

## 2023-2024 BASKETBALL LEAGUE COACH'S MANUAL

"What you do speaks so loud that I cannot hear what you say." ~Ralph Waldo Emerson


## Prestonwood Sports Organization

"Not to us, O Lord, not to us, but to your name be the glory." $\sim \operatorname{Psalm} 115: 1$

## About Prestonwood Sports Organization

## Prestonwood Baptist Church Mission Statement

Our mission at Prestonwood Baptist Church is to glorify God by introducing Jesus Christ to as many people as possible and to develop them in Christian living using the most effective means to impact the world, making a positive difference in this generation.

## Sports Outreach Ministry Mission Statement

The mission of the Sports Outreach ministry is to glorify God by introducing Jesus Christ to as many people as possible, using the vehicle of sports and fitness in order to reach out to those around us with the message of salvation in Jesus Christ.

## Children's Team Sports Programs Mission Statement

To glorify God by introducing Jesus Christ as Lord to as many people as possible and developing children in their chosen sports, through a quality youth sports program. Further we will build them up emotionally by teaching positive life values.

PSO Purposes - The following purposes provide the basis for our sports ministry:

1. Spiritual: We believe that Jesus Christ, God's only Son, came to earth to pay our sin debt by dying on the cross so that we could have eternal life (heaven). Our sports programs are designed to share our faith in Christ.
2. Emotional/Physical: We want to provide a positive, fun-learning environment that will be a positive physical and emotional experience for children. This positive experience will cause them to want to continue to be involved in this and other team sports.
3. Intellectual: We want children to be given a great opportunity to learn the skills necessary to be successful in a given sport
4. Social: We want children to experience the beneficial aspects of competing with others, and grow in their understanding of teamwork.

## PSO Basketball Foundations

Share the love of God with your team. Enhance their understanding through team devotionals and prayer.

Strive to create lasting relationships with your players and their parents. See what needs they may have. Reach out for prayer requests.

Teach the fundamentals of basketball. It is not about winning games, but building character, self-confidence and a sound basketball skill base.

HAVE FUN!!!

## Circle of Criticism and Circle of Affirmation

Coaches and referees make the difference in the PSO leagues. No one can affect the children in our ministry like these individuals. To coach or referee effectively, everyone must first have an understanding of why our league exists and must act accordingly.

Actions and reactions will have a lasting effect that either opens or closes the door to ministry The Circle of Criticism and the Circle of Affirmation are simple concepts that illustrate the results of a coach giving a referee either negative or positive feedback.

## QU Circle of Criticism

$>$ The Circle of Criticism begins when the coach gives a negative response to a right or wrong call made by the referee.
$>$ The coach's example gives the parent the implied permission to react negatively towards the referee.
$>$ The parent's example causes the child to assume that it is acceptable to react in the same way. The result can be a negative attitude towards authority.

In PSO, coaches and referees work together as a unified team. Coaches have the opportunity and the responsibility to stop the Circle of Criticism by starting the Circle of Affirmation instead.

## U Circle of Affirmation

$>$ The Circle of Affirmation begins when the coach gives a positive response to a right or wrong call made by the referee.
$>$ The coach's example influences the parent to react positively towards the referee.
$>$ The parent's example encourages the child to give a positive response. The result is a positive attitude towards authority.

A referee who is encouraged through this concept is more confident in making the call. The Circle of Affirmation also goes beyond the referee. A coach's affirmation of players inspires encouragement and positive comments from parents, family members, and other players. Practicing the Circle of Affirmation makes the game a better experience for everyone involved.

## Basketball Coaches Code of Ethics

I hereby pledge to live up to my certification as a PSO Coach by following the PSO Basketball Coaches' Code of Ethics:

1. I will support PSO efforts to advance faith through prayer and value lessons by making sure that the weekly value lessons are taught to my team every week during practice along with a brief team discussion on what each topic means and how we can apply it to our lives. Furthermore, if we are the home team, I will see that the game is opened in prayer following a short recap of the value lesson theme that week.
2. I will place the emotional and physical well-being of my players ahead of a personal desire to win.
3. I will treat each player as an individual and with respect, remembering the large range of emotional and physical development of children. This includes inviting EVERY child back to my team the following season.
4. I will do my best to provide a safe playing environment for my players.
5. I will review and practice basic first aid principles needed to treat injuries of my players.
6. I will organize practices that are fun and challenging for all my players.
7. I will lead by example in demonstrating fair play and sportsmanship.
8. I will provide a sports environment for my team that is free of drug, tobacco, alcohol, and abusive, derogatory or vulgar language and will refrain from their use at all PSO sporting events and functions.
9. I will be knowledgeable in the rules of the sport and I will teach these rules to my players.
10. I will know the PSO rules for my sport and do my best to follow the spirit of those rules.
11. I will remember that I am a youth sports coach and that the game is for children...not adults.
12. I agree to have a team meeting of parents prior to the season to explain my expectations, coaching philosophy, etc. I recognize that more than one parent meeting may be required.
13. I understand that children make physical mistakes.
14. I will teach my players how to win and lose like champions and with class.
15. I will be courteous to all league officials by maintaining a respectful attitude toward their position. I will abstain from displays of anger such as yelling at, arguing with or disagreeing with calls by the official. This behavior is unacceptable and may result in my removal as a coach.
16. I will be courteous to all other coaches by maintaining a respectful attitude toward them and their team. I will abstain from displays of anger such as yelling at, arguing with or disagreeing with opposing coaches. I will not recruit players from other teams or entertain discussions with their parents about changing teams without first discussing the matter with the other coach and PSO league administrators. This behavior is unacceptable and may result in my removal as a coach.
17. I will advance the efforts of PSO in helping boys and girls understand what it means to grow into a Godly person with respect for authority.

By agreeing to coach, I am agreeing to follow the PSO Basketball Coaches' Code of Ethics outlined on this page and online at www. psosports.com.

## PSO Code of Support for the Parents and Children in Basketball

1. I can expect that my child's coach will be adequately trained to advance my child's skills in Basketball.
2. I can expect that my child will receive emotional support while participating in PSO.
3. I can expect that my child will play at least $50 \%$ of the game in the NCAA League and $50 \%$ of the first three quarters in the NBA League.
4. I can expect value lessons to be taught weekly as well as basketball skills.
5. I can expect adequate equipment for my child at PSO.
6. I can expect that the games will begin with a prayer.

## PSO Parents Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child or children while they are participating in PSO by following the PSO Parents' Code of Ethics.

1. I will encourage and practice good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or PSO event.
2. I will place the emotional and physical well-being of my child above my personal desire to win.
3. I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
4. I expect a sports environment for my child that is free of drug, tobacco, alcohol, and abusive, derogatory or vulgar language and will refrain from their use at all PSO sporting events and functions.
5. I will remember that the game is for the children's fun and enjoyment.
6. I will ask my child to treat other players, coaches, fans, and officials with respect.
7. I will help my child enjoy their PSO experience by doing whatever I can to help PSO.
8. I will support my child's coach. If I have a concern or question that involves a coach, I will approach the coach directly and not discuss the matter with other parents or players.
9. I recognize that basketball is a competitive sport and my child may face defeat or failure. I will be supportive regardless of the outcome of the game.
10. I recognize that PSO coaches teach value lessons and that games begin with prayer and will respect the rights of everyone to choose participation in these practices.
11. I understand that failure to abide by these standards will result in my dismissal from the league and it's activities.

Parent Signature

Parent Signature
Date
Print Child's Name

Print Child's Team

## PSO BASKETBALL LEAGUE

2021-2022 Rules and Regulations
Rules are subject to change at the discretion of the league. Once the first game has been played, wording in this document will only be changed to better clarify the intent of the rules.

Please keep in mind that all of our decisions are based on this simple question:
"Does this help us share the word of God to those who do not know Him and encourage those who do?"

## Section 1

## Team, Player and Coach Guidelines

Except where the rules unique to PSO apply, play is governed by the NFHS (National Federation of State High School Association) Rule Book for the current year (www.nfhs.org). The PSO Basketball Director reserves the right to make any changes and further modifications as desired.

## Rule 1. Coaches and Parents Conduct

Under no circumstances will we allow for verbal abuse from coaches or parents directed at the referees, other coaches, score table volunteers or players. There will be bad calls and mistakes made! However, at the total discretion of the referee and/or league staff they will be allowed to ask the coach or parent to leave the gym. The second instance with a specific coach or parent will result in a season long suspension. Code of Ethics for coaches and parents are posted on the PSO website. The coaches should assist the league in controlling the behavior of the fans.

## Rule 2. Divisions

Boys NCAA: *Pre K
*Kindergarten
$1^{\text {st }}$ Grade
$2^{\text {nd }}$ Grade
*Girls NCAA: Pre K - Kindergarten
$1^{\text {st }}$ Grade
$2^{\text {nd }}$ Grade
$3^{\text {rd }}$ Grade
$4^{\text {th }}$ Grade

Boys NBA: $3^{\text {rd }}$ Grade
$4^{\text {th }}$ Grade
$5^{\text {th }}$ Grade
$6^{\text {th }}$ Grade
Girls NBA:
$3^{\text {rd }}$ Grade $-4^{\text {th }}$ Grade
$5^{\text {th }}$ Grade $-6^{\text {th }}$ Grade
*Grades may be combined (ie. $1^{\text {st }}-2^{\text {nd }}$ Grade, $3^{\text {rd }}-4^{\text {th }}$ Grade, $5^{\text {th }}-6^{\text {th }}$ Grade)

## Rule 3. Eligibility

Art. 1 Players must play in the grade division that corresponds to the grade in which they are enrolled for the current school year. Grade divisions can be combined by the league if needed.
Art. 2 There is a maximum age limit in each division as outlined in Section 1, Rule 4. September $1^{\text {st }}$ is the determining date for the age of the player for all divisions.
Art. 3 If a player's eligibility to compete in a division is questioned, the parents of that player have the burden in any proceeding to establish that he or she is eligible. Coaches should collect proof of grade (i.e. report card) for all players and keep in a notebook to bring to all games.

Art. 4 Players can play in an older division (if approved) but cannot play down in a younger division except for special cases as outlined below:
a. The player has a physical disability that makes it impossible for him/her to compete in his/her grade division (i.e. cerebral palsy, multiple sclerosis, etc).
b. Due to a mental disability the player has not developed adequate basketball skills to compete with his/her grade division.
c. In both $a \& b$, a note from a doctor would be required. The parents and/or coach must write a letter stating their concerns and submit that, along with the doctor's note, to the PSO Director of Basketball. The approval for the player to play in a lower division must be obtained unanimously from the PSO Basketball Commissioner, the Division Director of the applicable divisions and the Prestonwood staff liaison.

## Rule 4. Age Determining Dates

Players must play in their grade division or higher. The age determining dates are only used to determine if a player is too old to play with his or her grade. If a player is too old, he or she would have to play up a grade level. The age determining dates are not used to allow a player to play down a grade division (see Section 1 Rule 3 Article 4). The age determining dates are in line with UIL and TAPPS rules which govern most school athletics in the state of Texas. The following chart offers a quick reference for determining player eligibility. Players who do not meet the division criteria for eligibility are not eligible to participate in that division. There is no appeal available to the parents or opportunity for board review. When two grades are combined to form one division, the higher (older) grade is used for age determination and the lower (younger) grade is used for rules. Coaches should collect birth certificates from all players to verify ages and keep these in a notebook to bring to all games.

| Grade Division | HS Graduation <br> Year | Player is not <br> Eligible if <br> the Player <br> Date of <br> Birth Is <br> Prior to: |
| :---: | :---: | :---: |
| $6^{\text {th }}$ Grade | 2028 | $9 / 2 / 2008$ |
| $5^{\text {th }}$ Grade | 2029 | $9 / 2 / 2009$ |
| $4^{\text {th }}$ Grade | 2030 | $9 / 2 / 2010$ |
| $3^{\text {rd }}$ Grade | 2031 | $9 / 2 / 2011$ |
| $2^{\text {nd }}$ Grade | 2032 | $9 / 2 / 2012$ |
| $1^{\text {st }}$ Grade | 2033 | $9 / 2 / 2013$ |
| Kindergarten | 2034 | $9 / 2 / 2014$ |
| Pre K | 2035 | $9 / 2 / 2015$ |

## Rule 5. Team Participation

Art. 1 New teams can join PSO at any league level if they meet the following requirements:
a. New teams must provide their own coach.
b. New teams may bring a group of up to 10 players maximum.
c. The league may add players from the waiting list not to exceed 10 players total.
d. Teams may NOT recruit players from other existing PSO teams.
e. Exceptions to this rule can be requested by contacting the PSO Director of Basketball.

Art. 2 The maximum number of players on each team is 10. If a team has less than 10 players, the league has the right to add players to that team to accommodate individuals without a team. Teams not wanting additional players must pay the league a fee equal to the regular registration fees of the additional player openings prior to the registration deadline. When adding players to teams, every effort will be made to keep the number of players on each team balanced (i.e. A player will not be added to a team with 9 players if there is another team in the same division with less than 9 players unless that team has paid the additional fee).

Art. 3 Teams returning to the league may return with their entire roster from the previous PSO season. Returning teams must adhere to the following guidelines:
a. Teams may NOT recruit players from other PSO teams.
b. A player that wants to leave an existing team will be placed on another team by the PSO Basketball Director. That player may not choose the new team.
c. If an existing team disbands and a new team with a new coach is formed with 5 or more players from the disbanded team, the new team will be treated as an existing team and all rules in this section will apply. The remaining players from the disbanded team have a right to play on the new team if they choose.
d. If an existing team disbands and a new team with the same coach is formed with 3 or more players from the disbanded team, the new team will be treated as an existing team and all rules in this section will apply. The remaining players from the disbanded team have a right to play on the new team if they choose.
e. Returning coaches are obligated to contact EVERY member of their PSO team from the previous season to offer them a position on their team for this season.

## Rule 6. Player Participation

Art. 1 A player may participate on only one team and in only one age division of the PSO basketball league at a time unless approved by the PSO Director of Basketball.
Art. 2 A player may participate in a higher grade division, but may not play in a lower grade division.
Art. 3 In order to participate in a higher grade division, the player must first be approved by PSO.
Art. 4 It is strongly suggested, but not required, that players not participate in another sport league while participating at PSO.
Art. 5 Players who do not have a team and sign up as an individual will go onto a waiting list. If a team cannot be found then a full refund will be issued. In some cases we will form new teams from the waiting list. However, this is only a possibility if a coach is found or a parent of one of those players decides to coach. If no coach can be found then the team cannot be formed. It is usually better for players to find a team with a coach prior to registering.
Art. 6 A player who played on a PSO team last season has the right to return to their PSO team from last season. The player can choose to be removed from that team but may NOT choose the new team. The league will place this player on the waiting list and place him/her on a team according to the rules in Section 1, Rule 5.

## Rule 7. Coach/Player/Team Disqualification

Art. 1 Coaches are responsible to see that their team meets all eligibility requirements. Coaches should have on file proof of grade for each player and a copy of each player's birth certificate.
Art. 2 If a player is found to be ineligible prior to the start of the season, the player will be susppened from the league and the team will continue.
Art. 3 If a player is found to be ineligible, the player will be suspened from the league and the team will forfeit all games in which the ineligible player was listed on the official score sheet. The team may continue to participate, if applicable, without the suspened player. Art. 4 A coach may be removed from his/her coaching duties if he/she does not live up to the PSO Coaches Code of Ethics. The Coaches Code of Ethics is posted on the PSO website. Art. 5 A coach may be removed from his/her coaching duties if he/she does not make sure that the value lessons are taught each week to his/her team.

Art. 6 A coach may be removed from his/her coaching duties if he/she cannot control his/her actions and/or words directed toward players, officials, scorekeepers, and fans.
Art. 7 A coach may be removed from his/her coaching duties if he/she does not adhere to the letter and spirit of the PSO Basketball League rules.

## Rule 8. Player Uniforms

Art. 1 PSO will not provide team uniforms. Teams will be required to purchase uniforms from the approved vendor (Cardinal Sports - Plano). Uniforms will consist of a reversible jersey, $t$-shirt and shorts.
a. The home team wears white or lighter color.
b. The visiting team wears the darker color.

Art. 2 Undershirts
a. We encourage all undershirts worn by a team to be the same color.
b. Undershirts cannot be cut or torn.

## Rule 9. Coach's Attire

It is recommended bench coaches wear a polo shirt that matches the team uniform colors or the team t -shirt.

## Rule 10. Value Lessons

The weekly devotions are not optional. If a team is found not to be conducting the value lessons as outlined and provided by PSO and provided to the team before the beginning of the season, the coach may be suspended from coaching. Furthermore, teams in the $3{ }^{\text {rd }}$ Grade Division and up may be forced to forfeit games and/or the playoffs. If you as the coach are not comfortable leading the devotional, then find a parent who is willing to lead this time.

## Rule 11. Process of League Communication

Art. 1 Parents are expected to first go to their coaches with any questions or issues.
Art. 2 Coaches are expected to first go to their division directors or league director.
Art. 3 Any call that is received by PSO will be asked if this procedure was followed and, if not, they will be directed to call the appropriate person.
Art. 4 As a coach we expect you to share this information with your parents and encourage them that this is the best way to get a timely answer to their questions.

## Section 2 NCAA (Kindergarten - 2 ${ }^{\text {nd }}$ Grade)

In the PSO Basketball League, the NCAA divisions are introductory divisions. Every effort is placed on making it a fun atmosphere to promote a love for the game while also teaching the skills and knowledge needed to advance to a more competitive level.

## Rule 1. Game Schedule and Format

Art. 1 Game schedules are posted on the PSO website. Every effort will be made to start each game on time.
Art. 2 There will no longer be team introductions for the NCAA division.
Art. 3 All players and coaches should meet at center court to begin the game. At this meeting one of the coaches will lead both teams in a prayer.
Art. 4 The beginning of the game will be started with the visiting team inbounding the ball in the back court. There are no jump balls in these divisions.
Art. 5 The offensive goal for each team will be the goal opposite their team bench for the first half and the same side as their bench for the second half.
Art. 6 Games consist of four 10-minute quarters and a 5-minute halftime.
Art. 7 The clock stops every five minutes for predetermined substitutions. This time should not be treated as a timeout and will be limited to 30 to 45 seconds.
Art. 8 No timeouts are used in these divisions.
Art. 9 The team with the ball at the 5-minute mark of the quarter will retain possession of the ball after the substitution. However, the alternating possession rule will apply after each quarter.
Art. 10 No score is kept in these divisions and there will be no end of season tournament. Art. 11 Coaches must stay in their bench area while coaching, no walking the sidelines. Pre-K and Kindergarten coaches are allowed on the court with the players and will referee the games.
Art. 13 All coaches will adhere to the substitution system as detailed in Section 2, Rule 5. Art. 14 Teams should clear the court immediately following the final buzzer so that the next teams can get warmed up.
Art. 15 Coaches are expected to help clear their teams out of the gym immediately following their game. If you want to meet with your team, please do so outside or in the SFC lobby.

## Rule 2. Officials

Art. 1 The coaches in PreK-K divisions are our referees. $1^{\text {st }}$ and $2^{\text {nd }}$ grade divisions will have one referee per court to referee their games. No coaches on the floor in $1^{\text {st }} / 2^{\text {nd }}$ grade divisions.
Art. 2 In the PreK-Kindergarten Boys and Girls Divisions a designated coach from each of the teams playing will be on the floor to help guide the players and referee.
Art 3. Coaches in the PreK - Kindergarten Divisions will coach and referee the games. One coach from each team may be on the court to coach and referee.
Art. 4 Players should be taught by words and example from their coach that the game official is the authority on the floor and should be respected.
Art. 5 Referees will call and explain all violations to the players.
Art. 6 When possible, referees will advise players of potential violations before the violation occurs.

## Rule 3. Coaches

All bench coaches are encouraged to wear a polo style shirt that matches the team uniform colors or the team T-Shirt. Head and assistant coaches must submit the required application and submit a background check in order to coach in practice and/or games. Coaches must adhere to the PSO Coaches Code of Ethics found on the PSO website.

## Rule 4. Bench Rules

Art. 1 Only eligible players plus a maximum of three (3) coaches may be on the team's bench.
Art. 2 Coaches for $1^{\text {st }}$ and 2 nd grade need to stay in their bench area while coaching. Pre-K and Kindergarten coaches are allowed on the court with the players and will also act as referees for those games.

## Rule 5. Playing Time

Art. 1 The PSO substitution system is designed to give coaches the parameters for substituting players in and out of the game. The substitution system's intent is to provide every player equal opportunity for improvement.
a. Every child will have the opportunity to be in the starting lineup.
b. No child will sit out back-to-back segments.
c. Every child will play at least half of the game.
d. In most cases, each child will play against someone of similar ability.
e. Playing time for all players is virtually even over the course of the season.

Art. 2 Coaches must adhere to the PSO substitution system. No other system is acceptable. Coaches will be provided with a substitution chart similar to the one below. The substitution system will be explained during the coaches' meeting.

|  | Week 1 | 1st Quarter |  | 2nd Quarter |  | 3rd Quarter |  | 4th Quarter |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Player's Name | $\begin{gathered} 10 \\ \text { min } \\ \hline \end{gathered}$ | 5 min | $\begin{gathered} 10 \\ \text { min } \\ \hline \end{gathered}$ | 5 min | $\begin{array}{r} 10 \\ \text { min } \\ \hline \end{array}$ | 5 min | $\begin{array}{r} 10 \\ \text { min } \\ \hline \end{array}$ | 5 min |
| 1 | Ricky | 1 | 5 |  | 4 |  | 3 |  | 2 |
| 2 | Johnny | 2 |  | 1 | 5 |  | 4 |  | 3 |
| 3 | Bobby | 3 |  | 2 |  | 1 | 5 |  | 4 |
| 4 | Bradley | 4 |  | 3 |  | 2 |  | 1 | 5 |
| 5 | Billy | 5 |  | 4 |  | 3 |  | 2 |  |
| 6 | Mikey |  | 1 | 5 |  | 4 |  | 3 |  |
| 7 | Markey |  | 2 |  | 1 | 5 |  | 4 |  |
| 8 | Andy |  | 3 |  | 2 |  | 1 | 5 |  |
| 9 | Tommy |  | 4 |  | 3 |  | 2 |  | 1 |
| 10 |  |  |  |  |  |  |  |  |  |

## Rule 6. Quarter Length

Art. 1 All divisions will have four quarters each being ten (10) minute quarters.
Art. 2 The clock will be a running clock except during substitutions.
Art. 3 Substitution periods will be 30 to 45 seconds after which the game clock will start running even if the teams are not ready to play. One clock is used for all games and courts.

## Rule 7. Time-outs

There are no time-outs in these divisions.

## Rule 8. Overtime

There is no overtime in these divisions. No score is kept in these divisions.

## Rule 9. Basketballs

Art. 1 Game balls will be provided by the league. Teams must provide their own balls for practice. We encourage each player to purchase their own ball for practice.
Art. 2 Players should not bring their own ball on game day. We encourage coaches to bring a couple of balls for warm ups.
Art. 3 The Pre-K - $2^{\text {nd }}$ Grade Divisions use the 27.5" ball.
Art. 5 Lost and found balls will be kept at the SFC Front Desk for a maximum of two weeks. After that time the balls will be donated to other organizations.

## Rule 10. Goal Height

Art. 1 The Pre-K Boys and the PreK-Kindergarten Girls Divisions will play at the lowest setting on our goals. The height is about 6' $6^{\prime \prime}$.
Art. 2 The Kindergarten Boys Division will move the goal up to the first notch which measures at about 7'4".
Art. 3 The $1^{\text {st }}$ Grade Boys and $1^{\text {st }}-2^{\text {nd }}$ Grade Girls Divisions use the $2^{\text {nd }}$ notch from the bottom which measures about 7'9".
Art. 4 The $2^{\text {nd }}$ Grade Boys Divisions use the $3^{\text {rd }}$ notch from the bottom which measures about 8'3".

## Rule 11. Defense

Art. 1 Only man-to-man defense is allowed.
a. Coaches will assign colored wristbands to the players in the game, each player having a different color. Wristbands are handed out in order (Gold, Black, Red, White, Green) with Gold given to the best player of the 5 and Green given to the player with the most room for improvement. This order can be altered by mutual consent between the head coaches to adjust for height differences.
b. Each player will guard the player on the opposing team who is wearing the same color wristband. The intent is to guard equal ability and/or height.
c. Wristbands must be worn on the arm below the elbow.

Art. 2 Double-teaming is not allowed. However, help defense is strongly encouraged.
Art. 3 Full court presses are not allowed. Defenders must drop back past the mid-court point to begin defending the opposing team's players.
Art. 4 There are no backcourt violations. Once the offense has brought the ball to the midpoint of the court, the defenders may maintain their guarding position even if the player with the ball dribbles back beyond the mid-point.

Art. 5 There are stealing restrictions in all divisions.
a. PreK and Kindergarten: Defensive players cannot steal the ball from any player in possession of the ball. This includes a player dribbling the ball. A loose ball or a ball that has been successfully passed or shot can be caught or recovered by any player on either team. A ball becomes loose from the dribbler when it bounces twice without being touched by the dribbler. The dribbler can regain possession by continuing the dribble prior to a defender recovering the ball. A pass or shot may be blocked as long as there is no contact with the offensive player that is initiated by the defensive player. Stealing the ball from a player in possession of that ball is considered a foul. Making contact with the offensive player while attempting to steal the ball from that player is considered a foul.
b. $\underline{1}^{\text {st }}$ Grade: Defensive players can only steal the ball from an opponent with the same color wristband that is dribbling the ball. However, any contact caused by the defense during a steal attempt is considered a foul. Stealing the ball from a dribbler with a different color wristband is considered a foul. Stealing the ball from any player who is holding the ball is considered a foul. Making contact with a player holding the ball while attempting to steal the ball from that player is considered a foul. A pass or shot may be blocked as long as there is no contact with the offensive player that is initiated by the defensive player.
c. $\underline{2}^{\text {nd }}$ Grade: Defensive players are only allowed to steal the ball from an opponent with the same color wristband. However, any contact created by the defensive player during an attempt to steal the ball is considered a foul. Stealing the ball from an opponent with a different color wristband is considered a foul. A pass or shot by any player may be blocked by any player as long as there is no contact to the passer or shooter that is initiated by the defensive player.

## Rule 12. Fouls

Art. 1 There will be no foul shots in these divisions. All fouls result in the ball being taken out on the side by the offended team.
Art. 2 A player committing two fouls in one 5-minute segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute. This does not change the normal rotation, because the fouled-out player does not come back into the game until scheduled to do so. The player who comes in as a substitute gains extra playing time.

## Rule 13. Team Standings

There are no team standings kept in these divisions and no end-of-season tournament.

## Section 3 NBA ( $3^{\text {rd }}-6^{\text {th }}$ Grade)

In the PSO Basketball League, the NBA divisions are designed to teach players the game of basketball in a progressive manner. Some of the normal basketball rules are adjusted based on the age of the players to allow for proper skill development. Every effort is placed on making it a fun yet competitive atmosphere.

## Rule 1. Game Schedule and Format

Art. 1 Game schedules are posted on the PSO website. Games will not be started late unless delayed by a previous game. See Section 3, Rule 2, Article $1 \& 2$ for forfeit rules applied to game start times.
Art. 2 All players and coaches should meet at center court to begin the game. At this meeting the officials will cover basic rules emphasis and the home team coach will lead everyone in a prayer.
Art. 3 The beginning of the game and any overtime periods will be started with a jump ball at mid-court.
Art. 4 Pre-game warm-up will be five (5) minutes (can be shortened if games are behind schedule).
Art. 5 Half-time will be five (5) minutes (can be shortened if games are behind schedule).
Art. 6 Teams should clear the court immediately following the final buzzer so that the next teams can begin their warm-up. Please clear your bench of water bottles and trash before you leave.

## Rule 2. Forfeits

Art. 1 The game time will also be the forfeit time. (*See exception in Rule 2 Art 2)
Art. 2 The team must have at least 4 players and a coach present at the scheduled start time of their game. If a team has less than 4 players at game time, the game will be considered a forfeit. (*PSO Director may delay the start if notified, prior to the start time, of a good reason by the late team.)
Art. 3 Any team winning by more than 20 points should do everything possible to slow the pace of play. Coaches can determine if it's best to turn off the scoreboard and just keep time. Use scoresheet when keeping score on the scoreboard is stopped. See Section 3, Rule 15 for more details.
Art. 4 As outlined in Section 1, Rule 10, teams not doing their value lessons may have to forfeit games and/or playoffs.
Art. 5 All forfeits will be recorded as a 15-0 loss for the forfeiting team. If both teams forfeit, the game will be recorded as a $0-0$ tie.
Art. 6 Teams that forfeit a game will take the lower seed when tied in the standings.
Art. 7 Teams that forfeit more than 1 game will not qualify for the playoffs.

## Rule 3. Game Protests

Art. 1 There are two infractions that the PSO Director recognizes as grounds for protest.
a. The ineligibility of a player. The player must actually play in the game to qualify as an ineligible player. Warming up with the team does not constitute playing in the game.
b. The disregarding of the playing time guidelines of the game.

Art. 2 To protest playing time rules, the coach must follow the guidelines in Rule 7 Art. 6. If the outcome is not satisfactory and in all other protests, the protesting coach must state his protest in writing before leaving the gym, have the referee initial the protest, and turn in the protest to the acting Game Administrator. He should then contact the League Director as soon as possible.

Art. 3 Protests based on staffing of the scorer's table will not be accepted after the game is complete.
Art. 4 Protests pertaining to an official's judgment call will not be considered.

## Rule 4. Officials

Art. 1 All officials are certified and registered and will be supplied by the league.
Art. 2 Players should be taught by words and example from their coach that the game official is the authority on the floor and should be respected. See Section 1, Rule 7.

## Rule 5. Coaches

All bench coaches are encouraged to wear a polo style shirt that matches the team uniform colors or the team T-Shirt. Only the head coach is allowed to stand up on the sideline while play is in progress. If officials have an issue with this rule they will impose the seatbelt rule on the head coach and no coach from that team will be allowed to stand except during time outs.

## Rule 6. Bench Rules

Art. 1 Only eligible players plus a maximum of three (3) coaches may be on the team's bench.
Art. 2 The coaching box will be the out-of-bounds area directly in front of that team's bench. Chairs cannot be moved to make the coaching box bigger. The coach must remain in the coach box during the game.

## Rule 7. Playing Time

Art. 1 Mandatory: Each player must play at least half of each of the first three quarters from start to finish. This guarantees that each player plays a quarter and a half of time through the first three quarters. There will be no other substitutions during these quarters except for injured players. The injured player that does not play their entire segment due to the injury, but can return, must play a different quarter from start to finish to fulfill the requirement of this rule.
Art. 2 Mandatory: In each of the first three quarters, the referee will stop play at the first dead ball after the clock reaches the 5:30 mark in order for teams to sub. If no substitution has been made by the 4:30 mark then the referee will stop play at the next change of possession to allow players to sub. This substitution will mark the half-way point of the quarter even if it is not the exact half-way mark. All players on the bench during the $1^{\text {st }}$ half of the quarter must enter the game at the substitution and play the $2^{\text {nd }}$ half of the quarter. This playing time must be documented on the scoresheet.
Art. 3 Mandatory: Every player is guaranteed a quarter and a half of playing time. The exact length of the half is determined by the substitution mark in the first three quarters and may not be a full five minutes.
Art. 4 Coaches may substitute freely in the fourth quarter only.

Art. 5 The person keeping score on the scoresheets must mark the players that are in the game in the space provided for each quarter. The referee will refer to the scoresheet in the event of a protest. If a player leaves the game in the first 3 quarters due to injury, the scorekeeper should note the quarter and time on the scoresheet that the player left the game. Art. 6 Coaches who want to protest the playing time rule of their opponent must call a time out within the first two minutes of the playing segment where a violation has occurred and notify the official. If the official does not rule that a playing time violation occurred, that timeout will be charged to the coach that called the timeout as one of the three team timeouts for that game. If the official agrees that a playing time violation has occurred, a technical foul will be assessed to the violating team. The other team will be awarded 2 free throws and the ball. A second technical in the same game on the same coach will be an automatic ejection from the game. That coach will no longer be allowed to coach in this league pending a meeting and approval by the PSO Director of Basketball. Continued playing time rule violations by the same coach could cause that coach to be removed from the league.

## Rule 8. Quarter Length

Art. 1 All divisions will have four quarters each being ten (10) minute quarters.
Art. 2 The clock will be a running clock except in the last one (1) minute of each half.
Art. 3 During the last one minute of each half the clock will stop per NFHS rules unless one team is ahead by 20 points or more, in which case the clock will continue to run.
Art. 4 If at any time during the last one minute of the half the team that is behind lowers the point spread to less than 20 points the clock will resume the previous stop system per NFHS rules.
Art. 5 The clock will stop for time-outs even if a team is ahead by 20 points or more.

## Rule 9. Time-outs

Art. 1 Each team is allowed three (3) 45 second time-outs per game.
Art. 2 Time-outs may be used in either or both halves.
Art. 3 Time-outs may be carried over to the overtime period, but no additional time-outs will be given in the extra period.

## Rule 10. Overtime

Art. 1 If there is a tie at the end of regulation, a 2-minute overtime period will be played. The clock will stop during the overtime period. No running clock in overtime.
Art. 2 If overtime play results in a tie, a sudden death overtime period will be played and the first team to score wins. In league playoff games, there will be a $2^{\text {nd }}$ overtime period as described in Art. 1. If needed, we will play additional 2-minute overtime period till one team wins. No sudden death in Playoff games.

## Rule 11. Basketball Size

All divisions of boys and girls (except for $6^{\text {th }}$ Grade Boys) will use the intermediate size ball (28.5"). The $6^{\text {th }}$ Grade Boys will use the men's regulation size ball.

## Rule 12. Goal Height

Art. $13^{\text {rd }}-4^{\text {th }}$ Grade Girls and $3^{\text {rd }}$ Grade Boys use 9' goals. $^{\text {g }}$
Art. 2 All other divisions use 10' goals.

## Rule 13. Defense

Art. 1 All man to man and zone defenses are allowed.
Art. 2 There will be no triple teaming allowed in the $3^{\text {rd }}$ Grade \& $4^{\text {th }}$ Grade Boys Divisions and $3^{\text {rd }}-4^{\text {th }}$ Grade Girls Division.
Art. 3 Full Court Press
a. $3{ }^{\text {rd }}$ Grade and $4^{\text {th }}$ Grade Boys and Girls - only allowed in the $4^{\text {th }}$ quarter
b. $5^{\text {th }}$ Grade Boys Division \& $5^{\text {th }}-6^{\text {th }}$ Grade Girls - allowed in $2^{\text {nd }}$ half only
c. $6^{\text {th }}$ Grade Boys Division - allowed all 4 quarters
d. Full court pressing is permitted until one team leads by 20 or more points.
e. The leading team (up by 20 points) must then drop back to the half court line. The team that is behind by 20 or more points may continue to full court press.
f. After one warning, violations will result in a one-shot technical foul and loss of the ball.

## Rule 14. 20-Point Rule

Art. 1 When there is a point spread of more than 20 points, a shot scored in the wrong basket will not count for either team. It will be considered a turnover and be given to the opposing team.
Art. 2 When there is a point spread of more than 20 points, the leading team cannot full court press and must then drop back to the half court line. The team that is behind by 20 or more points may continue to full court press.

## Rule 15. 30 - Point Rule

Art. 1 If one team gets up by 30 points the scoreboard will be reset to $0-0$, no more score will be kept during the game. The score when the clock was reset will be the final score.
Art. 2 It is important that a coach realizes early in the game the direction it is going and make adjustments in the $1^{\text {st }}$ half vs. waiting until the $4^{\text {th }}$ quarter.
Art. 3 Options to consider are:
a. Having your team make 5 passes before they shoot.
b. Allowing your less skilled ball handler to bring the ball up the court.
c. Allowing children who typically play less to play more.
d. Play zone defense vs. man defense.
e. Allow the other team "easier" shot selections and work on rebounding. Allow only one shot.
f. Shoot no fast break lay-ups so that you can work on your offense.
*do not resort to techniques that will humiliate the other team likes doing jumping jacks or handing the ball to the other team*

## Rule 16. Foul Shots

Art. $13^{\text {rd }}$ Grade and $4^{\text {th }}$ Grade boys and girls shoot from first hash mark inside the normal free throw line..
Art. $25^{\text {th }}$ Grade and $6^{\text {th }}$ Grade boys and girls shoot from the normal free throw line.
Art. 3 A player's natural shooting motion can carry him or her over the foul line except for $6^{\text {th }}$ Grade Boys Division.
Art. 4 Teams will be in a one and one $(1 \& 1)$ situation on the $7^{\text {th }}$ foul of the half.
Art. 5 Two (2) shots are taken on the $10^{\text {th }}$ and all other fouls of the half.
Art. 6 No player can enter the lane until the ball is released by the free throw shooter. If the ball does not hit or go through the rim, it will be a change of possession with the ball taken out under the basket.
Art. 7 A player must sit out the remainder of the game after he/she receives five (5) fouls.

## Rule 17. Team Standings / Playoffs

Art. 1 Team standings are based on win-loss record and determine seeding in the tournament. In the event of a tie, the online standings may not be correct.
Art. 3 Teams that forfeit more than 1 game are disqualified from the playoffs.
Art. 4 After the above articles are applied, at least the top 4 teams in each division will advance to the end-of-season tournament. If space and time allow, more teams may be added to the bracket and every effort will be made to take all teams into the playoffs.
Art. 5 For teams eligible for the playoffs, the tie breaker for team standings will be determined in the following order until the tie is broken.
a. Any team that has forfeited a game will take the lower seed.
b. Result of head-to-head competition.
i. If the teams played each other more than once, only the last game between the two teams will count in the head-to-head tie breaker.
ii. A tie between 3 or more teams is broken by record in head-to-head competition between all the teams involved in the tie. Only the last game between teams that played each other more than once will be counted in this tie breaker. If a team is eliminated from the tie (either taking the highest or lowest seed), and other teams are still tied, those remaining tied teams will break their ties by going to the start of the tie breaker rules.
c. Teams that are tied but did not play each other will break their tie by using their record vs. common opponents.
d. Lowest points against. In divisions with more than 9 teams, the points against will only include games against the teams involved in the tie and opponents that were played by all teams in the tie (common opponents). If an opponent did not play all teams involved in the tie then no games with that opponent will be included in the points against. In divisions with less than 9 teams, the points against will only include games against the teams involved in the tie (the last time the two teams played if the two teams involved played more than once) and the opponents of the tied teams (the last time the two teams played if the teams involved played more than once).
e. Record vs. highest seeded team not involved in the tie (continues down seeds until the tie is broken).
f. If the tie is not broken by the tie breakers above, the random online standings will be used.

NCAA Division
Player Substitution Form

| Game <br>  <br> Player's Name |  | 1st Quarter |  | 2nd Quarter |  | 3rd Quarter |  | 4th Quarter |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |

# NBA Division Player Substitution Form 

|  |  | Game | 1st Quarter |  | 2nd Quarter |  | 3rd Quarter |  | 4th Quarter |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | No | Player's Name | 10 min | 5 min | 10 min | 5 min | 10 min | 5 min | Free Sul | ostitution |
| 1 |  |  |  |  |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |  |  |  |  |

Rule 7. Playing Time
Art. 1 Mandatory: Each player must play at least half of each of the first three quarters from start to finish. There will be no other substitutions during the first three quarters except for injured players.
Art. 2 Mandatory: In each of the first three quarters, the referee will stop play at the first dead ball after the clock reaches the 5:30 mark in order for teams to sub. If no substitution has been made by the 4:30 mark then the referee will stop play at the next change of possession to allow players to sub. This substitution will mark the half-way point of the quarter even if it is not the exact half-way mark. All players on the bench during the $1^{\text {st }}$ half of the quarter must enter the game at the substitution and play the $2^{\text {nd }}$ half of the quarter.
Art. 3 Mandatory: Every player is guaranteed a quarter and a half of playing time. The exact length of the half is determined by the substitution mark of first three quarters and may not be a full five minutes.
Art. 4 Coaches may substitute freely in the fourth quarter only.

PSo Loegue scorebook
Final Score
this team:


[^0]2. $1^{\text {st }}, 2^{\text {nd }}$, and $3^{\text {rd }}$ quarter substitutions are at the first dead ball closest to the 5 minute mark only, as determined by the referee.
3. All players on the bench must enter the game at the 5 minute substitution in the $1^{\text {st }}, 2^{\text {nd }}$, and $3^{\text {rd }}$ quarters.
4. There is free substitution in the $4^{\text {th }}$ quarter during any dead ball situation. Subs may enter when the referee calls them in.

## Emailing Parents

As a coach, it is important to be an effective communicator not only with each player, but with parents as well. One of the most efficient means of communication with parents is the use of e-mail. Sending a positive email after each practice and game expresses to the parent that you genuinely care about their child and you want to keep them informed throughout the season. Below is a list of topics to cover as you create e-mails after practices and games.

## After each practice:

- Inform what skill was worked on in practice
- Remind about game time, court location and jersey/shorts color to be worn
- Review the week's Scripture learning verse


## After each game:

- Reinforce positive aspects from the game
- Point out specific skills to improve upon from the game that will be emphasized at the upcoming practice
- Encourage parents to work on this skill at home

Note: Keep in mind that you can incorporate all of the above topics into one standard e-mail that is sent to all parents after each practice and game. It is not necessary to send individual e-mails to parents separately. Emails to the team can be sent through your Sports Engine team page.

Resources for Coaches: www.breakthroughbasketball.com
Coaching Youth Basketball: www.breakthroughbasketball.com/coaching/youthbasketball.html

The Coaches Tool Box: www.coachestoolbox.net
HomeCourt App on your phone: great resource for kids to work on skills at home. Free Version and Paid version.

## Sample E-mails to Parents

## After Practices:

## Parents,

I wanted to take this time to let you know what a GREAT practice we had yesterday! I can really see some improvement in your child's basketball skills each week, and I am excited about our game this Saturday! As this week's game approaches, I want to recap what was learned at practice and give you information about the upcoming game:

- At yesterday's practice our skill focus was on dribbling. We worked hard on dribbling with our left hand while also dribbling with head up and eyes forward.
- During our devotion times we've been learning about the virtue of Cooperation, which is defined as working together to do more than you can do alone. Along with this, the verse we've been learning is Ecclesiastes 4:9 - Two people are better than one. They can help each other in everything they do. Look for opportunities this week to incorporate cooperation into your young athlete's daily life so that he sees the value of this important life lesson.
- I also encourage you to take time to work on various basketball drills with your son before the next practice.
- This week's game is 10:00 am on Court \#1. Please make every effort to have your child at the gym by 9:45 am so that I can include them when filling out the substitution form. Also, make sure your child comes to the game in his orange jersey and orange shorts.

I want to thank you again for your child's participation in PSO Basketball this season. I'll see you at the game on Saturday!

## Coach

## After Games:

Parents,
What a great game we had yesterday! I am really proud of each player as I can see the skills we learned in practice being used in each game! I can especially see them work more as a team given the fact that they were making good passes to open teammates. There were also fewer travel violations committed, which shows they are recognizing how to use their pivot foot more when holding the ball.

There was one thing I noticed from our game that we need to work on in practice. We had a number of fouls called against us, some of which led to points being scored by the other team in the form of free throws. We will focus on how to avoid fouls by playing good defense and incorporating good footwork. From now until our next practice, I want to encourage you to talk to your child about what a foul is and how to avoid committing them. This will make our practice time this week smoother and meaningful.
Thanks for all you do in helping your child enjoy their PSO Basketball experience. I look forward to seeing you and your child at practice on Tuesday (6:00 pm).

## Coach


www.psosports.com


[^0]:    * The clock stops on the officials whistle in the last minute of the $2^{\text {nd }}$ and $4^{\text {th }}$ quarters. The clock does not stop after made baskets.
    **Substitution Procedure. Refer to the PSO Basketball League rule book for a more detailed explanation.

    1. Procedures below are a simplified version of the rules. The current year rule book contains the official rules.
