

Fountain City Recreation Commission (FCRC) Basketball League Overview

Welcome to the Fountain City Recreation Commission (FCRC) Basketball League! This overview serves as a guide for players, coaches, parents, and officials participating in the league. Please read this overview carefully to familiarize yourself with the rules, expectations, and procedures of the league.



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1. Introduction

The Fountain City Recreation Commission (FCRC) Basketball League is dedicated to providing a safe and enjoyable basketball experience for participants of all ages. The league promotes skill development, sportsmanship, and teamwork in a positive and inclusive environment.

2. League Overview

The FCRC Basketball League offers age-appropriate divisions for boys and girls, ranging from 3 to 14 years in age. The league aims to provide a balanced and competitive playing experience for all participants, regardless of skill level.

3. League Objectives

- Provide a fun and engaging basketball experience for youth in the community.
- Promote skill development, teamwork, and sportsmanship.
- Foster a positive and inclusive environment where all participants feel valued and supported.
- Create opportunities for players to improve their basketball abilities and reach their full potential.
- Encourage fair play and respect for coaches, teammates, opponents, and officials.

4. League Administration

The FCRC Basketball League is governed by the Fountain City Recreation Commission. League administrators, including the League Director and support staff, oversee the day-to-day operations of the league. They are responsible for team assignments, scheduling games, coordinating referees, and addressing any issues or concerns that arise.

The commission strives to provide a fair and organized basketball experience for all participants. Participants are encouraged to become familiar with the information within this overview manual and league information posted on the FCRC website. Contact the commission or basketball coordinator for any questions or clarifications.

5. League Structure

We are proud to offer a co-ed league that provides an inclusive environment for all participants. In the 2023-2024 season, we have 360 players (38 teams) competing across different age divisions.

The season usually starts in November with team practices and a Jamboree event to introduce players to the league and their teammates. Games are typically played December through February, culminating in a post-season tournament where teams compete for the championship.

Each team can have up to 10 players, ensuring ample playing time and opportunities for skill development. Teams typically have one practice session per week, with the possibility of two practices in November to help teams establish a strong foundation.

Regular season games follow a round-robin format, allowing teams to compete against each other throughout the season.

Each team will play a minimum of 8 games, with a goal of 10-12+ games, including the postseason tournament. The total number of games is dependent on weather, gym availability, and performance during the postseason tournament. The length of games is determined by the league's rules, ensuring an appropriate duration for each age division.

6. Schedule & Events

Practice and game schedules are provided to participants through our online platform, SportsConnect, accessible on www.FountainCitySports.org under Team Central | Posted Schedules. Below is an outline of our typical season schedule.

- Registration: August-Mid October
- Evaluations and Meet your Coach & Team: Late October
- Practices Begin: Early November
- Jamboree: Mid November
- Games: December – February
- End of Year Tournament: February

7. Registration & Scholarships

- Parents or guardians are required to create an account on FountainCitySports.org to register their child for the league.
- Registration for the upcoming season typically opens in August and continues into October.
- We encourage early registration to secure a spot as our league has limited availability.
- Our refund policy is posted on our website: fountaincitysports.org ([Refund Policy](#))
- Fountain City Recreation Commission (FCRC) provides scholarships for registration fees to children, who without financial assistance would be unable to participate in FCRC sports programs. More details including eligibility can be found in the [Scholarship Application](#).

8. Communication

Open and effective communication is essential for a successful league experience. The league will communicate important information, such as game schedules, rule updates, and league announcements, through various channels, including email, league website, and social media platforms. It is the responsibility of participants to stay informed and regularly check for updates.

9. Equipment and Uniforms

Players are required to have the following equipment and clothing:

- Water bottle
- Basketball/tennis shoes
- Socks
- Athletic shorts and shirts

Team jerseys will be provided for each player for official games. Coaches may attempt to coordinate shorts colors for consistency. It is the responsibility of each participant to come prepared with the necessary equipment and attire for practices and games.

10. Facilities

The league utilizes various gymnasiums and facilities in the City of Knoxville and Knox County. The majority of our facilities are Knox County School properties. Some are private organizations donating the space and time to our league. The specific locations and directions will be provided prior to the start of the season. Participants and spectators are expected to respect the facilities and follow any rules or regulations set forth by the facility management.

11. Rules

4U Coed League Rules

- This age group does not play official games so there are no specific rules. This league concentrates on skill development through basketball-related exercises and drill-like games.
- Coaches may coordinate mock game drills such as limited 2 on 2 or 3 on 3 games as the players grow in their skills and understanding of the game.

6U/8U/10U Coed League Rules

Unless otherwise specified, these leagues follow the [City of Knoxville's Youth Basketball Rules](#). Links to these rules are provided below:

[Eligibility & League Rules](#)

[Rules Summary](#):

[Rules by Age Division](#)

6U/8U/10U Coed Rule Variations:

In addition, the league has specific rule variations for different age groups. The following are the rule variations for specific age groups in the FCRC Basketball League:

6U Coed League:

- Backcourt (Press): The ball cannot be guarded prior to crossing the 3-point line on the offensive side of the court. The offense must advance the ball past the 3-point line (no holding the ball). Once advanced across the 3-point line the defense may guard the entire half court.
- In the last two minutes of the game, teams may guard (press) once the ball advances past the half-court line.
- Half-Time Free Throws: At halftime, teams may participate in a "free throw shoot off." Every player will shoot twice. The shoot off does not count towards the game score.
- Overtime: During regular season play, there is no overtime for 6U. If tied at the end of regulation, the game will end in a tie. During tournament play, a 2-minute overtime period will be played. If tied after overtime, each player will shoot one (1) free throw to determine the winner. If one team has more players, the head coach with more players picks who shoots on the opposing team to equalize the shot count.

6U/8U/10U Coed Leagues:

- Required Playing Time (Play a Quarter/Sit a Quarter): Each player must participate in one uninterrupted quarter per game and sit one uninterrupted quarter per game. Each period must be without interruption unless injury, sickness, or player receiving their 1st three fouls within one quarter.
- Player Receives 3rd Foul Example – A player who receives his/her 1st three fouls in a quarter may be substituted. In this situation, the quarter counts as the quarter played for the player with their 1st 3+ fouls in the quarter. The player who enters the game must still play and sit full quarters later in the game if the requirements have not been met.
- Less Than 7 Players: In the event a team has less than 7 players, the opposing team's head coach is allowed to choose two players that must sit for a quarter. If a team has less than 5 players, the game is forfeited, but the game will proceed either by playing with an equal number of players or sharing players.
- 3-Second Rule: The 3-second rule will not be enforced.
- Clock Mercy Rule: If a team's lead reaches 15 points or more, the clock will continue to run during the last 2 minutes of either half. If the lead drops below 15 points, the clock will resume normal operation.
- Scoring Mercy Rule: A maximum 15-point lead will be maintained on the scoreboard however, the scorebook will be maintained and serve as the official game score.

8U/10U Girls & Middle School Coed (12U/14U) Leagues

These leagues follow the Knox Area Inter-League Youth Basketball Rules. Rules are summarized in the chart below.

		8u - Girls	10u - Girls	12u	14u
Goal Height		9 feet	10 feet	10 feet	10 feet
Ball Size		28.5 in.	28.5 in.	29.5 in.	29.5 in.
Foul Line		12 feet	15 feet	15 feet	15 feet
3-Point Shots		No	Yes	Yes	Yes
Coaches on Bench		2 coaches on bench	2 coaches on bench	2 coaches on bench	2 coaches on bench
Defense		Any	Any	Any	Any
Backcourt Pressure		REC: 4th qtr unless leading by 15+	REC: 2nd half unless leading by 15+	REC: Any time unless leading by 15+	REC: Any time unless leading by 15+
Quarter Length ¹		8 Minutes	8 Minutes	8 Minutes	8 Minutes
Clock Stoppage ²	The game clock will only stop for time outs, technical fouls, or during the last two minutes of each half. (See Mercy Rule)				
Halftime	Halftime will be two minutes (may be shortened if games are behind schedule)				
Time Between Qtrs	One minute between quarters (may be shortened if games are behind schedule)				
Time Outs	Four 60-second time outs to be used at any time during the game				
Overtime		1 min; Sudden Death	1 min; Sudden Death	1 min; Sudden Death	1 min; Sudden Death
Fouls Allowed		5	5	5	5
Bonus 1-and-1		7th Team Foul of Half	7th Team Foul of Half	7th Team Foul of Half	7th Team Foul of Half
Double Bonus		10th Team Foul of Half	10th Team Foul of Half	10th Team Foul of Half	10th Team Foul of Half
Technical Fouls ³		2 Technicals = DQ	2 Technicals = DQ	2 Technicals = DQ	2 Technicals = DQ

¹ During inter-league play with other community leagues, length of quarters may vary due to scheduling constraints.

² **MERCY RULE** - The clock will not stop during the last two minutes of the half when one team leads by 20+ points. The clock will only stop for time outs. Some gym directors may choose to discontinue posting the score on the scoreboard and keep the score only in the official score book/sheet.

³ A technical foul may be assessed when a player or coach displays unsportsmanlike conduct either physically or verbally. The opposing team will be awarded two free throws and possession of the ball. Any player or coach who is assessed two technical fouls in a game will be ejected from the game. If a player, coach, or spectator has been ejected from the game, they are required to leave the gymnasium. The game will be stopped until the offender has left the gym. If the ejected party has not left the gym within five minutes, the game will be declared a forfeit by the offending team. Unruly spectators may be ejected from the gym at the discretion of the referees and/or the gym director.

12. End of Year Tournament & Awards

- At the end of the regular season, we organize a tournament for each age group (excluding the 4U league) to provide teams with an exciting playoff experience.
- The tournament format may vary based on factors such as the number of teams in each age group and gym availability.
- The seeding for the tournament is determined by teams' regular season records, rewarding their performance, and providing a fair competition.
- Typically, the 1st and 2nd place teams in each age division receive awards to recognize their achievements throughout the season.
- Additionally, we may distribute participation medals to participants in the 4U and 6U leagues to celebrate their involvement and effort.

13. Coaches and Officials

We rely on dedicated coaches and volunteers to provide a positive experience for all participants. Coaching positions are open to individuals with a passion for basketball and mentoring young players. Interested individuals can apply to be a coach through our online registration system.

The league values the contributions of coaches and officials in creating a positive and rewarding basketball experience. Coaches are responsible for teaching fundamental skills, promoting sportsmanship, and fostering a supportive team environment. **They are expected to adhere to the league's code of conduct and serve as role models for their players.**

The league will provide trained referees for each game, with the intent of having two referees whenever possible. However, games may be played with only one referee if officials are unavailable. Coaches, players, and spectators are expected to treat referees with respect and courtesy, regardless of the outcome of the game.

14. Code of Conduct

All participants, including players, coaches, parents, and spectators, are expected to adhere to the league's [Unsportsmanlike Conduct Policy](#). This policy emphasizes respect, sportsmanship, and fair play. Unsportsmanlike behavior, including verbal or physical abuse, will not be tolerated and will result in punishment.

Additionally, FCRC has adopted a [Code of Conduct](#) for Coaches to ensure exceptional opportunities for all who participate in athletics at FCRC.

15. Player Conduct and Behavior

Players are expected to display good sportsmanship, respect for coaches, teammates, opponents, and officials, and adhere to the league's code of conduct. Any form of unsportsmanlike behavior, including verbal or physical abuse, will not be tolerated.

As a youth basketball player participating in a league, it's essential to understand and uphold certain behavioral expectations that promote sportsmanship, teamwork, and personal growth. Here are some guidelines to help you navigate the league with integrity and respect:

- **Respect for Others:** Treat your coaches, teammates, opponents, officials, and spectators with respect and courtesy. Value diversity, embrace differences, and avoid any form of discrimination or bullying.
- **Sportsmanship:** Display good sportsmanship at all times, win or lose. Shake hands with your opponents after games, offer congratulations, and avoid taunting or gloating. Accept defeat graciously and learn from your mistakes to improve.
- **Teamwork:** Basketball is a team sport, so prioritize teamwork and collaboration. Communicate effectively with your teammates, support and encourage each other, and be willing to make sacrifices for the benefit of the team.
- **Listening and Learning:** Be attentive during practices and games. Listen to your coaches' instructions, follow their guidance, and ask questions when needed. Be open to feedback and constantly strive to improve your skills and knowledge of the game.

- **Discipline and Commitment:** Show dedication and discipline by attending practices regularly, arriving on time, and giving your best effort. Maintain a positive attitude, even during challenging moments, and persevere through setbacks.
- **Self-Control:** Keep your emotions in check during games. Avoid arguing with officials, reacting impulsively, or engaging in unsportsmanlike behavior. Stay focused on the game and channel your energy towards constructive actions.
- **Responsibility:** Take responsibility for your actions both on and off the court. Be mindful of your behavior in public, follow league rules, and adhere to any codes of conduct established by your team or organization.
- **Balanced Approach:** Remember that basketball is just one aspect of your life. Maintain a healthy balance between your academics, family, social life, and other activities. Prioritize your well-being and avoid excessive pressure or burnout.
- **Last but not least, treat others as you want to be treated.**

16. Parent/Spectator Expectations

Parents and spectators play a vital role in creating a positive and enjoyable atmosphere for the players. As a parent, guardian, or spectator attending a recreational youth basketball game, it is essential to create a positive and supportive environment for the young athletes. Here are some behavioral expectations to keep in mind:

- **Respect all participants:** Treat players, coaches, referees, and fellow spectators with respect and courtesy. Avoid negative comments, insults, or aggressive behavior towards anyone involved in the game.
- **Be a positive role model:** Set a good example for the young athletes by displaying good sportsmanship and fair play. Encourage and applaud good efforts, regardless of the outcome. Remember that your behavior influences those around you.
- **Follow the rules:** Familiarize yourself with the rules of the game and follow them accordingly. Refrain from interfering or questioning the officials' decisions. Let the coaches and referees do their jobs without unnecessary distractions.
- **Avoid excessive criticism:** While it's natural to have opinions, refrain from excessively criticizing individual players, coaches, or teams. Constructive feedback can be valuable, but it's important to remember that these are young athletes who are still learning and developing.
- **Maintain appropriate sideline behavior:** Stay seated in designated areas and avoid entering the playing area. Do not shout instructions or interfere with the players during the game. Cheer in a positive and supportive manner, focusing on the team effort rather than individual players.
- **Support fair play and inclusivity:** Encourage fair competition and discourage any form of discrimination, harassment, or bullying. Treat all players and teams equally, regardless of their background, skill level, or physical appearance.
- **Emphasize the value of participation:** Remember that youth sports are primarily about the development and enjoyment of the players. Prioritize the learning experience, teamwork, and personal growth over the final score. Encourage all participants, win or lose.
- **Last but not least, treat everyone as you want to be treated.**

17. Concerns and Disputes

The league understands that concerns or disputes may arise during the course of the season. If participants have any concerns or disagreements, they are encouraged to follow the established process for resolving issues.

Unsportsmanlike conduct, disputes and conflicts shall be immediately reported to the official, League Commissioner, or Officer of FCRC. The representatives receiving said complaint shall immediately report offense to the President of FCRC. The President shall then report through the following channels: Major offense shall be addressed through emergency meeting of the Executive Board. Offense can be addressed at the next Commission Meeting. Offense may be brought to the League Commissioner and President to determine the need for Commission action. Coaches, players, parents, and spectators are expected to comply with the outcome of disciplinary action rendered by FCRC. Outcomes may range from a warning to a suspension for the specified duration determined by FCRC. Individuals have the right to appeal before FCRC.

18. Safety

The safety and well-being of participants are paramount. The league has established the following guidelines in an effort to keep players and spectators safe.

Registration and Medical Information:

- Parents/guardians must provide medical information and emergency contact details for participants during the registration process.
- Require all participants have appropriate medical insurance coverage.

Age-Appropriate Activities and Equipment:

- Brief coaches on age-appropriate practice plans to minimize the risk of injuries.
- Aid coaches on understanding the proper equipment and implement safe training methods suitable for each age group.
- Prohibit the use of dangerous accessories or jewelry during practices and games.

Coach and Volunteer Requirements:

- All coaches and volunteers must complete a background check every two years and agree to the league's Code of Conduct Policy.
- Coaches are encouraged to receive training on injury prevention and basic first aid. Coaches are expected to have an understanding of the league's safety and emergency procedures.

Supervision and Gym Safety:

- Assign a gym supervisor to be present during games to coordinate activities, enforce rules, and handle any safety concerns.
- Ensure that the playing area, including the court and surrounding areas, is properly maintained and free from hazards.
- Only players, coaches, and officials may be on the court. This includes during breaks, halftime, and between games.
- No outside basketballs are allowed on game days

Player Safety and Injury Prevention:

- Emphasize the importance of players maintaining self-control, listening to coaches/referees, and following the rules of the game to prevent injuries.
- Encourage coaches to implement warm-up exercises and stretching routines before practices and games.
- Enforce rules that restrict physical contact and promote fair play.

Hydration and Rest Breaks:

- Coaches should provide sufficient water breaks during practices to ensure players stay hydrated.
- Allow breaks after each period and additional time-outs during games for players to rest.

Communication and Emergency Procedures:

- In the event of an emergency, contact 911 and complete an incident report to document the event.
- The league will communicate emergencies or important information, such as game schedules, rule updates, and league announcements, through various channels, including email, league website, and social media platforms. Use league emails, social media posts, and GroupMe to disseminate information.

Player Behavior and Sportsmanship:

- Enforce player sportsmanship and behavior expectations to create a safe and respectful environment for all participants.
- Address player and coach misconduct during games promptly, including physical altercations and unsportsmanlike behavior.

Inclement Weather:

- Modify or cancel activities in the case of inclement weather to ensure the safety of players and participants.

Regular Safety Review:

- Conduct regular reviews of the safety plan and protocols, at least annually, to identify areas of improvement and ensure compliance with safety standards.

19. League Partnerships & Sponsorship Opportunities

The FCRC Basketball League values community partnerships and collaborates with organizations, businesses, and sponsors to enhance the league experience. These partnerships may involve sponsorships, fundraising efforts, and additional resources for the league.

We are currently in collaboration with Central High School, Central Baptist Church of Fountain City, Fountain City Ministry Center, Fountain City Elementary, Inskip Elementary and Gresham Middle School. We also coordinate facility usage with the feeder schools of Gresham Middle School and Central High School.

In order to provide this service to our community and keep fees at a reasonable price, we rely on the generosity of business and individual sponsors with a heart for serving the children in our area. Your involvement will act as an example of good community stewardship to the multiple families that visit

the ballpark throughout the year. Kindly consider becoming a sponsor which allows FCRC to continue providing the children in our area the best experience possible. Sponsorship opportunities are on our website: [fountaincitysports.org](https://www.fountaincitysports.org) ([Be a Sponsor](#)). Thank you for your willingness to support our community through recreation and athletics.

20. Contact Information

For any questions, concerns, or additional information, please refer to the following contact information:

- FCRC Basketball League Website: <https://www.fountaincitysports.org/>
- FCRC Recreation Commission: info@fountaincitysports.org
- Basketball Coordinator: Robert (Robbie) Cook, Robbie.Cook@fountaincitysports.org or 865-207-0349

We hope you have a fantastic season in the FCRC Basketball League. Enjoy the game and embrace the values of sportsmanship, teamwork, and skill development!