



**LAWRENCE TOWNSHIP BASKETBALL LEAGUE
POLICES, PROCEDURES AND GAME RULES
Girls League-3RD-5th GRADE-Updated 12/1/19**

PURPOSE

The purpose of this program is to provide a recreational experience for the young ladies of Lawrence Township with emphasis placed on teaching basic basketball fundamentals and skills. The development of team play and good sportsmanship, with a minimum amount of tension on the participants, will be the objective of the program.

Although competition will be an integral part of the program, every effort will be exerted to maintain a low-key, well-supervised, organized and safety-oriented atmosphere in which the participant will play in.

Finally, but by no means of lessor importance, a vital aim of the program will be to encourage a wholesome, cooperative effort on the part of the spectators as they relate to players, coaches and game officials.

1. **FINANCING:** Although this program will be operated on a volunteer basis, there will be a minimal Registration Fee of One Hundred Ten dollars (\$110.00) charged to provide for the basic needs of equipment, uniforms and awards, etc. The entire Registration Fee for each participant must be paid in full to LTBBL prior to the Thanksgiving Break or LTBBL reserves the right to remove said participant to make room for people on a Waiting List. Any partial payments made for a participant removed for incomplete payment shall be refunded by LTBBL.
2. **SPONSORS:** Sponsors will be permitted in the program but LTBBL reserves the right to disallow certain organizations
3. **AWARDS & TROPHIES:** Awards and trophies are given by the league each year and are not to be given to the players in the program by parents and/or coaches.
4. **BOUNDARIES:** All participants in the program must be residents within the Metropolitan School District of Lawrence Township or a student thereof. LTBBL does reserve the right to allow non MSDLT residents to participate.
5. **REGISTRATION:** It is on a first come first served basis with at least one parent or guardian's written consent for participation required.

6. **GAME EQUIPMENT:** The gymnasiums and basketballs are furnished by the league for each game. 28.5 balls will be used for all games. Participants are not to bring basketballs to league games! All participants must wear non marking soled shoes and appropriate league issued uniform.
7. **SCHEDULE:** League practice and game time schedules will be prepared and distributed by the League Board of Directors. No unscheduled or outside practices may be held.
8. **SELECTION OF COACHES AND VOLUNTEERS:**
 - 1) The Board of Directors and its committees will select coaches.
 - 2) A head coach may request one assistant coach at the approval of the league commissioner.
 - 3) A coach may not coach more than one team in the league without LTBBL Board approval.
9. **COACHES RESPONSIBILITIES:** The responsibilities apply to ALL coaches' both head coaches and assistant coaches in the league.

Coaches are required to:

- 1) Attend ALL scheduled meetings, the player draft and clinics.
- 2) Complete any paperwork required by the League (i.e., background checks, team rosters, signing score books, etc.).
- 3) Call **ALL** players and parents as soon as possible after the player draft and before the first scheduled practice providing them with all pertinent information about the team, the League and yourself. It is important to call as soon as possible. The players have been waiting to hear from you!
- 4) Notify all players' parents in the event of any changes or cancellation of any practice session or scheduled game.
- 5) Ensure that no players are left unattended during or after practices or games.
- 6) Provide all players with a team roster and game schedule.
- 7) Provide a qualified scorekeeper/timekeeper for each game. The board and its members will handle scorekeeping and the scoreboard for the tournament dates.

- 8) The League is responsible for the gyms and facilities used for practices and games. The responsibility is delegated and discharges through each team coach. Ensure players, siblings and other family members conduct themselves properly and respect school/gym property.
- 9) All coaches will be provided with, read and become familiar with the Lawrence Township Basketball League Rules & By-Laws and Code of Conduct agreement.
- 10) Create a positive environment for all team members at all practices and games.
- 11) Create positive self-esteem in each player throughout the course of the season.
- 12) Coaches will be required to teach fundamentals of basketball, good sportsmanship and leadership. Encourage and insist upon good sportsmanship from players and parents. This applies to practice sessions as well as games. It is especially important for the coaches to demonstrate, as well as teach, in this regard.
- 13) Coaches will set an example for their teams. They will refrain from:
 - a. Reprimanding players on the floor before spectators or fellow team members.
 - b. Baiting of officials or disputing decisions.
 - c. Riding the opposition or fans by words or gestures.
 - d. Permitting a player to reenter a game if injured.
 - e. Physically or verbally abusing any player or fan.
- 14) Emphasize good fundamentals above all else in all practice sessions and games. Emphasis should include fundamentals of:
 - a. Shooting
 - b. Passing
 - c. Defensive technique
 - d. Rebounding
 - e. Dribbling
 - f. Movement without the ball
 - g. Basic rules
- 15) Emphasize teamwork over individual play. Involve all team members in the flow of play.
- 16) Conduct practices with safety of the players in mind at all times.

Note: If a problem arises concerning any member(s) of the coaching staff; the Board will take whatever action is necessary to correct the situation.

TEAM STRUCTURE

1. A team will consist of no more than ten (10) players per team.
2. All participants will be by grade and age level determined by the Board.
3. After the player draft is complete, a team roster will be provided to coaches by the League giving player name, contact information, school grade and uniform size.
4. The daughter of the coach or the sister of a player who is already a member of a team will automatically be eligible for that team unless the parent requests they be placed on different teams.
5. All other players will be placed on teams per the League's draft policies to best balance overall team skills and promote learning opportunities. Players returning to the league will not automatically be placed with their prior year coach or team.
6. The League, as previously stated, promotes proper discipline, attitude and sportsmanship in addition to learning basic basketball skills. Once a player has been placed on a team for the current season, they certainly can be dismissed for disciplinary reasons with the approval of the coach and League Board of Directors. It is the responsibility of the coach to notify the player and his parents of the action and to explain the reason for the action.
7. Player practice attendance is mandatory. Habitual unexcused absences from practice can lead to reduced playing time and/or eventual dismissal from the team. Any disciplinary action must be pre-approved by the Commissioner and communicated in advance to the player's parent(s) or guardian(s).
8. After the fourth game of the season, the League Commissioner shall re-evaluate players and adjust player ranking, if necessary, to ensure League parity.



LAWRENCE TOWNSHIP BASKETBALL LEAGUE
PLAYING RULES
Girls 3RD-5TH GRADE LEAGUE

PLAYING RULES

All games will be played under the IHSSA rules with the following exceptions:

1. During a game, teams are only allowed to have one (1) coach standing at any one time. The first infraction will result in a warning by the official. Any subsequent violation will result in a technical foul being assessed against the head coach.
2. During a game, players not in the game must be seated when the ball is in play. The first infraction will result in a warning by the official. Any subsequent violation will result in a technical foul being assessed against the offending bench.
3. All 3rd-5th grade girls will play six (6) minute running quarters. The clock will stop on fouls, timeouts and after each whistle during the last one (1) minute of the third quarter, the fourth quarter and any overtime ONLY. The clock starts when a player in bounds touches the ball, and when the ball touches any player following a foul shot. There will be one (1) minute between quarters and five (5) minutes between halves. Overtime will be limited to two (2) three-minute periods, except in playoff games where there must be a winner.
4. There are four (4) timeouts per game, one (1) extra per overtime.
5. Substitutions:
 - 1) If for disciplinary reasons a youth is going to be held out of a game, the scorers' bench and the Commissioner or Board Members must be notified prior to the game. Failure to comply will be forfeiture of the game.
 - 2) Each player must play one (1) continuous quarter per half. A player who plays any portion of a quarter will be considered as playing a full quarter.
 - 3) No player can play more than three (3) quarters during regulation time **until all players have played three (3) quarters – four (4) players must be absent or ineligible before this applies.**
 - 4) A grading system will apply to substitution in cases of absences, injury and fouled out players. **Coaches may substitute a player of EQUAL or LESSER value only!**

- 5) If a player shows up at half-time or after the second quarter has started, he can play a maximum of only one (1) quarter in the second half **unless this player can be used for substitution as outlined in Item #4 above at the Coach's discretion.**
 - 6) A coach may choose any five (5) players from his team for the overtime period(s) provided they qualify to play.
 - 7) Any exceptions caused by injury or illness must be approved by the Board before the game is played. The coach may, for disciplinary reasons, withhold a child from play. The coach must notify a Board member, the opposing team coach and the scorekeeper of this action before the game is played. The referees or league officials are responsible for making decisions as the game is played.
6. A lane violation will be called after time in the free throw lane **exceeds five (5) seconds.**
7. Front Court Defense:
- 1) NO ZONE DEFENSE of any type is allowed.
 - 2) A player guarding the ball being brought up the court will be allowed to pick up her defensive assignment anywhere from half court to above the top of the key without a zone violation. The defensive player must be clearly engaged on the player bringing up the ball.
 - 3) In guarding, the defensive player will not steal or knock loose a dribble unless the offensive player is within the free throw lane. After game 4, the commissioner will re-evaluate this rule and at his discretion may move it to the 3 point arch. This rule on stealing only applies to dribbling and not passing.
8. Back Court Defense:
- 1) There will be no guarding of the offensive team until the ball crosses the center line whenever the ball is being advanced after it is taken out of bounds in the back court. The defensive team may not guard the offensive team should the offensive team control the ball as the result of a rebound or turnover. **No guarding in the backcourt.**
9. Double Teaming:
- 1) Trapping or double teaming (two on one) will not be allowed *except as outlined in item #4 of this section below.*
 - 2) Any player on defense who deliberately leaves his man at any time (except for injury, loose ball, or for rebounding after a shot) will be called for the violation immediately by the official. This is an automatic violation. **Generally, defensive players should**

remain within one arm's length of the player they are guarding when they are within the 3 point arch line.

- 3) Switching is allowed. When a defensive player is taken out of play by the use of a pick or is beaten by the offensive player, a switch in assignments is permissible with the defensive teammate switching off and picking up his man. An illegal trap would occur if both defensive players involved in this play closed in on the offensive player. If the switching defensive players inadvertently stay with the ball handler, then there is a visual two (2) second count by the official giving the players time to realize they are double teaming. However, if they gain an advantage (or steal the ball) the double team is called immediately.
- 4) Double-teaming is permitted in the lane. Once the ball enters the free throw lane (from the free throw line to the baseline) double-teaming can take place. This rule is intended to make the game as realistic as possible. The players must learn to score under stress or pass off to the open player. Also, this makes the double-teaming rule much easier to call. Anytime two (2) defensive players guard one (1) offensive player outside of the lane, the double-teaming violation is called. This gives each player a chance to handle the ball on the perimeter and participate in the game.
- 5) When a player breaks free from the defensive player, it is permissible for another defensive player to jump in and steal the ball (within the FT lane or 3 point arc depending on rule in effect) providing her teammate is not close enough behind to cause them to gain an advantage (i.e. double team). In addition, if an offensive player dribbles the ball by a teammate, the defender can steal the ball by swiping at the ball without this being a double team violation (as long as the additional defender does not purposely create a double team trap). This is a judgement call by the official.

10. Isolation:

The purpose of the recreation league is to provide instruction in the fundamentals of the game of basketball to beginning and intermediate skilled players. To achieve this purpose, LTBBL required all five players on the basketball court to be involved in the game on both offense and defense. Emphasis should be placed on passing and player movement. No offenses will be allowed that are deemed to take advantage of isolating a highly skilled individual player at the sacrifice of team involvement.

- 1) There will be no isolation of players during the course of the game
- 2) All players must remain in active participation and not let one or two players work one-on-one while team members stand and watch. *Whether or not a team is guilty of isolation will be a judgement call by the official.*
- 3) If one or two players start dribbling the ball or working by themselves and the other teammates start to become inactive, then isolation can be called. Isolation can be called immediately if it is obvious that the floor is being cleared for one player.

- 4) There will be no high picks. A pick can only be set inside of the three-point arc line (as extended from baseline to top of the key to opposite baseline).
- 5) Spread offenses will not be allowed and will be considered an isolation violation at the discretion of the officials. This includes any offense designed to have all players set near the mid court line or by the outer boundaries in an effort to allow a player to go one on one.

11. Officiating:

- 1) When a violation pertaining to the interpretations above occurs, the official blows his whistle, holds up both hands and calls the infraction (such as back court defense or isolation).
- 2) The official will call a first warning, stop the game and notify the scorers' table and both benches of the infraction, then give the ball out of bounds to the offended team.

Note: After two (2) back court infractions; the third warning will constitute a technical foul with the offended team awarded two (2) free throws and possession of the ball. The same applies after any combination of two (2) high pick, isolation or double team violations.

12. Free Throws:

- 1) Players will use the designated free throw line, which will be thirteen (13) feet rather than fifteen feet.
- 2) Players may enter the free throw lane upon the release of the shot (except the shooter and any players beyond the arc must wait for the ball to contact the rim).may not enter the free throw lane until the ball the touches the rim.

13. Fouls:

- 1) Each player will be limited to five (5) fouls.
- 2) **Any player or coach receiving two technical fouls will be ejected from the game.** The offender will be required to leave the gym. Any offender (coach or player) will be required to serve one game suspension for the next game per IHSAA rules. The offending player may practice with her team at the coach's discretion and may attend the next game but must be in street clothes. The offending player may sit on the bench with her teammates at the coach's discretion provided the offending player is not a negative influence to her team, coach, officials, or anyone else in the gym. An offending Coach may NOT attend any practices or games until reinstated as outlined in Item #5 below.
- 3) **Offensive language or gestures** may result in a Flagrant Technical Foul and game ejection for either a coach or player at the discretion of the game officials.

- 4) **A player serving a one game suspension** will automatically be reinstated after their one game suspension, but a conference between the player, League Commissioner, Coach and player's parent(s) must take place prior to the player returning to the game court. This is to reinforce acceptable behavior, the goals and rules of the League and to show the commitment of all parties to proper sportsmanship.
- 5) **A coach serving a one game suspension must petition the League Commissioner** for reinstatement prior to returning to coach a practice or game. The Commissioner will review the severity of the incident and gauge the coach's attitude and commitment to League goals, policies and standards. At the Commissioner's discretion, he/she may forward the issue to the LTBBL Basketball Competition Committee for review and a final determination on the offending coach's continued involvement with the League. **Coaches represent LTBBL as our most visible and influential ambassadors and will be held accountable to the highest standards.**

14. **Scoring:** All baskets will count per IHSAA rules (3 point shots are allowed effective 2019-2020 season)

15. The coaches will be required to sign the score books before leaving the game site.

16. ALL DECISIONS BY THE BOARD ARE FINAL.

I have received and will abide by the Rules and By-Laws of the Lawrence Township Basketball League.

Last Update 12-01/2019

Coaches name: _____

Coaches signature: _____

Team name: _____

Date: _____