



City of Riverside

Parks, Recreation and Community Services Department

Youth Basketball Handbook

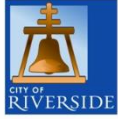


Upper Division Games

Saturday, January 14

Lower Division Games

Saturday, January 21



City of Arts & Innovation



**City of Riverside
Parks, Recreation and Community Services Department
Welcome**

Thank you for volunteering your services as a Youth Basketball Coach for the City of Riverside Parks, Recreation and Community Services Department (PRCSD). The Youth Basketball Program recognizes the value of your time and effort, and the influence you have on the youth participants. Please read the following guidelines thoroughly and contact the Youth Sports Office with any questions at 951-826-5449 or by email at sportsoffice@riversideca.gov. Your signature is your agreement to abide by PRCSD's Coach's Code of Conduct.

Purpose

The purpose of the Coach's Code of Conduct is to provide overall guidance and direction to volunteer coaches. These guidelines do not constitute a binding contractual or personnel agreement. The City of Riverside PRCSD has the exclusive right to revise any of these guidelines at any time and to expect adherence to any/all revisions of the Coach's Code of Conduct and League Procedures.

Coach's Code of Conduct

I understand that my compliance with this Code of Conduct is a requirement for my participation in City of Riverside PRCSD Youth Sports Programs. I understand that the position of volunteer coach is an "at will" position. I acknowledge that either the City of Riverside or I may terminate the volunteer relationship at any time with or without notice and with or without cause or reason. There is no right to assignment as a coach from season to season or year to year. Further, I:

1. Will remember Youth Sports leagues are first and foremost a recreational and learning environment. I will stress proper fundamentals and mechanics of the game.
2. Will place the emotional and physical well-being of my players above any personal desire to win.
3. Will provide a safe playing environment for my players.
4. Will at all times, whether on or off the court/field, to be a role model of good sportsmanship and character.
5. Will provide a sports environment for my team that is free of drugs, tobacco, vape (E-cigarettes) and alcohol, and I will refrain from their use at all Youth Sports activities.
6. Will work with my team's parents in an effort to instill the proper attitudes and values in the participants.
7. Will strive to create a positive experience for everyone involved in the Youth Sports league.
8. Will address fellow coaches, officials, players, parents, and PRCSD staff in a composed, respectful manner.
9. Will prohibit discrimination based on race, sex, religion, national origin, sexual orientation, gender identity and gender expression.
10. Will respect and follow the PRCSD guidelines and rules.
11. Will remember that I am a Youth Sports coach, and that the game is for the children and not for the adults.

I have read the aforementioned and understand that the penalties for not adhering to this Code of Conduct may range from verbal warning to expulsion from Youth Sports leagues. Further, I understand that as the Head Coach, I will be held responsible for the conduct of the Assistant Coaches and parents.

Head Coach Name _____ Signature _____ Date _____

Assistant Coach Name _____ Signature _____ Date _____
 Site/Community Center _____ Division _____

League Rules Updates Regarding COVID19

- Athletes may wear a mask while playing if they so choose. It is recommended to bring extra masks in case your mask gets soiled.
- If you are not feeling well, please stay home.
- Spectators, coaches, and athletes are to follow the entrance and exit signs for each facility.
- Please refrain from utilizing the court during half-time and post-game.
- Prior to game time, teams are to remain outside the facility. City Staff will let teams in when the gym is cleared.
- Players cannot wear necklaces, rings, earrings, nose rings, or any other piercing/objects upon entering a game.
- Players must wear basketball shorts with no pockets. Sweats and skirts will not be permitted.
- Only water is permitted in the gym.

PHILOSOPHY OF PROGRAM

This program will provide youth with a non-competitive, entry level experience of the game. The basic fundamentals and rules will be taught in conjunction with sportsmanship and proper conduct of an athlete. Our main goal is to provide a non-competitive atmosphere where participants can succeed, feel good about themselves, smile, and have FUN. This recreation league stresses safety, FUN and participation. Score and standings will not be kept.

Coach's Responsibilities

All coaches must be fingerprinted and cleared by the City of Riverside (This is required by California Health and Safety Code sections 1522 and 1596.871) and must attend the mandatory pre-season meeting, be a registered and cleared Municipal Volunteer for the City of Riverside, and read and sign the Coach's Code of Conduct. Coaches shall display good sportsmanship, ethical behavior and implement league rules in their practices and games. Respect and sportsmanship are core values of PRCSD Youth Sports Program. All Coaches and members of PRCSD Youth Sports Program are expected to reflect these core values in their words and conduct toward members of marginalized communities, including (but not limited to) the LGBTQ community. Coaches will provide participants the opportunity to participate in a healthy, supervised, safe and controlled environment. Team spirit and a sense of fair play should govern participation.

Coaches are responsible for the conduct of their players, parents and fans before, during and after games. Poor sportsmanship by coaching staff, team members or fans will result in a warning, an ejection and/or forfeiture of the game. The Head Coach is responsible for maintaining and having in their possession copies of the Team Roster and Medical Release Forms.

A total of two (2) coaches are allowed per team. Only those coaches whose names appear on the Official Roster are permitted on the team sideline. The designated Head Coach will be the only one allowed to address the game management (i.e. City Staff and Site Director). Parents are allowed to assist with the permission of the coach and under the supervision of staff or registered volunteer/coach.

Taking a Stand on Bullying

Too often bullying behavior is passed off as “just a part of the game” or “kids being kids,” but it’s much more serious than that. Coaches, parents and league administrators must be on the lookout for the following indicators – both obvious and not-so-obvious – that bullying is taking place:

- Hitting or slapping with intent to hurt
- Calling players by unwanted nicknames
- Setting another player up to look foolish
- Tripping another player
- Repeated exclusion of another player
- Taunting another player
- Taking others' possessions
- Gossiping about another player
- Physical harm, including illegal use of legs and arms on the field
- Heckling other players
- Trash talking with ill-intent
- Verbal threats to hurt another player

What to Do When You See Bullying

As a coach, you are one of the single biggest influences in your athletes’ lives. In many ways, ending bullying behavior begins and ends with you. Here are nine ways to both prevent and stop bullying on your team:

1. **Be an anti-bullying role model.** Coaches can be a strong deterrent to bullying if they make it clear they are firmly against it. Your relationship with your players matter, and athletes who report having a good relationship with their coach are less likely to engage in antisocial behavior such as bullying.
2. **Encourage players to report bullying** and create an environment at the start of your season that does not condone it. Discuss bullying and make sure you are there to supervise your players’ unstructured time (when bullying often occurs) during practices and games.
3. **Have open discussions.** Talking about what is acceptable and unacceptable behavior on and off the field is an important part of reducing bullying. For example, discuss the difference between being aggressive during the game and using that aggression outside of practice and competition with the intention to harm.
4. **Clearly state the punishment for bullying.** Be clear about the procedure that will be followed if bullying occurs (e.g. “If you bully, the punishment will be...”). Be particularly aware not to inadvertently blame the victim for being bullied.
5. **Identify the origin of the bullying.** Coaches should take the time to identify the sources of bullying to help diminish reactionary behavior, such as retaliating against the bully. As a coach, you should help the victim find constructive ways to respond to the bully and remind them to always report incidents instead of retaliating.
6. **Keep your players’ attention.** Supervising athletes closely and providing them clear goals can help reduce the frequency of negative interactions. Increased supervision during unstructured play is essential to prevent and reduce bullying, as this is the time in which most bullying occurs.
7. **Protect all athletes equally.** Coaches and teachers tend to be more vigilant in protecting overweight victims against bullying, but make sure you look after and support all athletes equally.
8. **Break up cliques.** Research shows that strong cliques within teams can lead to strong bullying and antisocial behavior toward other teammates. Emphasize the team as a whole over subgroups to maintain a positive and healthy team dynamic.
9. **Don’t encourage harmful behavior.** Do not teach or condone aggressive behavior (such as slashing or head butting) on the field, as it can result in aggressive behavior off the field. Minimize retaliation against a team that is playing dirty by having your players channel their anger into more productive actions within the game.

Remember that as a coach, you are in the most influential position to prevent and stop bullying on your team. Take the time to educate your players on unacceptable behavior and clearly explain the consequences for bullying.

General League Information
Tot, Pee Wee, Junior, A, B, and C Divisions

1. **League Dates:** A, B, and C Division will play eight (8) weeks beginning January 14, 2023. Tot, Pee Wee, and Junior Division will play six (6) weeks beginning January 21, 2023.
2. **Ages:** The Youth Basketball League is offered for youth 3 - 14 years of age. Participants must meet age and grade eligibility requirements.
3. **Tot and Pee-Wee Divisions:** Designed to teach boys and girls, ages 3-6, sportsmanship, team concepts, and very basic skills associated with basketball, in a **non-competitive/teaching** atmosphere. No score or standings will be recorded.
4. **Junior Division:** Designed to teach youth, 7 years of age, team concepts as well as skills that can be carried over into future participation in the sport. No score or standings will be recorded.
5. **Division A, B and C:** Youth 8 - 14 years of age learn sportsmanship, teamwork, skills of passing, shooting, dribbling, and offensive/defensive plays in competitive game situations.
6. **Eligibility:** The year born is the primary criteria for determining the age for competition as set forth by SCMAF. Age divisions may include one, two, or three year age spans within a division. A player may play in the next highest age division, but may only play for one team per season. Teams which are discovered by league officials to have ineligible players are required to forfeit the games those players performed in and are subject to further sanctions. A player found to be competing for two different teams will be declared ineligible for both teams.

Classification

<u>Division</u>	<u>Date of Birth</u>
A	Born in 2010-2011 (Provisional year 2009 and in grade no higher than 8 th)
B	Born in 2012-2013 (Provisional year 2010 and in grade no higher than 6 th)
C	Born in 2014-2015 (Provisional year 2011 and in grade no higher than 4 th)
Junior	Born in 2016 (Can't turn 8 during the season)
Pee Wee	Born in 2017-2018 (Can't turn 7 during the season)
Tot	Born in 2019-2020 (Must turn 3 prior to season beginning and cannot turn 5 during the season)

7. **Verification of Eligibility:** Valid written birth verification, such as a birth certificate, or documentation by a school official must be furnished at time of registration. Team players are subject to random checks. In the event of question about age eligibility, proof of age/grade must be provided by the coaches or parent.
8. **Practice:** Practice will begin after January 3rd and will be held at your local community center. No more than 2 per week will be held.
9. **Location:** **A Division-** Bobby Bonds Park, **B Division-** Hunt Park and/or La Sierra, **C Division-** Bryant Park and/or Villegas, **Tot and Junior Division-** Nichols Park, **Pee Wee Division** – Reid Park, **Orange Terrace C Division-** Villegas and/or Orange Terrace, **Orange Terrace Community Center** will host their own teams for Junior Division, Pee Wee Division, and Tot Division. **CSDR** Will be used an alternative site to host weeknight games for the lower and upper divisions.
10. **Skills Assessment:** All participants in A, B, and C Divisions must participate in a skills assessment to be placed on a team. The skills assessment allows the teams to be balanced within the league. Participants who are not assessed will be placed in the Gold Division. Skills Assessments will be Tuesday December 13th @ Orange Terrace Community Center (20010 Orange Terrace Pkwy, Riverside, CA 92508) from 6pm – 8pm. Thursday, December 15th @ Hunt Park (4015 Jackson St, Riverside, CA 92503) from 5:30pm – 7:30pm
11. **Rosters:** A completed waiver, payment, and birth verification must be submitted to the PRCSD for each player prior to the team beginning practices. Each team will have a minimum of 7 and maximum of 12 participants. The last day to add a player to a team is January 21 for all divisions.
12. **League Information:** Coaches in A, B, and C Division must check-in with Recreation Staff at their corresponding game table for their line up cards fifteen (10) minutes prior to their scheduled game time. If you have any questions or concerns, please contact the sports staff.
13. **Participation Requirement:** There will be a minimum and maximum play rule for all divisional levels of play. All players will

play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one quarter to another. Each player must also sit out a minimum of four (4) consecutive minutes per game. Players must start his/her consecutive minutes at either the beginning or midway point of the quarter. Official's time out, not charged to either team, shall be called at the nearest midway point of the quarter or on the next dead ball, for the purpose of substitution to meet the minimum play rule.

14. **Forfeit Regulations:** Teams will be granted a ten (10) minute grace period for the **duration of the season**. Teams that have less than the minimum of 4 players to begin will borrow players from the opposing team. Teams will play two (2) ten (10) minute halves, and all forfeited games must be played.
15. **Protests:** There will be no protests, as the sports staff will have final authority. The sports staff has the authority to rule and resolve all issues involving youth sports the same day.
16. **Standings:** League standings are not recorded. Score will be recorded for A, B, and C Divisions, no score will be recorded for Tot, Pee Wee, or Junior Division. All A, B and C Division teams will have the opportunity to participate in the SCMAF-Inland Empire post season tournament at the end of the season. Teams must submit SCMAF waivers, grade verifications, birth certificates and fee TBD payable to SCMAF. Dates TBD.
17. **Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current game ejected and the following game. The Youth Sports Section and Supervisor will decide if further suspension is warranted. Any individual team ejected from a regular season game will not be allowed to participate in the SCMAF tournament.
18. **Officiating:** The City of Riverside contracts a licensed, independent official's association. This contractor assigns two officials to referee each game. Because of the number of games at each site, officials must keep games moving quickly without compromising safety. League officials will not tolerate actions that prohibit game officials from administering the games. Sports Officials are not assigned for Junior, Pee Wee and Tot divisions.
19. **Schedules:** Teams will be given a first half schedule of games at the beginning of the season and the second half schedules midway through the season. Sports staff has the authority to move teams from one division to another at the midpoint of the season if a team has an unfair advantage over other teams in the division or a team is not competitive in their current division.
20. **Team Sideline:** Visit us online at www.teamsideline.com/Riverside for up-to-date schedules, schedule changes and important league dates.
21. **Picture Day:** Picture day will be held at the Hunt Park on Saturday January 28th, 2023. No games will be held this day.

Community Center Contact Information: Please contact your local community center for questions or concerns.

Bobby Bonds Park – Jovan Fontenot, Recreation Services Coordinator
951-826-5746 or jfontenot@riversideca.gov

Bordwell Park – Janet Palacio, Recreation Services Coordinator
951-826-5355 or jpalacio@riversideca.gov

Bryant Park – Raymond Aguirre, Recreation Services Coordinator
951-351-6135 or raguirre@riversideca.gov

Hunt Park – Paula Holden-Mitchell, Recreation Services Coordinator
951-351-6132 or phmitchell@riversideca.gov

La Sierra Park – Betty Perez, Recreation Services Coordinator
951-351-6131 or bperez@riversideca.gov

Nichols Park – Brendan Moore, Recreation Services Coordinator
951-351-6130 or bmoore@riversideca.gov

Orange Terrace Community Center – Valerie Espinoza, Recreation Services Coordinator
951-826-5858 or vespinoza@riversideca.gov

Reid Park – Edgar Servin, Recreation Services Coordinator
951-826-5654 or eservin@riversideca.gov

Villegas Park – Hilda Hernandez, Assistant Recreation Services Coordinator
951-351-6142 or hhernandez@riversideca.gov

Youth Sports Office Contact Information – email: sportsoffice@riversideca.gov

David Abdou – Recreation Services Coordinator
951-826-5449 or dabdou@riversideca.gov

Steven Perez – Assistant Recreation Coordinator
951-826-5462 or sperez@riversideca.gov

Ebony Perkins – Recreation Supervisor
951-826-2041 or eperkins@riversideca.gov

Tot/Pee Wee Division Rules of Play

1. **Players on the court:** The maximum number of players on the court for each team is five (5). Teams may borrow players from the opposing team to make a full team. Players must wear an official City of Riverside Youth Basketball t-shirt. If a player does not wear a t-shirt provided by the Youth Sports Department they will not be allowed to play.
2. **Coaches on the court:** One (1) coach for Tot Division and one (1) coach for Pee Wee Division who have been Live scanned and cleared by the City of Riverside are permitted on the court for the entirety of the game. Coaches can only direct players while on the court, coaches cannot interfere with plays. One (1) additional coach may be on the team bench. Only those coaches whose names appear on the official roster will be allowed to address the game officials, score keepers, or sports staff.
3. **Basket Height:** The baskets will be six (6) feet high for the Tot Division and eight (8) feet high for the Pee Wee Division.
4. **The Ball:** Tot Division will use a Rookie size (26.5) basketball; the Pee Wee Division will use a Junior size (27.5) basketball.
5. **Game Time:** Tot Division games will consist of two (2), twelve (12) minute halves with a two (2) minute half-time. Pee Wee Division Games will consist of two (2), Sixteen (16) minute halves with a two (2) minute half-time. The clock will run continuously, except during timeouts. The clock will not be stopped during substitution.
6. **Time-outs:** Each team will have one (1) time-out per half. Time-outs will not carry over to the second half.
7. **Score:** No score or standings will be kept.
8. **Minimum/Maximum Play Rule:** All players will play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one half to another. Consecutive minutes to fulfill players minimum four (4) minutes must be played within one quarter in each half and cannot be carried over to the next quarter. Late arriving players, if time permits, should play the minimum consecutive minutes within the half of their arrival. Failure to comply will result in forfeit of the game. Each player also must sit out a minimum of four (4) consecutive minutes for the entire game.
9. **Defense:** Before playing defense, the defensive player must have both feet in the key area. The defensive players must keep both feet in the key to allow the offense to have an opportunity to shoot the ball.
10. **Offense:** There will be no fast breaks. The offensive team must dribble the ball past the mid court line. Offense may shoot up to three shots before the opposing team receives the ball. Offense will only receive multiple shots if the offensive team gets the rebound of a missed shot. If the defensive team gets the rebound after any shot, possession will change.
11. **Ball Possession:** The visiting team will receive the ball to begin the game. The home team will receive the ball at half time.
12. **Fouls:** All fouls and violations will be taken out-of-bounds at the spot of the foul or violation. Fouls will be called by the Youth Sports staff facilitating the game.
13. **Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current game and the following game. The Youth Sports Coordinator, Supervisor and Youth Sports section will decide if further suspension is warranted.
14. **Unsportsmanlike Conduct:** Swearing, obscene language or actions, etc., either on or off the court by the players, coaches, or spectators will not be tolerated. No player may show baiting or taunting acts or words which can cause ill will or any delayed, excessive or prolonged act by which a player may attempt to focus attention upon himself. Any player/coach/spectator behaving in an unsportsmanlike conduct will be subject to warning by officials/site coordinator and or ejection of the game and or suspension from future games.
15. **SCMAF Blood Rule:** A player, coach, or official who is bleeding, has an open wound, or has blood on his body or clothing shall be prohibited from participating further in the game, until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game. A player, coach, or official will not be allowed to participate unless:
 - A. All bleeding has stopped
 - B. Any exposed cut / scrape, which has bled, is completely covered
 - C. Bloody clothing is removed.
16. **Unsafe Objects Not Allowed:** Jewelry, pierced earrings, and any other items determined dangerous by staff/officials.

Junior Division Rules of Play

- 1. Players on the court:** The maximum number of players on the court for each team is five (5). Teams may borrow players from the opposing team to make a full team. Players must wear an official City of Riverside Youth Basketball t-shirt. If a player does not wear a t-shirt provided by the Youth Sports Department they will not be allowed to play.
- 2. Coaches on the court:** One (1) coach who has been Live scanned and cleared by the City of Riverside is permitted on the court for the first and third quarter of the game only. One (1) additional coach may be on the team bench. Only those coaches whose names appear on the official roster will be allowed to address the game officials, score keepers or sports staff.
- 3. Basket Height:** The baskets will be eight (8) feet high for the Junior Division.
- 4. The Ball:** Junior Division will use a Junior size (27.5) basketball.
- 5. Game Time:** Games will consist of four (4), eight (8) minute quarters with a two (2) minute half-time. The clock will run continuously, except during timeouts. The clock will not be stopped during substitution.
- 6. Time-outs:** Each team will have one (1) time-out per half. Time-outs will not carry over to the second half.
- 7. Score:** No Score or standings will be kept
- 8. Minimum/Maximum Play Rule:** All players will play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one half to another. Consecutive minutes to fulfill players minimum four (4) minutes must be played within one quarter in each half and cannot be carried over to the next quarter. Late arriving players, if time permits, should play the minimum consecutive minutes within the half of their arrival. Failure to comply will result in forfeit of the game. Each player also must sit out a minimum of four (4) consecutive minutes per game.
- 9. Defense:** Defensive players must have at least one foot in the key to allow the offense to have an opportunity to shoot the ball.
- 10. Offense:** There will be no fast breaks. The offensive team must dribble the ball past the mid court line. There will be no three (3) point shots allowed in the Junior Division, if a player makes a three (3) point shot it will be counted as two (2) points.
- 11. Ball Possession:** The visiting team will receive the ball at the start of the game. The home team will receive the ball possession at the beginning of the half.
- 12. Fouls:** All non- shooting fouls and violations will be taken out-of-bounds at the spot of the foul or violation. Players fouled in the act of shooting will shoot free-throws from the ten (10) foot free-throw line. Fouls will be called by the Youth Sports staff facilitating the game.
- 13. Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current game and the following game. The Youth Sports Coordinator, Supervisor and Youth Sports Committee will decide if further suspension is warranted.
- 14. Unsportsmanlike Conduct:** Swearing, obscene language or actions, etc., either on or off the court by the players, coaches, or spectators will not be tolerated. No player may show baiting or taunting acts or words which can cause ill will or any delayed, excessive or prolonged act by which a player may attempt to focus attention upon himself. Any player/coach/spectator behaving in an unsportsmanlike conduct will be subject to warning by officials/site coordinator and or ejection of the game and or suspension from future games.
- 15. SCMAF Blood Rule:** A player, coach, or official who is bleeding, has an open wound, or has blood on his body or clothing shall be prohibited from participating further in the game, until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game. A player, coach, or official will not be allowed to participate unless:
 - A. All bleeding has stopped
 - B. Any exposed cut / scrape, which has bled, is completely covered
 - C. Bloody clothing is removed.
- 16. Unsafe Objects Not Allowed:** Jewelry, pierced earrings, and any other items determined dangerous by staff/officials.

Youth Basketball

A, B, and C Division Rules of Play

Play will be governed by National Federation and Southern California Municipal Athletic Federation (SCMAF) Basketball Rules. Where noted, these rules are superseded by the City of Riverside's Youth Basketball Rules. All coaches, players and spectators are subject to the Riverside Youth Sports League Code of Conduct. The Riverside Parks, Recreation and Community Services Department and its representatives reserve the right to review and act on any issues or disputes pertaining to the youth sports program.

1. **Players on the court:** The maximum number of players on the court for each team is five (5). Teams must have four (4) players present in order to start a game. Less than four players at game time will result in a loss for the team not meeting the minimum player requirements. Upon a forfeit teams will play two (2), ten (10) minute halves. All forfeited games must be played. Players must wear an official City of Riverside Youth Basketball jersey. If a player does not wear a jersey provided by the Youth Sports Department they will not be allowed to play.
2. **Coaches:** A total of two (2) coaches are allowed per team and must be Live Scanned and cleared by the City of Riverside. Only those coaches whose names appear on the official roster will be allowed on the team bench. Coaches that have been cleared through the Municipal Volunteer Program will be issued a photo ID that must be worn and visible at all times during games and sports activities. Anyone not wearing the issued ID card will not be permitted to be on the bench with the team unless accompanied by a STAFF member from the community center for which they play. All coaches shall be seated at all times on the bench except to do one of the following: substitute a player; signal players to request a time-out; react to an outstanding play by a member of his or her team; replace a disqualified or injured players; attend to an injured player when beckoned onto the court by an official; rise during a charged time-out; or intermission between quarters and extra periods. Only the designated head coach may address game officials during the course of play.
3. **Basket Height:** The baskets will be ten (10) feet high for all divisions.
4. **The Ball:** A and B Divisions will use an Official size (29.5) and C Division will use an Intermediate size (28.5) basketball.
5. **Game Time:** Games will consist of four (4), eight (8) minute quarters, running clock, with regulation clock the last two (2) minutes of the fourth (4) quarter. The clock will stop during timeouts and technical fouls. The clock will not be stopped during substitution.
6. **Overtime:** There will be no overtime for any divisions. If the game ends with both teams having the same scores, the game will be considered a tie.
7. **Time-out:** Each team will have two (2) time-outs per half. Time-outs shall be thirty (30) seconds in length. Time-outs will not carry over to the second half or any over-time period. One (1) time-out will be given for each overtime period. A time-out will not be assessed to a coach who requests that a correctable error, timing, scoring, or alternating possession mistake be prevented or rectified. A time-out will not be allowed in the last three (3) minutes for any team that is ahead by twenty (20) points or more. Time-outs will only be granted by officials not the scorekeepers.
8. **Score:** There is one official score book that will remain at the scorer's table at all times. It is the only accepted recording of the score, minimum/maximum play regulations and recorded fouls. If a team is leading by twenty (20) points or more, the scoreboard will be "zeroed" out. If a team is leading by twenty (20) points or more, the sports staff will recommend the leading team make necessary substitutions. The coach must adhere to the request of the sports staff.
9. **Minimum/Maximum Play Rule:** All players will play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one half to another. Consecutive minutes to fulfill players minimum four (4) minutes must be played within one quarter in each half and cannot be carried over to the next quarter. Late arriving players, if time permits, should play the minimum consecutive minutes within the half of their arrival. Failure to comply will result in forfeit of the game. Each player must also sit out a minimum of four (4) consecutive minutes per game.
10. **Defense A and B Division:** Full court press is allowed for A and B Division. If one team leads by twenty (20) points or more, no press will be allowed until the margin has been reduced to twelve points or less.

11. **Defense C Division:** No back court press is allowed. Once the offense is in possession of the ball, the defense must retreat and allow the offense to move the ball across the mid-court line before they can start defending. If a C division game is played at the Orange Terrace gym where there is a larger court, the ball must penetrate the hash mark (six feet past mid-court) before the defense can start defending. The first infraction will result in a warning, all subsequent violations will result in a technical foul.
12. **Offense A, B, and C Division:** The offensive team has ten (10) seconds to advance the ball passed the half court line (or passed the hash mark at Orange Terrace gym). Otherwise, the whistle will be blown and there will be a change in possession.
13. **Offense C Division:** There is a five (5) second key violation. 1st pass/Back-Court Rule: The defensive player that secures the rebound can dribble the length of the court. If a fast break is started through a pass, the pass must occur in the back court. A fast break cannot be started by making the first pass to another offensive player if the pass crosses the mid court line. There will be no three (3) point shots allowed, if a player makes a three (3) point shot it will be counted as two (2) points.
14. **Backcourt Violation:** A player in possession of the ball has 10 seconds to move the ball from the backcourt and over the half-court line to the front court. If this does not happen in 10 seconds a violation will be called resulting in a turnover and the ball being moved in the opposite direction.
15. **Ball Possession:** Ball possession will be determined by a jump ball to start the game and will continue on an alternating basis.
16. **Fouls:** Player disqualification is on the fifth (5) personal foul. The free throw Bonus Rule (1 and 1) is in effect on the seventh (7) team foul. The free throw Bonus Rule will be increased to two (2) free throws on the tenth (10) team foul of the half. Players fouled in the act of shooting will shoot free-throw from 12 foot free-throw line for C Division only.
17. **Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current and following game. The Youth Sports Coordinator and Supervisor will decide if further suspension is warranted.
18. **Unsportsmanlike Conduct:** Swearing, obscene language or actions, etc., either on or off the court by the players, coaches, or spectators will not be tolerated. No player may show baiting or taunting acts or words which can cause ill will or any delayed, excessive or prolonged act by which a player may attempt to focus attention upon himself. Any player/coach/spectator behaving unsportsmanlike will be subject to warning by officials/site coordinator and/or ejection from the game/
19. **SCMAF Blood Rule:** A player, coach, or official who is bleeding, has an open wound, or has blood on his body or clothing shall be prohibited from participating further in the game, until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game. A player, coach, or official will not be allowed to participate unless:
 - A. All bleeding has stopped
 - B. Any exposed cut / scrape, which has bled, is completely covered
 - C. Bloody clothing is removed.
20. **Unsafe Objects Not Allowed:** Jewelry, pierced earrings, and any other items determined dangerous by staff/officials.

City of Riverside
Parks, Recreation and Community Services Department
Youth Basketball

Game Format	A Division	B Division	C Division	Tot/Pee Wee/ Junior Division
Ages	12-13 (14 provisional)	10-11	8-9	3-4 Tot/5-6 PW/ 7 JR
Total # of Players on team	7 min- 12 max	7 min- 12 max	7 min- 12 max	7 min- 10 max
Beginning Game	Will be determined by a jump ball	Will be determined by a jump ball	Will be determined by a jump ball	2 nd Team Listed on schedule 1 st team picks direction
Players on Court	5	5	5	5
Minimum Play Rule	Each Player must play a minimum of 4 consecutive Minutes in each half.	Each Player must play a minimum of 4 consecutive Minutes in each half.	Each Player must play a minimum of 4 consecutive Minutes in each half.	Each Player must play a minimum of 4 consecutive Minutes in each half.
Officials	2	2	2	1 recreation staff, 1 coach per team
Standings	No	No	No	No
Time Outs	Total of 4 (2 in each half) 30 seconds	Total of 4 (2 in each half) 30 seconds	Total of 4 (2 in each half) 30 seconds	1 per half (2 total) 60 seconds
Coaches on Sidelines	(2) Must be Fingerprinted and cleared	(2) Must be Fingerprinted and cleared	(2) Must be Fingerprinted and cleared	(2) Must be Fingerprinted and cleared
Score	Score will be kept	Score will be kept	Score will be kept	Score will <u>not</u> be kept
Length of Games	Four (4), Eight (8)minute quarters with running clock. Last 2 minutes of 4th is regulation clock	Four (4), Eight (8)minute quarters with running clock. Last 2 minutes of 4th is regulation clock	Four (4), Eight (8)minute quarters with running clock. Last 2 minutes of 4th is regulation clock	Tot – Two (2), Twelve (12) minute Halves Pee Wee: Two (2), Sixteen (16) minute halves Junior Division: Four (4), Eight (8) minute quarters
Half Time	3 minutes	3 minutes	3 minutes	3 minutes
Ball Size	Official Size Basketball	Official Size Basketball	28.5 Basketball	Junior Size Ball: Pee Wee and Junior Div. (27.5) Pee Wee size Ball: Tot Division (26.5)
Sportsmanship Rule	If leading by 20 pts the score will be removed	If leading by 20 pts the score will be removed	If leading by 20 pts the score will be removed	N/A

Warming Up

Another important part of ensuring players perform to the best of their ability is simply having the players warm up correctly. Players should warm up for 10-15 minutes before practice and games to help reduce injuries and pulled muscles. **NOTE:** Warm-ups should be tailored to be age appropriate. Physical exercise should be used to enhance a healthy lifestyle and **not** be used as a form of punishment.

1. Move one arm across your body, almost as if you were going to take a backhand swing, hold for fifteen (15) seconds and repeat with the other arm.
2. Grasp the elbow of the arm in motion with your other hand and gently pull the arm further across your body, hold for a count of ten (10) and repeat three (3) times with each arm.
3. Interlace your fingers above your head. With the palms facing up, push your arms up and back gently, hold for fifteen (15) Seconds.
4. With your arms overhead, hold the elbow of one arm with the hand of the other arm. Gently pull your elbow behind your head, creating a stretch, hold for fifteen (15) seconds, and repeat three (3) times.
5. Other areas of emphasis for stretching should include the back muscles, hamstrings, groin, and calf muscles. Some players may think that warming up is a waste of time; remind them that everyone including professional teams, have to warm up. Warming up ensures in keeping all players healthy and playing like champions.
6. This leg stretch actually works the muscles in the groin. Start by kneeling on soft surface. Keeping back straight, place left foot on ground and gently press forward until knee is bent at a 90-degree angle (the knee is directly over the ankle). Place hands or elbows on left knee to stabilize and hold for 10 to 30 seconds, and repeat three (3) times.
7. Sit on the ground with legs apart in a straddle position. Bend over right leg, then to the center, then to left leg. Hold each stretch for 10 to 30 seconds without bouncing. These stretches work the lower back, sides, inner thighs, and hamstrings (the muscles on the back of the thighs).
8. The side lunge stretch works the inner thighs, also called adductors, and the hips. Stand up straight with legs apart. Bend one leg to a 90-degree angle (straight line from knee to ankle) and keep the other leg stretched out straight, with toes and heels on the floor pointing out at about a 45-degree angle. Feel the stretch in the inner thigh and hold. Keep back straight.
9. Stretch the back and the hamstrings with a toe touch. Stand with arms hanging loosely at sides and feet together, with knees very slightly bent. Slowly roll down from the back and reach for the toes with your hands. Hold without bouncing.
10. Start in a seated position with left leg stretched forward, toes pointing up. Bend right leg and place the sole of the right foot along the knee or inner thigh of the left leg. Reach forward to the toes of the left foot until you feel the hamstring stretch (the hamstring muscles are on the backs of the thighs). Hold for 10 to 30 seconds without bouncing.
11. Run 100 – 300 yards with a thirty second rest in between and stretching.

Safety Tips



1. Walk the court before each game and practice. Check for glass, spills, or other hazardous conditions.
2. Keep your players alert at all times.
3. Pre-game warm-ups reduce the chance of muscle or tendon strain.
4. Inspect your equipment before each game and practice.
5. Keep equipment out of harm's way when not in use.
6. Have players remove watches, rings, earrings, chains or metal objects that may be dangerous. We suggest that a player refrains from chewing gum or candy during the game/practice.
7. Keep spectators, especially babies and toddlers, a safe distance from the court/practice areas.
8. Sneakers/tennis shoes must be worn at all times.
9. Keep all players sitting on bench when not playing/practicing?
10. No shorts with pockets (Tape if needed).