

Welcome UMNBB Volunteer Coach,

We are thankful for your participation as a coach in our program. We have been successful as a community basketball program, now in our 34th year, due to one key factor... volunteers like you!



Here are a few things you need to know:

- **The focus of intramurals is about having FUN and reinforcing the basics.**
- Coaches should try to attend all three Saturday clinics in November. You will be asked to help run drills, and it is a way to get to know all the girls in the group to help form teams. You will likely want an assistant as well... typically at the clinics other parents volunteer and you can choose your assistant at that time.
- You will help put together the teams immediately after the final clinic - it will take about 20 minutes. Come to this meeting WITH YOUR PRACTICE TIME PREFERENCES. You will have a 1 hour practice slot during the week. We will do our best to honor practice time requests, but please have a few nights/time slots in mind that we can work from. Before we choose teams, we identify practice spots to assure conflict nights from player registration are accounted for.
- We allow players to play with a minimum of one friend/classmate, but also need to spread out the ability level. We try to mix up teams from different elementary schools so the girls can make some new friends.
- We ask for coaching pairs, but not coaching trios or quartets. It is not fair to the drafting process when one team already has 3 or more players before other coaches have a chance to pick their teams.
- Coaches of all youth sports in PA are required to have clearances. See packet for more detail.

You will find the following in this Coaches Handbook or on our website under COACH INFORMATION:

1. Intro letter
2. Coaching clearance overview (complete before first practice and email scanned copy to kmburger@yahoo.com)
3. PA Child Abuse clearance
4. PA State Police clearance
5. Coaches Code of Conduct
6. Coaching pointers/running a practice
7. Sample practice drills
8. Skill checklist by age group
9. Rules for 1st & 2nd Grade
10. Rules for 3rd & 4th Grade
11. Rules for 5th & 6th Grade
12. FAQs
13. Parents Code of Conduct

If at any point, you have questions or concerns, email umnbbasketball@gmail.com.

Once again, Thank you!

Coaching Clearances Overview 2022-2023

All coaches for all youth sports in Pennsylvania will need to have criminal background checks and child abuse clearance.

The process can be completed in about 15 minutes online at this website:

<http://keepkidssafe.pa.gov/clearances/index.htm>

When we choose intramural teams at the last intramural clinic, ALL coaches will need to have clearances completed (bring with you as a hard copy, or email a scanned copy to kmburger@yahoo.com)

We urge you to start the process as soon as possible.

Please find the next two documents which walk you through how to register with for the Child Abuse and PA State Police clearances.

We look forward to seeing you at the clinics!

Thank you!
UMNB

CHILD ABUSE CLEARANCE: <https://www.compass.state.pa.us/cwis/public/home>

- Go to the website and click "Create a New Account"
- Click "Next"
- Make sure you create a **Keystone ID**, enter all required information click "Finish"
- A temporary password will be sent via email
- Go back to above site and click "Login"
- Then click "Access My Clearances"
- Then click "Continue"
- Type in Username(Keystone ID) and Temporary Password
- Once in create a new password and click "Submit"
- Then Login again using Username(Keystone ID) and New Password
- Click "I have read, fully understand and agree to the My Child Welfare Account Terms and Conditions" then click "Next"
- Then Click "Continue"
- Click "Create Clearance Application"
- Click "Begin" and enter all required information
- Payment with credit card or organization-provided payment code
- Logout
- You will receive an email when your background search results are in
- Go back to the link above
- Click "Login"
- Click "Access My Clearances"
- Then click "Continue"
- Then Login again using Username(Keystone ID) and Password
- Then click "View Results"
- Then "Print the Certificate"
- You can save the document as well

PA STATE POLICE: <https://epatch.state.pa.us/Home.jsp>

- Go to the website and click "Submit a New Record Check"
- Click "Accept" and fill out all required information. (Note: This section is the information of the person seeking to get a record check of an individual, such as a potential employer. In this case, you.)
- Click "Next"
- Click "Proceed"
- Complete the required information for the person you wish get a record check on (in this case, you)
- Click "Finish"
- Click "Submit"
- Payment with credit card
- Click "Next"
- Click "Submit"
- Then click "Control #" and "Print Page"
- Check back at the above site in 2-3 weeks to see if your status has been updated. Once it is updated print certificate.



Coaches' Code of Ethics

- I will place the emotional and physical well-being of my players ahead of a personal wish to win.
- I will regard each player as an individual, remembering the large array of emotional and physical development for the same age group.
- I will do my best to offer a safe playing situation for my players.
- I will pledge to review and practice the basic first aid principles to treat inquiries of my players.
- I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports setting for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- I will be educated in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for the children and not adults.
- I will not abuse coaches, parents or players and I will not tolerate abuse by coaches, parents or players.

AGREEMENT:

This form is effective for the 2022-2023 season beginning October 2022 through March 2023.

I, the undersigned coach, have read and agreed to abide by the Upper Makefield Newtown Coaches Code of Ethics.

I further understand that lack of awareness or a misunderstanding of an ethical standard on my part is not a defense to a charge of unethical conduct.

Print name: _____

Signature: _____

Date: _____

Referees

- **1st & 2nd grade** games are refereed by the coaches of both teams, who stay on or near the court to instruct.
- **3rd & 4th grade** games will have paid youth referees who receive instructions on the rules, and do their best to call a fair game. If you have comments about refereeing, please contact us @ umnbasketball@gmail.com. The Referee PowerPoint is available on our website under COACH INFORMATION. There are occasions when our referees have a last-minute conflict or are sick, and we will not have time to identify a replacement. Coaches should be prepared to ref in these instances. Please report the absence of a ref to us @ umnbasketball@gmail.com.
- **5th & 6th grade** games, as well as the **boy's 7th-12th grade** games, will be officiated by professional referees this season.

UMB Coaching Pointers for Running a Practice

Recommended practice layout:

- Gather in the middle to say hello, and talk about what practice will entail (3 min)
- Warm up jog/stretch (5-7 minutes)
- Ball handling skills (5-10 minutes)
- Dribbling without movement, then with movement (5-10 minutes)
- Passing drills (5-10 minutes)
- Shooting drills (5-10 minutes)
- Defense drill (5-10 minutes)
- Finer points of the game: Pivoting, rebounding, boxing out, positioning (5-10 minutes)
- Scrimmage (10 minutes)
- Cool-down, team chat, what did we learn, and team cheer (3 minutes)
- Leave players with something to think about or work on before the next practice or game

Good sites for youth drills:

- www.coachesclipboard.net
- www.breakthroughbasketball.com
- www.y-coach.com
- Google and You Tube

Other pointers:

- Make your practice fun, but do not let it get “silly”; Remind the girls they are there to have a good time and learn, but being respectful and listening are more important skills to master. It makes it most fun when everyone is paying attention and trying hard.
- Do not tolerate back talk, disrespect, or rudeness from any player. Talk quietly with a player if this is an issue. Do not bring it up in front of the other children as this will embarrass the child and make her feel defensive. If the issue does not resolve, talk with the player and her parent(s). If you need assistance with this, please contact your age group coordinator for assistance.
- Everyone should enjoy their experience in intramural. Find a way to encourage every player by looking for all parts of a successful game from a great look, to a smart bounce pass, to a screen that helped a player get open. Do not just stress scoring or flashier plays.
- If you are unsure if a child should return to the court after an injury- ERR ON THE SIDE OF SITTING THE PLAYER OUT. This is particularly important with any injury to the head. Be sure to communicate injuries to the parents after a practice or game, as the players won't always think to mention it.
- If you have any questions or issues at all (running a practice/drills, parents, rules, refs, etc.), PLEASE email Alan Jett at ajett@umaau.org or Kari Cairone at kmburger@yahoo.com

UMB Sample Practice Drills for Youth Basketball

Warm-ups:

- Slow jog (with or without dribble) and stretching before every practice
- Continuous layups (get own rebound, dribble length of floor, shoot, repeat)

Court awareness:

- Make a game out of calling out places on the court and inviting kids to run to places: Baseline, Half-court, Elbow, Box/Block, Key/Lane, Hash marks, Sideline, Opening circle for jump ball, Foul line.
- Give homework question/challenge about the history of the game and/or the rules.
- Review the basic rules including: the object of the game, offense and defense, fouling, turnovers, how to substitute, what to do when the whistle blows, tying up the ball/jump balls, "transition" and getting up and back quickly, steals, rebounds, boxing out, assists, etc.

Ball-handling Basics:

- Move ball between hands using finger-pads only-- above head, in front of chest, then at ankles.
- Wrap ball around head, middle, shins.
- Figure 8 standing ball weave without dribbling, then add dribble.
- Dribble around right leg with only right hand (then, left leg/leg hand).
- Dribbling drills from baseline to baseline. Stress good form, looking up, and keeping the ball low and close to the body.
- Dribble two balls at one time – first in unison, then alternating. Try this waist high, then knee high, then ankle high.
- Use cones (and blinders) – introduce moves like crossover, spin, in/out, and more advanced moves as the kids seem ready.

Passing Basics:

- Introduce different types of passes and when to use them: bounce, chest, baseball, overhead, lob, one handed and behind the back (rarely encouraged in youth ball). Stress that both thumbs should face down after a bounce or chest pass and both passes and catcher should take a step as they pass and catch.
- 2 lines – 2 players face each other and use different passes while running/shuffling full court (stress no travelling while doing this)
- Line of 3 players - dribble from baseline to foul line extended, jump stop, pivot, bounce pass, jog to end of line (groups of 3 or more)
- 2 ball stationary passing (one bounce, one chest, alternate)
- 3 man weave with or without shot

Shooting Basics: Triple Threat, Squaring up, Shooting Form, Jump stops, Lay-ups:

- Triple threat position – all players on baseline with a ball. Dribble forward – on whistle, jump stop and get in triple threat position. Continue to other baseline, stopping on each whistle.
- Squaring up drill – start players in a line on the baseline at the 3 point line. Everyone has a ball. On whistle, players start to dribble around three point line. Each whistle, players jump stop, square up (feet and shoulders point to basket), and get in triple threat. No shooting, just run the drill from each end of the three point line until all players can square up consistently.
- Shooting form - Review BEEF – Balance, Elbow, Eyes on basket, Follow-through. Start in close to basket or even against a wall to teach this. Can have them lay on floor with good form and shoot to self without dropping.
- Jump stops – dribble from half court, jump stop on block and use backboard to shoot. Can add head fake after players understand basics of jump stop.
- Lay-up form – Teach it first without a ball, just footwork, then add ball but no dribble (start on block).

- Rainbows – Pulls together layups, jump stop, and squaring up in one drill. Start with two lines across from each other on baseline (need 4 balls – 2 at front of each line, except first shooter doesn't have one) – First shooter runs in an arc (around coach or cone) toward opposite block. Shooter receives a chest pass from passes and uses correct layup form (no dribble). Follows shot, and gives ball to next person in line. Shoot one lay-up from the block on each side, then first player yells out “Jump stop 1st hash”. Shoot jump shots from 1st hash, 2nd hash, 3rd hash, and elbow. Passes become bounce passes after first lay-up. Focus on catching ball ready to shoot (in triple threat), squaring to basket, and using correct form (do not stress makes when players are first learning).

Cutting Basics:

- Introduce cuts to get open: V, Jab, Backdoor, Cross court, U, L
- Emphasize going at game speed and always keeping an eye on the ball.

Pivoting Basics:

- Review triple threat position – add sweep-through to keep ball away from defense. Then add pivot.
- Pivot – move on ball of foot, lifting heel slightly. Cannot switch your pivot foot on a single possession. Teach forward and reverse pivot and how it can help you protect ball and open up space for a pass.
- Middle Man, 2 Balls: Pivot forward in circle while passing 2 balls in and out every other person, then, go backwards
- Partner drill with pass, play defense, partner ducks under your arm and jump stops, pivots, then passes to you to repeat drill.

Pick/screen Basics:

- On-ball picks: 2 offense, 2 defense; take turns starting ball from top or side and then following pass to pick. Then, set pick on ball without a pass first.
- Off-ball picks: 3 offense, 3 defense... pass and pick away, first pass to open girl, then to roller.
- Teach defense to yell “pick right or pick left”. Teach defense to try to work over top of pick if possible, or slide behind and get through. Teach defense to talk about if they need to “switch”, or if they are able to get “through”.
- Teach the seal and roll to the basket once the pick is set.

Rebound/Boxout Basics:

- Backboard (or wall) taps continuous. Keep ball high.
- Full Court 2 man drill: Player 1 - Rebound under basket, chin in, pivot and overhead pass to player 2. Player 2 yells “outlet” under side basket and dribbles to top of far key. Player 1 runs full court outside the key and angles un to get bounce pass for layup from Player 2.
- Ball in center of circle – defenders with back to ball, coach yells shot and everyone steps to player, makes contact first, and then spins with butt in gut.
- Two lines under basket: Roll ball through middle of key, 1 sprint to get ball, turn and shoot. 2 touches opposite block, finds 1, and boxes out.

Defense Basics:

- Teach correct defensive position and how to slide correctly (stay low, back flat, arms out, toes forward, do not cross feet over each other, eyes on belly of opponent).
- 1 player leads slides full court – fast feet, take a charge, slide left/right, shot and box out
- Close out drill from under basket – 2 lines. One player rolls ball on diagonal, while other player touches block and closes out and forces offensive player toward baseline.
- Shell drill (to teach help side defense) (play 5v4, or 1 man down to start)

UMN Basketball Skills Checklist

I = Introduce, R = Refine, M = Master

Skills		Grade/Level				
		2nd	3rd	4th	5th	6th
Ball Handling						
B1	<i>Controlled dribble in place using proper form</i>	I	R	R	M	M
B2	<i>Controlled dribble moving around the court</i>	I	R	R	M	M
B3	<i>Jump Stop</i>	I	R	R	M	M
B4	<i>Protection of the Ball</i>	I	R	R	M	M
B5	Change of pace--slow down, speed up	I	R	R	M	M
B6	Change direction--cross-over dribble		I	I	R	R
B7	Change of pace--back up (retreat) dribble		I	I	R	R
B8	Change of pace--hesitation dribble		I	I	R	R
B9	Change direction--spin move		I	I	R	R
B10	Change direction--through the legs dribble				I	I
B11	Change direction--behind the back dribble				I	I
Passing						
P1	<i>Chest Pass/Bounce Pass--Step Forward Thumbs Down</i>	I	R	R	M	M
P2	<i>Receiving: Triple Threat, Examines floor PRIOR to dribble</i>	I	R	R	M	M
P3	<i>Leading the intended target</i>		I	I	R	R
P4	Pass fakes		I	I	R	R
P5	Overhead pass				I	I
P6	Baseball pass				I	I
Shooting						
S1	<i>Lay up--strong hand</i>	I	R	R	M	M
S2	<i>Proper shooting form: Elbow in, Knees bent</i>	I	R	R	M	M
S3	<i>Set shot</i>	I	R	R	M	M
S4	<i>Jump Shot</i>	I	R	R	M	M
S5	<i>Foul shot</i>	I	R	R	M	M
S6	<i>Lay up--weak hand</i>		I	I	R	R
S7	Catch and Shoot		I	I	R	R
S8	Dribble, Jump Stop & Shoot		I	I	R	R
S9	Shot Fakes: Dribble and Shoot				I	I
S10	Reverse Lay up				I	I
General Offensive Skills						
O1	<i>Proper Spacing on the Court--Not Crowding Own Player</i>	I	R	R	M	M
O2	<i>Triple Threat Position</i>	I	R	R	M	M
O3	<i>Pivoting--forward and reverse</i>	I	R	R	M	M
O4	<i>Movement without the ball</i>	I	R	R	M	M
O5	<i>Cutting: V-Cut</i>	I	R	R	M	M
O6	<i>Cutting: Curls</i>	I	R	R	M	M
O7	<i>Give and Go</i>	I	R	R	M	M
O8	<i>Proper ball screen</i>		I	I	R	R
O9	<i>Off ball screen</i>		I	I	R	R
O10	<i>Screen and Roll</i>		I	I	R	R

UMN Basketball Skills Checklist

I = Introduce, R = Refine, M = Master

Skills		Grade/Level				
		2nd	3rd	4th	5th	6th
O11	Screen away		I	I	R	R
O12	Jab Step - Strong Side Drive				I	I
O13	Jab Step - Cross Over				I	I
O14	Jab Step - Shoot				I	I
O15	Motion Offense Concepts				I	I
O16	Fast break concepts				I	I
O17	Post Moves: Target Hand				I	I
O18	Post Moves: Drop Step				I	I
O19	Post Moves: Turn Around				I	I
O20	Out of bounds plays				I	I
General Defense Skills						
D1	Proper Stance	I	R	R	M	M
D2	Slide Step	I	R	R	M	M
D3	Positioning	I	R	R	M	M
D4	Man to Man Concepts	I	R	R	M	M
D5	Rebounding: Boxing out		I	I	R	R
D6	Stealing the ball		I	I	R	R
D7	Help Defense		I	I	R	R
D8	Rebounding: Ball protection (chin it)		I	I	R	R
D9	Rebounding: Outlet pass		I	I	R	R
D10	Double Teaming				I	I
D11	Press Techniques				I	I
D12	Basics of Zone Defense				I	I
Rules						
R1	Respectful behavior	M				
R2	Ref's whistling and out of bounds	M				
R3	Double Dribble	I	R	R	M	M
R4	Traveling	I	R	R	M	M
R5	No D Zone	I	R	R	M	M
R6	Fouling	I	R	R	M	M
R7	3 second lane	I	R	R	M	M
R8	Over and Back	I	R	R	M	M

UPPER MAKEFIELD NEWTOWN BASKETBALL

1st & 2nd Grade Rules of Play

1. **GAME CLOCK:** Games will consist of four quarters. Each quarter will last eight minutes using a RUNNING clock. Clock stops for all shooting fouls.
2. **JUMP BALLS:** All games will start with a jump ball. Be sure the players know who they are guarding prior to the jump ball but lining them up across from each other. After the initial jump ball, the alternating rule of possession will apply for all further jump balls in regulation play.
3. **HALF TIME:** Half time will be 3 minutes. **Clock keeper should set 3 minutes.** Stay on time.
4. **OVERTIME:** In case of a tie at the end of the game, there will be two-minute overtime. Overtime will be started with a jump ball. Only two overtime periods will be allowed.
5. **PLAYER PARTICIPATION:** Every child should play equally at this age level.
6. **SUBSTITUTIONS:** Each quarter will be stopped as close to the midpoint as possible to allow for substitutions. Substitutions will only be allowed at that time. Injury or referees' discretion are the exceptions to this rule.
7. **REFEREES DISCRETION:** At this age level, one coach per team referees the game. Coaches can choose to have two refs-- one coach on each end, calling fouls, reminding the girls of rules, etc. Or, coaches can take turns refereeing every other quarter. Basketball is purely instructional at this level and we encourage coaches to teach throughout the game.
8. **DEFENSE:** Man-to-man defense. No zone defense. No trapping. No **BLATANT** double-teaming (help defense is OK). Defense will be played inside the 3-point line and below the free throw line (at Sol's there are tape marks extending from the elbow). The reason for this is to keep the wings "protected" in the beginning of the season at least. Just be sure your understanding of the "safe area" is in agreement with the other coach prior to the game.
9. **PRESS:** No defense in the backcourt. Defense must allow the ball to enter the area of the top of the key before contesting ball.
10. **DOUBLE DRIBBLE & TRAVELING:** Double dribble and traveling are to be called; however, there will be no change of possession during the first half of the season. After a third warning to an individual player, the referee will make a change of possession. After the mid-point of the season these calls will result in a change of possession.
11. **LANE VIOLATIONS:** No three-second calls, however, the referee should remind players that they can not remain in the three-second lane indefinitely. If there is an individual player or team taking advantage of the three-second lane, then the referee will make the call and a change of possession will occur.
12. **BACKCOURT:** Backcourt will not be enforced at this age level.
13. **THROW-INS:** All out of bounds will be taken on the side. Throw-ins cannot be contested.
14. **DISQUALIFICATIONS:** No player can foul out. (Foul counts are not kept.)

(continued)

15. **FOULS:** All non-shooting fouls will be taken **out of bounds on the side (NOT UNDER THE BASKET)**. All shooting fouls will be two shots from the foul line. Foul line may be adjusted according to player's ability at the discretion of the referee.
16. **OFFENSE:** We strongly recommend that each team attempt to pass the ball a minimum of three (3) times before shooting. It will be up to the discretion of the referee to warn teams who do not practice team offense.
17. **SCREENING:** Screening is part of the game, however, all players are expected to set legal screens. This means arms down at the side or crossed in front of their body – arms should not be pointed outward. Screens must be stationary. If there is movement, the referee will stop play and a change of possession will occur.
18. **TIME-OUTS:** Each team will be permitted one, one-minute time out per half.
19. **BASKETS:** Basket height will be adjusted to 8' and the basketball size will be 28.5.
20. **SCORING:** **If one team is up by 15 pts or more, stop keeping their score until the other team is within 15 pts. We don't want blow outs.**
21. **MISCELLANEOUS:**
- All team members not in the game must remain on the team bench.
 - All games must be completed on the hour to allow the next game to begin on time.
 - If a game is running late, both coaches must agree to shorten the game.
 - Players should arrive 15 minutes before their game and wait in the hallway.
 - Fingernails must be cut to a reasonable length to prevent player injury.
 - **No watches or jewelry, especially earrings, are to be worn during games.**
 - Good sportsmanship is expected and appreciated at all times. The referee's judgment will prevail at all times.
 - Home team (team listed second on the schedule), is responsible for the time keeper and score keeper.
22. Any issues or concerns need to be reported to Alan Jett ajett@umaau.org or Kari Cairone kmburger@yahoo.com

UPPER MAKEFIELD NEWTOWN BASKETBALL

3rd & 4th Grade Rules of Play

1. **GAME CLOCK:** Games will consist of four quarters. Each quarter will last eight minutes using a RUNNING clock. Clock stops for all shooting fouls. Clock will stop on whistles in the **last two minutes of the game only.**
2. **JUMP BALLS:** All games will start with a jump ball. Be sure the players know who they are guarding prior to the jump ball but lining them up across from each other. After the initial jump ball, the alternating rule of possession will apply for all further jump balls in regulation play.
3. **HALF TIME:** Half time will be 3 minutes. **Clock keeper should set 3 minutes. Keep games on time.**
4. **OVERTIME:** In case of a tie at the end of the game, there will be two-minute overtime. Overtime will be started with a jump ball. Only two overtime periods will be allowed.
5. **PLAYER PARTICIPATION:** We strive for equal participation among the players on each team. Every child should play a minimum of two quarters. Unless your numbers are low, no one player can play more than two quarter in a row without being substituted for.
6. **SUBSTITUTIONS:** Each quarter will be stopped as close to the midpoint as possible to allow for substitutions. Substitutions will only be allowed at that time. Injury or referees' discretion are the exceptions to this rule.
7. **REFEREES DISCRETION:** THE RULES OF BASKETBALL WILL BE INTERPRETED TO THE BENEFIT OF THE CHILDREN. Referees will use their discretion in making calls. Warnings and/or instruction may be given.
8. **DEFENSE:** Man-to-man defense. No zone defense. No trapping. No **BLATANT** double-teaming (help defense is OK). At the beginning of the season, defense will be played inside the 3-point line and below the free throw line (at Sol's there are tape marks extending from the elbow). The reason for this is to keep the wings "protected". If both coaches agree prior to the game to forego this rule and simply play defense within the 3 point arc, that is fine, as long as repeated steals from an inexperienced player are occurring. Be sure players, coaches and referees are clear on the rules of where defense can be played before you begin.
9. **PRESS:** No defense in the backcourt. Defense must allow the ball to enter the area of the top of the key before contesting ball. **If down by 10 points or in the last two minutes of the game, defense may pick up ball at half court line.**
10. **DOUBLE DRIBBLE & TRAVELING:** Double dribble and traveling are to be called; however, there will be no change of possession during the first half of the season. After a third warning to an individual player, the referee will make a change of possession. After the mid-point of the season these calls will result in a change of possession.
11. **LANE VIOLATIONS:** No three-second calls, however, the referee should remind players that they can not remain in the three-second lane indefinitely. If there is an individual player or team taking advantage of the three-second lane, then the referee will make the call and a change of possession will occur.
12. **BACKCOURT:** Backcourt will not be enforced in the first half of the season.
13. **THROW-INS:** **All out of bounds will be taken on the side.** Any throw-ins **away from the basket** may not be contested.
14. **DISQUALIFICATIONS:** No player can foul out. (Foul counts are not kept.)
15. **FOULS:** All non-shooting fouls will be taken out of bounds on the side. All shooting fouls will be two shots from the foul line. Foul line may be adjusted according to player's ability at the discretion of the referee.
16. **OFFENSE:** We strongly recommend that each team attempt to pass the ball a minimum of three (3) times before shooting.

17. **SCREENING:** Screening is part of the game, however, all players are expected to set legal screens. This means arms down at the side or crossed in front of their body – arms should not be pointed outward. Screens must be stationary. If there is movement, the referee will stop play and a change of possession will occur.
18. **TIME-OUTS:** Each team will be permitted one, one-minute time out per half.
19. **BASKETS:** Basket height will be adjusted to 9' and the basketball size will be 28.5.
20. **SCORING:** If one team is up by 15 pts or more, stop keeping their score until the other team is within 15 pts. We don't want blow outs.
21. **MISCELLANEOUS:**
- All team members not in the game must remain on the team bench.
 - All games must be completed on the hour to allow the next game to begin on time.
 - If a game is running late, both coaches must agree to shorten the game.
 - Players should arrive 15 minutes before their game and wait in the hallway.
 - Fingernails must be cut to a reasonable length to prevent player injury.
 - *No watches or jewelry, especially earrings, are to be worn during games.*
 - Good sportsmanship is expected and appreciated at all times. The referee's judgment will prevail at all times.
 - Home team (team listed second on the schedule), is responsible for the time keeper and score keeper
22. Any issues or concerns need to be reported to Alan Jett ajett@umaau.org or Kari Cairone kmburger@yahoo.com

UPPER MAKEFIELD NEWTOWN BASKETBALL

5th & 6th Grade Rules of Play

1. **GAME CLOCK:** Games will consist of two halves. Each half will last 20 minutes using a RUNNING clock. Clock stops for all shooting fouls. Clock will stop on substitutions. Clock will stop on whistles in the **last two minutes of the game only.**
2. **JUMP BALLS:** All games will start with a jump ball. After the initial jump ball, the alternating rule of possession will apply for all further jump balls in regulation play.
3. **HALF TIME:** **Half time will be no more than 3 minutes. Keep games on time.**
4. **OVERTIME:** In case of a tie at the end of the game, there will be a two-minute overtime. Overtime will be started with a jump ball. Only two overtime periods will be allowed.
5. **PLAYER PARTICIPATION:** We strive for equal participation among the players on each team. Every child should play a minimum of half the game. No one player can play more than two segments in a row without being substituted for.
6. **SUBSTITUTIONS:** Each half will be stopped as close to the 5, 10, 15 minute mark as possible to allow for substitutions. Coaches can sub anytime they desire. Subs should report to the table. Injury or referees' discretion are the exceptions to this rule. Each stoppage at these will be referred to as a segment.
7. **REFEREES DISCRETION:** THE RULES OF BASKETBALL WILL BE INTERPRETED TO THE BENEFIT OF THE CHILDREN. Referees will use their discretion in making calls. Warnings and/or instruction may be given.
8. **DEFENSE:** Man-to-man defense. No zone defense. No trapping. No **BLATANT** double-teaming (help defense is OK). Defense will be played inside the 3-Point arc at the beginning of the season, and throughout the season for less experienced players. If two travel or experienced players are matched up, defense may occur outside the 3-point arc. This should be discussed by the coaches and referee's before the game.
9. **PRESS:** No defense in the backcourt. A "closely guarded" 5 count **WILL** apply if the dribbler does **NOT** attempt to penetrate the arc. **If a team is down by 10 points or in the last two minutes of the game, defense may pick up ball at half court line.**
10. **DOUBLE DRIBBLE & TRAVELING:** Double dribble and traveling will be enforced resulting in a change of possession.
11. **LANE VIOLATIONS:** Three seconds will be enforced resulting in a change of possession. Referee will attempt to teach about the lane violations.
12. **BACKCOURT:** Backcourt will be enforced.
13. **THROW-INS:** **All out of bounds will be taken on the side for the first half of the season. Any throw-ins away from the basket may not be contested. For the second half of the season, coaches and referees can agree to allow under the basket inbounds if both coaches agree.**
14. **FOULS:** All non-shooting fouls will be taken out of bounds on the side. All shooting fouls will be two shots from the foul line. Foul line may be adjusted according to player's ability at the discretion of the referee. When a team achieves 7 team fouls, the opposing team will shoot one-on-one. At ten team fouls the opposing team will automatically receive two foul shots. No one can foul out, as numbers are not given to the scorer's table when fouls are committed. IF A PLAYER IS OUT OF CONTROL, the referee reserves the right to speak to the player, and if the player does not settle down, can ask the player to sit for a few minutes to gain composure. During this time, the coach should remind the player about the rules and talk with her about how to avoid whatever foul(s) she continues to commit.

15. **OFFENSE:** We strongly recommend that each team attempt to pass the ball a minimum of three (3) times before shooting. It will be up to the discretion of the referee to warn teams who do not practice team offense.
16. **SCREENING:** Screening is part of the game, however, all players are expected to set legal screens. This means arms down at the side or crossed in front of their body – arms should not be pointed outward. Screens must be stationary. If there is movement, the referee will stop play and a change of possession will occur.
17. **TIME-OUTS:** Each team will be permitted one, one-minute time out per half. If teams have less than 7 players present, two time outs will be allotted to that team.
18. **BASKETS:** Basket height will be 10' and the basketball size will be 28.5.
19. **MERCY RULE:** If a team is up by 15 points, score keeping will cease for the winning team until the losing team cuts the lead to within 15.
20. **MISCELLANEOUS:**
- **The Home team, (team listed second on the schedule) will be responsible for a score keeper and clock.**
 - All team members not in the game must remain on the team bench.
 - NO ONE but team members will be on the bench.
 - All games must be completed on the hour to allow the next game to begin on time.
 - If a game is running late, both coaches must agree to shorten the game.
 - Players should arrive 15 minutes before their game and wait in the hallway.
 - Fingernails must be cut to a reasonable length to prevent player injury.
 - **No watches, jewelry, bracelets, and especially earrings, are to be worn during games.**
 - Good sportsmanship is expected and appreciated at all times. The referee's judgment will prevail at all times.
21. Any issues or concerns need to be reported to Alan Jett ajett@umaau.org or Kari Cairone kmburger@yahoo.com

**Frequently Asked Questions from UMNIB Intramural Coaches
2022-2023**

Q: What other information do I need?

A: You will receive the following as the season shapes up:

- Game schedule (arranged once teams are formed)
- Gym blackout dates (so you know when you need to cancel practice)
- Gym grid with your practice times, as well as other coaches (so you know who to contact if you need to arrange a switch)
- Important contact information, and dates for this program year such as awards night, Council Rock game league night, and possibly picture day (unsure if we are having one – if so, order forms will be distributed as well)

Q: Can I switch a player with another coach after the draft?

A: It is strongly recommended that NO SWITCHES occur after the draft is complete and teams are named. Teams are typically as balanced as possible with talent level coming out of the draft, and, everyone's conflict night (only one was listed in the registration system) is accounted for by the coach's practice night choice. If you begin swapping players, you will tip the balance of the teams. If it is unavoidable, go through your age group coordinator and the other coach to confirm the change. Try to swap a stronger player for a stronger player, or a weaker one for a weaker one. Be sure the account for the number of uniforms you were allotted as well.

Q: How do refunds work if a player doesn't want to play, or, if a player doesn't make travel but chooses to play intramural?

A: If the player quits before the games begin, a full refund can be issued. If a player doesn't make a travel team, but chooses to play intramural, the difference in cost will be refunded. In both instances, contact our registrar at umnbasketball@gmail.com.

Q: If I am not using my gym time, can I give it to another coach?

A: Yes, switches can be made. Be sure to communicate with the other coach as well as assuring that coach has a key or access to the facility. If the switch is permanent, please contact gym grid coordinator, Dan Cuneo at dancuneo@comcast.net.

Q: Do travel players have to play intramural?

A: In the 3/4th grade level, all players are required to play intramural (IM). This is not only for the benefit of those players, who are typically leaders on their intramural teams and enjoy the more laid back side of the game, but also for the league as a whole to field enough players to make the games competitive and fun. Intramural is optional, but strongly encouraged, in 5th/6th grade. For travel boys in 7th-9th, they can opt to play IM as well.

Q: What is the basket height and ball size for each age level?

A: Girls and Boys 2nd play with 8' rims and 28.5 inch ball; Girls and Boys 3/4th play with 9' rims and 28.5 ball; all other age groups play with 10' rims. Girls stay with 28.5 inch ball through their playing career, while boys move to 29 inches from 5th grade and beyond.

Q: How do I close a gym?

A: Be sure to put away seating and the clock. Check the bathrooms to make sure they are in good order. There should be no trash on the gym floor, and the facility should be in better condition than you found it. We are not in charge of locking the doors, unless otherwise instructed.

Contact Alan Jett for key information ajett@umaau.com

Q: How will weather cancellations be announced?

A: When schools are closed for weather issues, we do not have access to the gyms. When a storm occurs on or near the weekend, Upper Makefield Newtown will blast the database of all who have registered through the online system. We will also announce weather cancellations on our website: bit.ly/umnbasketball. We will also post on our social media accounts, as well. Call your age group coordinator if unsure. Missed practice time due to school closures can be re-scheduled. Contact your age group coordinator who will work to find a time. We have outlined a process to be followed for make-up practice requests.



Parent's Code of Ethics

- I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free of drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth, not for adults.
- I will do my very best to make youth sports fun for my child.
- I will ask my child to treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.
- I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan, assisting with coaching, or providing transportation.

AGREEMENT:

This form is effective for the 2022-2023 season beginning October 2022 through March 2023.

I, the undersigned parent, have read and agree to abide by, the Upper Makefield Newtown Basketball League's Parents Ethics Code. I further understand that lack of awareness or a misunderstanding of an ethical standard on my part is not a defense to a charge of unethical conduct.

Signature: _____ Date: _____

Print name: _____