior/Teen Division	Pages 31-35
Heads Up: Safety in Youth Sports	Page 36-39
Coaching Hints	Page 40
Warm-Ups, Stretching, and Endurance Building	Page 41
Practice Basics and Drills	Pages 42-50
Appendix A1: Coaching Resources	Page 51

VOLUNTEER APPROVAL PROCESS

The highest priority of the City of Santa Clarita Youth Sports program is to protect our youth. All Youth Sports program volunteers (coaches, assistant coaches, or volunteer parents) are required to

- 1. Complete a Volunteer Coach Application.**
- 2. Pass a fingerprint screening and background check before assuming a volunteer role with a team.**
- 3. Wear a City-issued Coaches shirt and Youth Sports Volunteer badge to games.**

Head Coaches are required to submit a list of team volunteers to the Youth Sports office. Any person or volunteer without a City-issued, Youth Sports Volunteer badge is strictly prohibited from assisting with a team at practices or games. Only volunteers with proper identification will be allowed in designated player/coach boxes or on the team bench during games.

VOLUNTEER FINGERPRINTING INFORMATION

All Youth Sports program volunteers must register through santaclaritavolunteers.com, and have fingerprints on file with the City of Santa Clarita for consideration as an approved volunteer in the Youth Sports program. All approved volunteers will receive a City-issued, Youth Sports Volunteer badge and will be eligible to assist with Youth Sports teams. Any person or volunteer without a City-issued, Youth Sports Volunteer badge is strictly prohibited from assisting with a team at practices or games and must go through the volunteer approval process.

Volunteers can make a fingerprint appointment by contacting the Youth Sports Office at (661) 250-3756 or visiting calendly.com/dmackey-6/15min.

Youth Sports

Mission statement

The purpose of the City of Santa Clarita's Youth Sports Program is to provide quality recreational sports 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.

Recreation Code of conduct

CODE OF CONDUCT

The benefits of Recreation are endless - promoting health, building strong families, and creating a sense of community. To ensure the quality of programs and public safety, all program participants, parents, spectators, coaches, and volunteers must abide by this

Code of Conduct:

- All persons shall act with respect towards others; respect their privacy, and personal safety
- All persons shall treat and respect public and private property, City facilities, and equipment with respect
- Observe program rules and regulations at all times
- Behave responsibly, always exercising self-discipline
- Cooperate with or assist the City staff in maintaining safety, order, and discipline

NEVER TOLERATED AND REASON FOR IMMEDIATE REMOVAL

AND DISMISSAL:

- Abusive language or disrespect towards a staff member, volunteer, another participant, or member of the public
- Discourtesy or rudeness to a fellow participant, staff member, or volunteer
- Verbal, physical, or visual harassment of another participant, staff member, or member of the public of any kind
- Bullying or taking unfair advantage of any participant
- Possession or usage of alcoholic beverages or illegal drugs on the City of Santa Clarita property, or reporting to the program while under the influence of drugs or alcohol
- Possession of dangerous or unauthorized materials such as firearms, weapons, or other similar items on City property
- Conduct endangering the life, safety, health, or well being of others
- Failure to leave the area in the condition in which you found it, including restrooms gym, hallways, and any other area used - this includes vandalism/graffiti
- Failure to follow any Department of Parks, Recreation, and Community Services policy or procedure

Youth Sports **role of the coach**

I. PURPOSE

- a. 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 affects the youths in all situations.
- b. The City intends to ensure that games shall be conducted with good sportsmanship and fair play. We 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. COACH CONDUCT & RESPONSIBILITIES

- a. 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.
- b. 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.
- c. A coach shall not appear at any time in an intoxicated condition, the smell of alcohol, or have in his/her possession any alcoholic beverage.
- d. A coach shall be responsible for the conduct of his/her spectators or rooters on either side of the playing area.
- e. A coach shall be responsible for the conduct of his/her players, parents, and spectators while they are on the field or sidelines.
- f. A coach shall be responsible for ensuring that his/her assistant coaches exhibit good sportsmanship before, during, and after the game.
- g. 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.

- 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.
- 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

Basketball disciplinary sanctions

Disciplinary Sanctions For All Coaches, Spectators, Parents, and Participants	
ACTION	SANCTION
1. Two (2) Technical Fouls or One (1) Ejection in a single game 2. Aggressive confrontation with official, staff, coach, player, or spectator <u>before or during</u> a game.	Removal from the game and facility One-week suspension including practices and games, with facility restrictions
1. Aggressive confrontation <u>after</u> a game with official, staff, coach, player, or spectator.	One-week suspension, which includes restrictions on practicing and participating in games at the facility.
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 Participant's removal from the League Minimum two-week suspension, including practices and games, with facility restriction

Violations by a coach, player, or spectator may apply to ALL TEAMS associated with the program. If a person forfeits a game due to a disciplinary sanction, they will be immediately terminated as a coach. Individuals who receive a disciplinary sanction have the right to submit a written appeal within 48 hours of receiving notification of the sanction. Appeals will be heard by the Youth Sports Supervisor and Administrator. They have the responsibility and authority to interpret and enforce these sanctions on a non-negotiable, case-by-case basis. Until an appeal verdict is rendered, the disciplinary sanction shall be upheld.

The purpose of the City of Santa Clarita Youth Sports Program is to provide a fun, safe, and positive environment for all participants.

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.
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 list, communication, and arranging team party(s).
7. Hand out appropriate literature:
 - a. Philosophy and Mission Statement,
 - b. Parent Code of Conduct, Guidelines for Honoring the Game, etc.
8. Other items of discussion may include:
 - a. Car-pooling
 - b. Injuries
 - c. Illness

Guidelines for 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 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. Commit 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.

Hart School District **Gymnasium Rules**

Please be respectful of the Hart District Rules

- No Food is allowed in the gyms
- Water is only allowed in the High School gyms (No juices or powder drinks)
- No Drinks of any kind are allowed in the Junior High School gyms
- No Skateboarding on school property
- Teams are NOT ALLOWED into the gyms until the conclusion of school activities (practices, etc.)

Failure to comply with the rules may result in a loss of gym privileges

Junior High Schools:

Arroyo Seco

La Mesa

Placerita

Rio Norte

Rancho Pico

Sierra Vista

High Schools:

Canyon

Hart

Golden Valley

Saugus

Valencia

West Ranch

PEE WEE DIVISION RULES

I. PRACTICES

Practices for this division take place on game days. Players will participate in a 30 minute practice and a 30 minute game. Teams will participate in a one hour introductory practice before the season begins.

II. RULES OF PLAY

The Sports Office staff reserves the right to enforce the following rules with the best interest of the league in mind. The current National Federation of State High School Association rules shall govern all play with the following exceptions:

A. Playing 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 Pee Wee divisions. There are no standings in these divisions.

1. All games will consist of four (4) 6 minute running quarters, with substitutions happening at the end of each quarter to allow for substitutions.
2. Substitutions will be made at the end of **all quarters**. Each team must empty his/her bench during these substitutions. This will be a time-out situation where the clock will stop to allow for substitutions. Play will resume when the substitutions have been completed.

3. 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. In the event of an injury during the game, the opposing coach gets to choose the player for substitution.

B. Grace Period

All games shall begin at the scheduled starting day and time. **Games will only be rescheduled for City of Santa Clarita logistical reasons (no exceptions).**

In the event either team has less than 4 players ready to play, a 5-minute grace period from the official starting time will be permitted for such team to field 4 players. If said team cannot field 4 players within the grace period, they will borrow players from the other team and play a scrimmage.

C. Length of Game and Timeouts

1. **Pee Wee Games** shall consist of four (4) 6 minute quarters.
2. All games will be running clock.
3. There will be 2 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.
4. There will be no overtime period.
5. Score will not be kept in the Pee Wee division.

D. VIOLATIONS AND FOULS

1. Three seconds in the key will not be enforced.
2. A team will have five (5) seconds to inbound the ball on a throw in.
3. 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.
4. 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.
5. Traveling and double dribbling violations will be enforced on a judgement basis by the official with the goal to promote fundamental basketball skill building.

E. BONUS AND FREE THROWS

1. Pee divisions will not attempt free-throws.

F. JUMP BALLS

Each game will start with a jump ball. Subsequent periods will be started with a change of possession. **Teams will start the game opposite their bench and will not change baskets at the half .**

G. 3 POINT SHOT

The Pee Wee Division will not be exercising the 3-point shot.

H. DEFENSES

1. Zone and man-to-man defenses are allowed.
2. Backcourt defense is not allowed.
3. Defense must stay inside the designated defensive box and cannot attempt to steal the ball. Any loose ball may be obtained by the defense outside of the defensive box. (Example: errant pass, long rebound, etc.)
4. Defensive players may not steal the ball from a player. Defensive players may attempt to block from an offensive player that is attempting to shoot or pass.

I. UNIFORMS

1. Uniform shorts and shirts must be worn. Uniform shirt is to be tucked in (first violation will result in a warning, and a second in a technical foul).
2. T-shirt may be worn under uniform tank top, however, it must either be white, black, or match the color of the uniform.
3. All players must wear black shorts or shorts matching the color of the uniform
4. Jewelry (earrings, bracelets, etc.) will not be permitted.

J. EQUIPMENT

Divisions will use the following basket and ball sizes:

Pee Wee— 6ft.

25.5 Ball

K. Misconduct & Other Violations

1. Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or officials, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied toward the coach. After giving a “T” on the bench (which includes the stands), if the misconduct continues, the game can be forfeited. This will be determined on a case –by-case basis. If a coach or spectator is removed from the game, or a game is called because of his conduct, he or she will not attend at least the next game his child is to participate in. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If an official is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/ or after the game.
2. If at any time during the game, an official has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team’s bench.
3. The Head Coach and/or Assistant Coach is permitted to stand during the game. If a technical foul is assessed to the bench or the head coach by the officials, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
4. Only the City approved volunteer Head Coach and 2 assistant Coaches are permitted on the bench during the game.

III. STANDINGS

Standings will not be kept in Pee Wee Division.

IV. The Youth Sports Supervisor, Coordinator, and Program Specialist reserve the right to enforce and/or amend any of the above listed rules in order to maintain the integrity of the league.

Youth Sports games cannot be protested. All games are FINAL.

I. AWARDS

All players in this divisions will receive an award for participating.

Mighty Mite Division Rules

MIGHTY MITE DIVISION RULES:

Mighty Mite Boys, Mighty Mite Girls

I. PRACTICES

Practices will be limited to a maximum of two practices per week and no longer than one and a half hours per practice throughout the season. (One indoor practice is guaranteed for one hour **MAX**)

II. RULES OF PLAY

The Sports Office staff reserves the right to enforce the following rules with the best interest of the league in mind. The current National Federation of State High School Association rules shall govern all play with the following exceptions:

A. Playing Time Requirements

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.

1. All games will consist of four (4) 10 minute running quarters, with halftime occurring between the second and third quarters.
2. Substitutions will be made at a dead ball nearest the mid-point of **all quarters and end of the quarter**. Each team must empty his/her bench during these substitutions. This will be a time-out situation where the clock will run for 1-minute (5:30-4:30) to allow for substitutions. Play will resume when the clock reaches the 4:30 mark.
3. 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 opposing coach gets to choose the player for substitution.
4. **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.**

Mighty Mite Rules (cont.)

B. Grace Period

All games shall begin at the scheduled starting day and time. **Games will only be rescheduled for the City of Santa Clarita logistical reasons (no exceptions).**

In the event either team has less than 4 players ready to play, a 5-minute grace period from the official starting time will be permitted for such a team to field 4 players. If it said the team cannot field 4 players within the grace period, they will borrow players from the other team and play a scrimmage.

C. Length of Game & Timeouts

1. **Mighty Mite Boys & Girls Games** shall consist of four (4) 10 minute quarters.
2. Halftime will be 2 minutes. All games will be running clock.
3. 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.
4. There will be no overtime period.
5. Score will not be kept in the Mighty Mite division.

D. Violations and Fouls

1. Three seconds in the key will not be enforced.
2. 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 mid-line before violations are called.
3. 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.
4. 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.
5. Traveling and double dribbling violations will be enforced on a judgment basis by the official with the goal to promote fundamental basketball skill-building.

Mighty Mite Rules (cont.)

E. Bonus and Double Bonus Free Throws

1. **Mighty Mite & Girls divisions will not attempt free throws.**

F. Jump Balls

Each game will start with a jump ball. Subsequent periods will be started with a change of possession. Teams will start the game opposite their bench and will change baskets at the half only.

G. 3 Point Shot

The Mighty Mite Division will not be exercising the 3-point shot.

H. Defenses

1. Zone and man-to-man defenses are allowed.
2. Backcourt defense is not allowed.
3. The defense must stay inside the designated defensive box and cannot attempt to steal the ball. Defensive players may not reach out of the box during defensive play. Any loose ball may be obtained by the defense outside of the defensive box. (Example: errant pass, long rebound, etc.)
4. Defensive players may not steal the ball from a player that is dribbling. Defensive players may attempt to block or steal from an offensive player that is attempting to shoot or pass.

I. Uniforms

1. Uniform shorts and shirts must be worn. Uniform shirt is to be tucked in (first violation will result in a warning, and a second in a technical foul).
2. A T-shirt may be worn under uniform tank top, however, it must either be white, black or match the color of the uniform.
3. All players must wear black shorts or shorts matching the color of the uniform
4. Jewelry (earrings, bracelets, etc.) will not be permitted.

J. Equipment

Divisions will use the following basket and ball sizes:

Mighty Mite Boys- 8ft. 27.5 Ball

Mighty Mite Girls- 8ft. 27.5 Ball

Mighty Mite Rules (cont.)

K. Misconduct & Other Violations

1. Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or officials, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied toward the coach. After giving a "T" on the bench (which includes the stands), if the misconduct continues, the game can be forfeited. This will be determined on a case-by-case basis. If a coach or spectator is removed from the game, or a game is called because of his conduct, he or she will not attend at least the next game his child is to participate in. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If an official is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/ or after the game.
2. If at any time during the game, an official has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team's bench.
3. Any Volunteer Coach is permitted to stand during the game (only one coach can stand at a time). The volunteer coaches can only stand on the sideline, and not be on an end line or on the court. If a technical foul is assessed to the bench or the head coach by the officials, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
4. Only the City-approved volunteer Head Coach and 2 Assistant Coaches are permitted on the bench during the game.

III. STANDINGS

Standings will not be kept in Mighty Mite Boys & Mighty Mite Girls Divisions

- IV. **The Youth Sports Supervisor, Coordinator, and Program Specialist reserve the right to enforce and/or amend any of the above-listed rules to maintain the integrity of the league.**

Youth Sports games cannot be protested. All games are FINAL.

V. AWARDS

All players in these divisions will receive an award for participating.

Junior Division Rules

JUNIOR DIVISION RULES

Junior Girls, Junior I, Junior II

I. PRACTICES

Practices will be limited to a maximum of two practices per week and no longer than one and a half hours per practice throughout the season. (One indoor practice is guaranteed for one hour **MAX**)

II. RULES OF PLAY

The Sports Office staff reserves the right to enforce the following rules with the best interest of the league in mind. The current National Federation of State High School Association rules shall govern all play with the following exceptions:

A. Playing Time Requirements

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 in Junior I only. Junior II, Junior Sunday, and Junior Girls will keep running score. There are no standings in these divisions. The following rules have been adopted to increase playing time for the participants and to allow officials to better monitor the playing time requirements.

1. All games will consist of four (4) 10 minute running quarters, with halftime occurring between the second and third quarters.
2. Substitutions will be made at a dead ball nearest the mid-point of **all quarters and at the end of each quarter**. Each team must empty his/her bench during these substitutions. This will be a time-out situation where the clock will run for 1-minute (5:30-4:30) to allow for substitutions. Play will resume when the clock reaches the 4:30 mark.
3. Substitutions, other than substitutions outlined in A-2, will not be allowed during the first, second, third, or fourth period, 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 at the game.
4. **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.**

Junior Rules (cont.)

B. Grace Period

All games shall begin at the scheduled starting day and time. **Games will only be rescheduled for the City of Santa Clarita logistical reasons (no exceptions).** In the event either team has less than 5 players ready to play, a 5-minute grace period from the official starting time will be permitted for such team to field 5 players. If said team cannot field 5 players within the grace period, they will borrow players from the other team and play a scrimmage.

C. Length of Game & Timeouts

1. **Junior Games** shall consist of four (4) 10 minute quarters.
2. Halftime will be 2 minutes. All games will be running clock. For Junior II, and Junior Girls, the "Stop clock" lasts 2 minutes of the 4th quarter, unless lead is 10 or more points. Junior I will have a running clock.
3. 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. There will be no overtime period.

D. Violations and Fouls

1. Offensive three seconds in the key will be enforced.
2. 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 mid-line before violations are called.
3. 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.
4. 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 area. A technical foul on a spectator may be cause for immediate removal from the area. 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.

E. Bonus and Double Bonus Free Throws

1. **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 a player decides to do so (players besides the shooter will line up for the free throw based on the line the shooter decides to shoot from).
2. Teams will shoot a one-and-one on the seventh (7th) team foul, and team will shoot two free throws on the tenth (10th) foul.
3. 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. In situations where two free throws are being attempted, both shots must be attempted from the same line.
4. Play will begin on the release of the free throw (*this is no longer when the ball hits the rim*).

F. Jump Balls

Each game will start with a jump ball. Subsequent periods will be started with a change of possession. Teams will start the game opposite their bench and will change baskets at the half only.

G. 3 Point Shot

The Junior Division will not be exercising the 3-point shot.

H. Defenses

1. Zone and man-to-man defenses are allowed.
2. Backcourt defense is not allowed.
3. Defenses will be required to setup and stay within the '3 point arc' (this also applies during fast break situations). Feet must remain behind this zone, but arms may extend past the plane. This is to ensure that participants have the opportunity to learn and understand the basics of offense.
4. Half-court defense is allowed in the 4th quarter unless a team is leading by 15 points or more. Defense outside of the '3 point arc' may be reapplied if the lead falls below 10 points.

Junior Rules (cont.)

I. Uniforms

1. Uniform shorts and shirts must be worn. Uniform shirt is to be tucked in (first violation will result in a warning, and a second in a technical foul).
2. A T-shirt may be worn under uniform tank top, however, it must either be white, black or match the color of the uniform.
3. All players must wear black shorts or shorts matching the color of the uniform.
4. Jewelry (earrings, bracelets, etc.) will not be permitted.

J. Equipment

Divisions will use the following basket and ball sizes:

Junior I Boys - 10ft. 27.5 Ball

Junior II Boys- 10ft. 28.5 Ball

Junior Girls - 9ft. 27.5 Ball

K. Misconduct & Other Violations

1. Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or officials, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied toward the coach. After giving a "T" on the bench (which includes the stands), if the misconduct continues, the game can be forfeited. This will be determined on a case-by-case basis. If a coach or spectator is removed from the game, or a game is called because of his conduct, he or she will not attend at least the next game his child is to participate in. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If an official is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/ or after the game. will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team's bench.

2. Any Volunteer Coach is permitted to stand during the game (only one coach can stand at a time). If a technical foul is assessed to the bench or the head coach by the officials, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
3. Only the City-approved volunteer Head Coach and 2 Assistant Coaches are permitted on the bench during the game.

III. STANDINGS

Standings will not be kept for the Junior Division.

- IV. **The Youth Sports Supervisor, Coordinator(s), and Program Specialist reserve the right to enforce and/or amend any of the above-listed rules to maintain the integrity of the league.**

Youth Sports games cannot be protested. All games are FINAL.

V. AWARDS

All players in these divisions will receive an award for participating.

MINOR DIVISION RULES: Minor/Minor Girls

I. PRACTICES

Practices will be limited to a maximum of two practices per week and no longer than one and a half hours per practice throughout the season. (One indoor practice is guaranteed for one hour **MAX**)

II. RULES OF PLAY

The Sports Office staff reserves the right to enforce the following rules with the best interest of the league in mind. The current National Federation of State High School Association rules shall govern all play with the following exceptions:

A. Playing 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.

1. All games will consist of four (4) 10 minute quarters, with halftime occurring between the second and third quarters.
2. Substitutions will be made at a dead ball **nearest the mid-point of the first three (3) quarters and at the end of the first (3) quarters.** Each team must empty his/her bench during these substitutions. This is NOT a time-out situation and the game clock will continue to run during the substitution.
3. **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. (Players must NOT exceed three (3) consecutive five (5) minute periods)**
4. 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 opposing coach gets to choose the player for substitution.

Minor Rules (cont.)

5. Free substitution begins 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. **All players must enter the game at some point during the fourth quarter.**

B. Grace Period

All games shall begin at the scheduled starting day and time. **Games will only be rescheduled for the City of Santa Clarita logistical reasons (no exceptions).** In the event either team has less than 4 players ready to play, a 5-minute grace period from the official starting time will be permitted for such team to field 5 players. If said team cannot field 4 players within the grace period, they will borrow players from the other team and play a scrimmage.

C. Scorekeepers & Timekeepers

The referees and head coaches are the only people allowed to approach the scorer's table to ask information or ask for time remaining. Any assistant coach 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.

C. Length of Game & Timeouts

1. Minor Boys/Girls shall consist of four (4) 10 minute quarters.
2. Halftime will be 2 minutes. All games will be running clock. "Stop clock" lasts 2 minutes of the 4th quarter, unless lead is 10 or more points.
3. 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.
4. 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.
5. There will be no overtime period. Overtime will only take place during a tie in the playoffs.

Minor Rules (cont.)

D. Substitutions

1. 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.
2. At the beginning of each period, all players must check in at the scorer's table.
3. 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 opposing coach gets to choose the player for substitution.
4. 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).
5. All teams must be on the same sideline as the score table.

E. Violations and Fouls

1. Offensive three seconds in the key will be enforced.
2. 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 mid-line before violations are called.
3. 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.
4. 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 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.

F. Bonus and Double Bonus Free Throws

1. Teams will shoot a one-and-one on the seventh (7th) team foul, and teams will shoot two free throws on the tenth (10th) team foul.
2. 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.
3. Play will begin on the release of the free throw (*this is no longer when the ball hits the rim*).
4. **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 unsportsmanlike technical foul against a team's bench at the discretion of the official. Respect the game and the child shooting the free throw.**

Minor Rules (cont.)

G. Jump Balls

Each game will start with a jump ball. Subsequent periods will be started with a change of possession. Teams will start the game opposite their bench and will change baskets at the half only.

H. 3 Point Shot

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

I. Defenses

1. Zone and man-to-man defenses are allowed.
2. Backcourt defense is allowed during the fourth (4th) period.
3. No backcourt defense if the lead is 15 points or more. Backcourt defense may be reapplied if the lead falls below 10 points.

J. Uniforms

1. Uniform shorts and shirts must be worn. Uniform shirt is to be tucked in (first violation will result in a warning, and a second in a technical foul).
2. A T-shirt may be worn under uniform tank top, however, it must either be white, black or match the color of the uniform.
3. All players must wear black shorts or shorts matching the color of the uniform
4. Jewelry (earrings, bracelets, etc.) will not be permitted.
5. Violation of any uniform rules will result in a technical foul.

K. Equipment

Divisions will use the following basket and ball sizes:

Minor - 10ft. 28.5 Ball

Minor Girls - 10ft. 28.5 Ball

Minor Rules (cont.)

L. Misconduct & Other Violations

1. Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or officials, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied toward the coach. After giving a "T" on the bench (which includes the stands), if the misconduct continues, the game can be forfeited. This will be determined on a case-by-case basis. If a coach or spectator is removed from the game, or a game is called because of his conduct, he or she will not attend at least the next game his child is to participate in. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If an official is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/ or after the game.
2. If at any time during the game, an official has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team's bench. Any Volunteer Coach is permitted to stand during the game (only one coach can stand at a time). If a technical foul is assessed to the bench or the head coach by the officials, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
3. Only the City-approved volunteer Head Coach and 2 Assistant Coaches are permitted on the bench during the game.

IV. STANDINGS

Standings will be kept and updated weekly on the Youth Sports website.

- V. The Youth Sports Supervisor, Coordinator(s), and Program Specialist reserve the right to enforce and/or amend any of the above-listed rules to maintain the integrity of the league.**

Youth Sports games cannot be protested. All games are FINAL.

Major/Senior/Teen Division Rules

MAJOR DIVISION RULES:

Major Girls, Major I, Major II, Senior/Teen

I. PRACTICES

Practices will be limited to a maximum of two practices per week and no longer than one and a half hours per practice throughout the season. (One indoor practice is guaranteed for one hour **MAX**)

II. RULES OF PLAY

The Sports Office staff reserves the right to enforce the following rules with the best interest of the league in mind. The current National Federation of State High School Association rules shall govern all play with the following exceptions:

A. Playing 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.

1. All games will consist of four (4) 10 minute quarters, with halftime occurring between the second and third quarters.
2. Substitutions will be made at a dead ball nearest the mid-point of **the first two (2) quarters and at the end of the first (2) quarters**. Each team must empty his/her bench during these substitutions. This is NOT a time-out situation and the game clock will continue to run during the substitution.
3. 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.** (Players must NOT exceed three (3) consecutive five (5) minute periods)
4. 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.
5. *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*

Major/Senior/Teen Rules (cont.)

B. Grace Period

All games shall begin at the scheduled starting day and time. **Games will only be rescheduled for the City of Santa Clarita logistical reasons (no exceptions).** In the event either team has less than 4 players ready to play, a 5-minute grace period from the official starting time will be permitted for such team to field 5 players. If said team cannot field 4 players within the grace period, they will borrow players from the other team and play a scrimmage.

C. Scorekeepers & Timekeepers

The referees and head coaches are the only people allowed to approach the scorer's table to ask information or ask for time remaining. Any assistant coach 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.

D. Length of Game & Timeouts

1. Major and Senior/Teen Division games shall consist of four (4) 10 minute quarters.
 - a. Halftime will be 2 minutes. All games will be running time.
 - b. "Stop clock" lasts 2 minutes of the 4th period, unless lead of 10 or more points.
2. There will be two (2) timeouts per half. The clock will stop for all timeouts. Only a player on the court or the head coach can ask for a time-out.
3. 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.
 - a. Overtime will only take place during a tie in the playoffs. Overtime shall consist of one 3-minute period with "stop clock" for the final 2 minutes unless a lead of 10 or more points. This period will be initiated with a jump ball. Additional overtime periods shall be played until a winner has been decided. Each team will receive one full time out per extra period, all player and team fouls from the second half of play will carry over to all extra periods.

Major/Senior/Teen Rules (cont.)

E. Substitutions

1. 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.
2. At the beginning of each period, all players must check in at the scorer's table.
3. 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.
4. 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.
5. All teams must be on the same sideline as the scorer's table.

F. Violations and Fouls

1. Offensive three seconds in the key will be enforced.
2. 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 mid-line before violations are called.
3. 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.
4. 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 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.

Major/Senior/Teen Rules (cont.)

G. Bonus and Double Bonus Free Throws

1. Teams will shoot a one-and-one on the seventh (7th) team foul, and teams will shoot two free throws on the tenth (10th) foul.
2. 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.
3. Play will begin on the release of the free throw.
4. **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.**

H. Jump Balls

Each game will start with a jump ball. Subsequent periods will be started with a change of possession. Teams will start the game opposite their bench and will change baskets at the half only.

I. 3 Point Shot

The Major and Senior/Teen Divisions will be exercising the 3-point shot.

J. Defenses

1. Zone and man-to-man defenses are allowed.
2. No backcourt defense if the lead is 15 or more. Backcourt defense may be applied if the lead falls below 10 points.
3. Major I, Major II, Major Girls, and Senior/Teen can play backcourt defense at any time.

K. Uniforms

1. Uniform shorts and shirts must be worn. Uniform shirt is to be tucked in (first violation will result in a warning, and a second in a technical foul).
2. A T-shirt may be worn under uniform tank top, however, it must either be white, black or match the color of the uniform.
3. All players must wear black shorts or shorts matching the color of the uniform
4. Jewelry (earrings, bracelets, etc.) will not be permitted.

Major/Senior/Teen Rules (cont.)

L. Equipment

1. Divisions will use the following basket and ball sizes:

Major/Senior/Teen - 10ft.

Regulation Ball

Major Girls - 10ft.

28.5 Ball

M. Misconduct & Other Violations

1. Coaches are responsible for the sportsmanlike conduct of their players, spectators, and themselves. Unsportsmanlike conduct such as yelling at the opposite team, and/or officials, derogatory comments, and foul language may be penalized by a technical foul and/or removal from the game, as well as, any or all games left in the season. Technical fouls that result from spectator misconduct will be assessed to the bench and indirectly applied toward the coach. After giving a "T" on the bench (which includes the stands), if the misconduct continues, the game can be forfeited. This will be determined on a case –by-case basis. If a coach or spectator is removed from the game, or a game is called because of his conduct, he or she will not attend at least the next game his child is to participate in. If the coach is removed from a game for any of these reasons, an assistant coach or parent will coach the remainder of the game. If an official is threatened or physically attacked by a coach or spectator, the game will be forfeited and that coach or spectator may not be allowed to coach or attend any of the remaining games. This includes any discussion friendly or not during and/or after the game.
2. If at any time during the game, an official has to stop play to address the conduct of a spectator, coach, assistant coach, or player, that team will be charged with a timeout. If that team has no timeouts remaining, a technical foul will be assessed to that team's bench.
3. Only the Head Coach is permitted to stand during the game. If a technical foul is assessed to the bench or the head coach by the officials, directly or indirectly, all coaches of the offending team must stay seated on the bench for the remainder of the game. Not abiding by this could result in a second technical and removal from the game.
4. Only the City approved volunteer Head Coach and 2 assistant Coaches are permitted on the bench during the game.

IV. STANDINGS

Standings will be kept and updated weekly on the Youth Sports website.

- V. The Youth Sports Supervisor, Coordinator(s), and Program Specialist reserve the right to enforce and/or amend any of the above listed rules in order to maintain the integrity of the league.**

Youth Sports games cannot be protested. All games are FINAL.

Heads Up: **safety in youth sports**

Dehydration and Heat Illness

Why Kids Are at Risk:

1. Children absorb more heat from a hot environment than adults. The smaller the child the faster they heat up.
2. Children release less heat through sweating.
3. Children usually don't drink enough fluids to replenish sweat losses during prolonged exercise.
4. Young athletes may be more easily distracted when occasions allow for them to rest and rehydrate.

Signs of Dehydration and Heat Illness

If dehydration progresses unchecked, the risk of heat illness increases. Heat illness is best understood in three separate degrees: HEAT CRAMPS, HEAT EXHAUSTION and, the most serious and deadly form, HEAT STROKE.

Dehydration

Dehydration during exercise is a common problem. Some young athletes can begin to suffer the consequences of dehydration if they become dehydrated by just 2 percent of their body weight. That's why it's important to recognize the warning signs:

- Noticeable Thirst
- Muscle Cramps
- Weakness
- Decreased Performance
- Nausea
- Headache
- Fatigue
- Lightheaded feeling or dizziness

Treating the symptoms of dehydration is crucial in preventing more serious conditions such as heat exhaustion.

1. Rest in a cool place.
2. Consume a sports drink that contains the adequate amount of electrolytes.
3. Prevent dehydration in the future by consuming fluids before, during and after exercise.
4. Allow for ample time to rehydrate.

Heads Up: safety in youth sports (cont.)

Heat Exhaustion

If dehydration goes untreated, the likelihood of heat exhaustion may increase. Common symptoms of heat exhaustion are:

- Dizziness and fatigue
- Chills
- Rapid pulse

Treatment of heat exhaustion is similar to that of dehydration and should take place immediately. This treatment includes:

1. Rest in a cool, shaded area and place ice cold towels on the body.
2. Drink a sports drink that contains the adequate amount of electrolytes.
3. Lie down with legs elevated to promote circulation.
4. Athlete should begin to feel better relatively soon; if not, assume heat stroke.

Heat Stroke

Heat stroke is a medical emergency! When it is not recognized promptly and treated properly, it can result in death. If rapid cooling does not occur, damage could be extreme, resulting in fatal consequences. Symptoms and results of heat stroke include:

- Very high core body temperature
- Altered central nervous system function (i.e., confusion or unconsciousness)
- Otherwise healthy athlete collapses during intense exercise in the heat

Remember that athletes get better relatively quickly with heat exhaustion, and they get worse with heat stroke. The important thing to remember is that heat stroke must be treated immediately by doing the following:

1. Immediate cool-down by whatever means possible
2. An ice bath in a “cool pool” is preferable because of the superior cooling rates (holding head out of bath)
3. Ice packs over as much of the body as possible
4. A cool shower
5. Cool, wet towels
6. Water spray

Heads Up: **safety in youth sports (cont.)**

7. **SEEK MEDICAL ATTENTION IMMEDIATELY** (always transport a suspected heat stroke victim to the hospital).
8. Do not drink fluids since nausea and vomiting are extremely common.

Safety Rules

- Players must remove any jewelry (necklaces, rings, earrings, etc.) to prevent a hazard to opponents and themselves.
- If a child has a special need, check with the parents on how to address that need.
- Here is a list of suggested first-aid supplies you might want to have on hand
 1. Band-aids
 2. Gauze pads
 3. Ice packs
 4. Athletic tape
- Procedure for Serious Accidents
 1. Do not move the individual if indications are that they may have a back or neck injury.
 2. Get in touch with parents and proceed from there, offering assistance in every way.
 - a. If parents cannot be contacted or the situation requires immediate medical attention, call 911. Stay with the child until help arrives.

Concussion in Youth Sports

The Facts

- A concussion is a **brain injury**.
- All concussions are **serious**.
- Concussions can occur **without** loss of consciousness.
- Concussions can occur **in any sport**.
- Recognition and proper management of concussions when they first occur can help prevent further injury or even death.

Heads Up: safety in youth sports (cont.)

What is a Concussion?

A concussion is an injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost.

Recognizing a Possible Concussion

To help recognize a concussion, you should watch for the following two things among your athletes:

1. A forceful blow to the head or body that results in a rapid movement of the head.

-and-

2. Any change in the athlete’s behavior, thinking, or physical functioning. (See the signs and symptoms of concussion.)

Signs and Symptoms

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy

Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly

Action Plan: What to do When a Concussion is Suspected

1. **Remove the athlete from play.** Look for the signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head.
2. **Ensure that the athlete is evaluated right away by an appropriate health care professional.** Do not try to judge the severity of concussions.

Coaching hints

- Make sure kids have plenty of water breaks.
- Put kids' safety above everything else.
- Make practices fun and interesting. Keep drills relatively short.
- Use encouragement and positive reinforcement as your primary method of motivating.
- Reward effort, not just good outcomes.
- Be patient and allow your players to have fun.
 - Have a practice agenda to make practice run smoothly.

Sample Practice Agenda:

- Warm-up (running, stretching, exercising, etc.)
- Drills
- Scrimmage
- Conditioning
 - Review (go over the practice and what you worked on)

Warm-ups **stretching & endurance building**

All athletes should warm-up for 5 minutes before stretching and working out. A good warm-up exercise is jogging around the basketball court two or three times.

Stretching

When stretching, stretch lightly, don't bounce, breathe out while extending the stretch, and hold each stretch for 10 to 20 seconds. Here are some basic stretches good for preparing for practices and games.

- Start at the top of your body. Move neck from side to side and around front to back a few times.
- With arms out to the side, make five small circles, five to the front and then five to the back.
- Make five large circles the same way loosening up the arms and shoulders.
- Put one arm out in front and pull it across the chest using the other arm.
- Keep stretching the arm straight across the chest. Change arms and repeat two or three times with each arm.
- Put one arm straight in the air, and then place it behind your head. Bend it at the elbow so that the arm and hand are pointing down the back. Place the opposite hand on the elbow and push down slightly. Repeat two or three times with each arm.
- Bend at waist, keeping your legs together, bend knees slightly, and try to touch your toes. Try not to lock your knees. Bend slightly front, back and side to side.
- Stand with your legs shoulder-width apart. Turn your body to either side.
- Sit upright on the floor with one leg straight and the other positioned so that the heel touches the opposite thigh. Exhale and bend forward at the waist, and grasp ankle or foot. Hold and relax for 20 seconds, and repeat with the opposite leg.

These drills help improve speed and movement on the court. Try not to sacrifice form for more repetitions or a faster performance.

Lane Slide Drill

Use this drill to increase lateral speed, quickness, change of direction and speed on the court. Start on one side of the foul line and slide from one to the other, advancing up the court, and back. It is important to stay in a low stance bending the knees and keeping the back straight (almost like sitting in a chair), and try not to cross feet. Do this drill for one minute, then rest for one minute, completing three sets.

Backboard/Net Touch

This drill strengthens lower legs for quickness and explosive, repetitive jumping. Stand under the net or backboard, jump ten times off both feet with the right hand trying to touch the net, then the left hand. 20 touches equal one set. Repeat three times resting for one minute between each set.

One Foot Running Jumps

Use this drill to improve sprinting, balance, pivoting and jumping. Start on the baseline under the basket, sprint to the foul line, and touch it with either hand, pivot, and sprint back to the backboard, jumping as high as you can off one foot. Repeat exercise five times on each foot. Repeat three times, resting for one minute between each set.

Jumping Line Drill

Use this drill to improve jumping skills. Stand sideways to any line on the court, place your feet together, stand on the balls of your feet and jump side to side using your arms for balance. Try not to drag your feet, jump over the line completely. Each set lasts for 30 seconds. Do three sets, resting for one minute between sets.

Follow the Leader

Have all the players form three lines facing front and arms length apart. Each player should be in the ready position. The coach stands in front of the team and points to the right, left, front, or back. Each player follows the direction in proper defensive stance and movement. Then the coach pretends to shoot and the team then yells “shot,” and simulates blocking the shot.

Ball Handling **drills**

The purpose of ball handling drills is to give the player a feeling of where the ball is in relationship to their body. Handle the ball with the fingertips, not the palms. Spread and relax the fingertips.

Cradles

The ball is held between the legs, right hand on the ball in front of the legs, left hand on the ball behind the legs. Then, releasing the ball, the player quickly reverses the arm position, grabbing it with the right hand behind and left in front. Some who have not done this will struggle at first. Encourage them to keep trying, and sooner or later they will catch on.

Clap-N-Catch

Hold the ball straight out in front or against the body at waist level. Release, clap the hands behind the back, and grab the ball again before it touches the floor. This drill increases quickness and confidence.

Figure Eight

Pass the ball from hand to hand between the legs in a figure eight pattern. Then, as this gets easier, a player can walk while moving the ball in the same way, and eventually the player will be able to run while doing it.

Hike Drill

Bounce the ball backward between the legs, reach around, bending down, and catch it behind the legs. Then bounce it back again, forward, catching it once again in front, in the original position.

Tippling

Without grabbing the ball, a player flips it back and forth with the fingers, arms outstretched at right angles from the body. Gradually, the arms are raised as the tippling continues, until the ball is up over the head. It is then slowly lowered again.

Roll ‘Em

Have players roll the ball down the court and back using only the thumbs and fingertips. This drill can also be used as a defensive drill by having the players shuffle their feet while rolling the ball down the court.

Dribbling

basics

- Dribble with one hand at a time only.
- Always be in ready position- hips low, knees bent, back straight.
- Contact the ball with the pads of the fingers, no slapping.
- Hold chin and eyes up to maintain balance and increase peripheral vision.
- Dribble below waist and to the side when being guarded closely.
- Dribble above waist and out in front for speed.
- Protect the ball with your non-dribbling hand or arm.

Practice dribbling with both the right and left hands to help increase performance in the weaker hand.

Helpful Hints

- Keep dribble as long as possible until a shot or pass opens up.
- Do not dribble immediately after receiving a pass or rebound. Check your passing and shooting options first.
- Vary the speed and direction of the dribble.
- Use crossover dribble.
- Stay away from sidelines and corners to avoid being trapped.
- Avoid dribbling into a crowd of players; the ball is likely to get stolen.
- Be assertive and confident when dribbling.

Dribbling

drills

Dribble Around

Dribble around the right leg, then the left leg, then both legs, and then switch directions.

Walking Dribble

Beginning with one leg forward, bounce ball between legs. Continue bouncing it as you walk forward, pushing it between the legs each time.

Crossover Drill

Start at the baseline moving to the right at a 45° angle, taking a few strides dribbling with the right hand. Then plant the right foot, push off hard, with body now moving

Dribbling drills (cont.)

Steal Game

Pair up players, each with a ball. Have players keep their dribble, protecting it with the non-dribbling hand or arm, while trying to steal or knock the other's ball away. Switch hands and start over.

Two-Minute Tag

Use half a court with four or more players, each with a ball. Everyone dribbles left-handed for two minutes. One person is "it" and they try to tag the other three players. If someone is tagged, they are "it." After two minutes, start over and switch hands.

Monkey See, Monkey Do

A leader (one of the team captains or the coach) faces the group. They must watch and copy what the leader is doing. The leader can dribble the ball switching hands, going between the legs in a figure eight switching directions, etc. The leader may also pass the ball around and around the body at the waist, neck, and overhead.

Red Light, Green Light

This drill works on dribbling as well as jump stops. When the coach says "green light," players dribble from one end of the court to the other. When the coach says "red light," players must jump stop, holding the ball in both hands. Any player who loses control of the ball, or moves before "green light" is called, must go back and start over.

Dribbling Around Cones

Set up cones on both sides of the court and split the team in half. The first person on each team must dribble around the cones changing angle with each cone. Once at the end, the player returns, does a jump stop and passes to the next person in line. Focus on dribbling with the head up, as well as changing hands and speed.

Dribble & Pivot Race

Teams line up at the half court line in alternating order. Each player dribbles to a cone, pivots in the direction away from it, continues to the next cone, etc., until a lay up can be made. The player must sprint along the sidelines, and pass the ball to the next player when the half court line is reached. Players must keep their heads up to avoid collisions with other dribblers.

Dribble With Two Balls

Vary what you do and be creative. Start with a steady waist-high bounce, then lower the height, change the speed of each ball, then walk, run, etc.

Up & Down Drill

The coach faces the player, who is in the lane ten feet away facing him. The ball is rolled on either side of the player, who bends quickly, grabs it, straightens, and fires it back to the coach, who may move to his left or right. A variation is to have the player grab the ball, pivot, make a lay-up, take the ball as it comes through the net, pivot again, and fire back to the coach.

3 Person Drill

Split the team into groups of threes. Two players are passers, and the third is the defender. The passers pass the ball to each other while the defender tries to intercept it. If the defender touches the ball, the passer who passed the ball becomes the defender.

Partner Passing

Split the team into pairs facing each other between the free throw lanes with one side starting with the ball. Have the players work on chest passes, two-handed bounce passes and one-handed bounce passes. Have the pairs move farther apart to work on overhead passes and baseball passes.

Shotgun Passing

Split the team in groups of six, one player under the basket, the other five line up in a semicircle on the free throw line. The drill begins with one player in the semicircle shotguns a chest pass to the player under the basket. The player under the basket fires it back to the next player in the semicircle and so on down the line. This drill should go on for about one minute per player. Variations can be made with the speed of the pass, or the type of pass.

Monkey in the Middle

Just like the childhood game, one player is the “monkey” and stands in between the two passers. The monkey tries to steal the ball by guarding and harassing the passers. If the monkey steals a pass, that passer is now the monkey

Reaction Drill

The coach holds the ball ten feet behind the player, who is facing away from him. As the coach releases the ball, the coach blows the whistle. Upon hearing the whistle, the player must pivot and grab the ball. The pass may be high or low, a roll on the floor left or right, or a lob overhead.

Basic Passes Drill

This drill allows players to practice chest, bounce, overhead and baseball passes. The player at the front of the line passes to the player at the front of the opposite line, then runs to the end of the opposite line. Focus on good, accurate passes as well as pass reception.

Shooting mechanics

- Feet and shoulders square to the basket with feet shoulder width apart, dominant foot slightly in front.
- Focus the eyes on a target when shooting the ball.
- Control the ball with the fingertips, not the palm.
- Keep fingers spread.
- Place the guide hand on the side, or slightly below the ball.
- Cock the wrist back.
- Keep eye focused on the back of the rim.
- Start the shot with the balls of the feet, then knees, bent for power, then extend up and out all the way through the arm toward the target.
- Last contact with the ball should be made by the index and middle fingers giving the ball backspin and arch.
- Follow through with the wrist, and extending the arm all the way out.

Helpful Hints

- Remember to follow up on every shot made to get the rebound if the shot is missed.
- Allow shots only within shooting range of the player.
- Use the backboard when ever possible.
- Players lacking strength should start with the ball lower and exaggerate shot execution.

Shooting drills

One-Arm Shooting

Stand in front of the basket, holding the ball with your shooting arm, palm up, and other hand behind your back. Slowly turn your wrist inward causing your shoulder to drop, putting your arm in the proper “L” position. With the ball on your fingertips and head high, shoot the ball high, exaggerating your form and follow through, finishing with your fingers pointing over the rim of the basket. Shoot from the same spot five times, then take a step back until you have gotten to the top of the key.

Chair Shooting

This drill helps improve shooting the ball instead of throwing it. Place a chair about eight feet in front of the basket. Shoot 25 shots, rest for one minute, and shoot 25 more.

Floor Form Shooting

This allows you to work on follow-through, develop a soft touch, and learn to read the spin of the ball by holding it across the seams. Lying flat on your back, relax your shooting hand as you are holding the ball over your chest. Make sure your arm is in the “L” position. Shoot the ball directly up in the air, completely extending the elbow, wrist, and fingers. The ball should come back into your hands. Shoot 25 shots, rest for one minute, and shoot 25 more.

Free Throws

- Make sure you are balanced.
- Keep eye on the target.
- Use the same shooting mechanics for a regular shot
- Take a deep breath before the shot.

Drills

Foul Shot Golf

This drill allows you to work on foul shooting through repetition. If your foul shot hits nothing but net you earn a “birdie”, “par” if you just make the shot, and “bogey” if you miss the shot. You get three shots for one round, and you play six rounds to equal 18 holes. The player with the lowest score wins.

Blind Form Shooting

This drill helps visualize what should be done mechanically on free throws. Wear a blindfold or close your eyes as you are ready to shoot your free throws. Use the proper free throw form on your shot without the ball at first. This will simulate the shot and lead to good form shooting. Using the proper mechanics, shoot the ball visualizing exactly where the shot needs to be. Take 10 shots at a time, 30 total.

Rebounding basics

Attitude- Effective rebounding is about *attitude*. Coaches should teach players that they have to develop an attitude that says they “want the ball” and they will not accept anything less than complete ownership of all missed shots.

- Move quickly.
- “Box-Out” by positioning yourself between the opponent and the basket, and putting your rear in contact with the opponent’s body until releasing to jump for the rebound.
- Jump straight up for the rebound and avoid reaching over the back of an opponent or a foul will be called.
- Grab the ball firmly; keep it at chin level with elbows out.
- Either quickly pass to an outlet if on defense, or shoot if on offense.

Rebounding

drills

Sky and Score

This drill improves timing for offensive rebounding. Have all players line up at the free throw line. Coach takes a shot, purposely missing and the first player in line gets the rebound and puts the shot back up. Vary the missed shots so players can watch to see where the ball will rebound and anticipate where to position themselves.

Glass Cleaner

Using this drill will help players with boxing out techniques and outlet passing. Have the team line up at the top of the key. Have two players move down into the lane, and a third move to an outlet position. Coach stands at the free throw line and the two players in the lane are rebounders. The player closest to the basket is on defense and yells “shot” when the coach shoots. The defender must box-out the offensive player, get the rebound and quickly pass it to the outlet. The outlet passes the ball to the coach and goes to the end of the line at the top of the key. The offensive rebounder is now on defense, and the defensive rebounder becomes the outlet, and the first person in line becomes the offensive rebounder.

Burnout

Three players start out in the key as rebounders, and the coach or teammate takes shots, trying to miss, from outside of the key. The sole objective of the rebounder is to get every rebound that does not go through the hoop. When a player gets a rebound, the other two rebounders play defense and try to stop him from scoring. Continue the drill until a player makes three baskets.

Three on Three Box Out

Three players are on offense, three are on defense. The coach shoots the ball trying to miss. The defenders must box-out the offense, get the rebound, and prevent them from scoring.

Positive Coaching Alliance (PCA)

PCA is a foundation dedicated to transforming the culture of youth sports so that kids have a positive, character-building experience. They offer free tips for coaches, parents, and athletes as well as workshops and online courses.

www.positivecoach.org

LA 84 Foundation

The LA 84 is a nonprofit foundation that is committed to serving youth sports. They provide information for coaches and also provide various coaching clinics

www.la84foundation.org

Kendrick Fincher Hydration Foundation

The Kendrick Fincher Hydration Foundation offers important facts about hydration and what can happen if you are not properly hydrated.

www.kendrickfincher.org

Southern California Municipal Athletic Federation – SCMAF

The Southern California Municipal Athletic Federation is a non-profit organization comprised primarily of municipal recreation services that provides resources to both Recreational programs and their coaches.

www.scmaf.org

Youth Sports Information

Website: www.santaclarita.gov/youthsports

Youth Sports Office

(661) 250-3756

youthsports@santaclarita.gov