

# LINCOLN

A large, stylized graphic of a basketball, composed of thick black curved lines that form the segments of the ball. A vertical line runs down the center, and the overall shape is symmetrical.

## YOUTH BASKETBALL

### **LINCOLN YOUTH BASKETBALL**

### **League Handbook 2019-2020**

*Created for Coaches, Players, Parents and Fans*



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## LINCOLN YOUTH BASKETBALL - IMPORTANT UPCOMING DATES

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Description</u>
7/1	12:00am	Registration Begins	Online at <a href="http://www.LincolnYouthSports.com">www.LincolnYouthSports.com</a> , offline at our office
11/16	11:59pm	Registration Ends	Last day to register is Sunday, November 17
11/16	10:00am	<b>Mandatory</b> Coaches Meeting	Coaches Meeting for all coaches
11/18	7:00pm	7 <sup>th</sup> /8 <sup>th</sup> Player Evaluation	7 <sup>th</sup> : 5:15pm 8 <sup>th</sup> : 6:45pm
11/19	5:00pm	5 <sup>th</sup> /6 <sup>th</sup> Boys Player Evaluation	5 <sup>th</sup> : A-L 5:00pm/M-Z 6:00pm 6 <sup>th</sup> : A-L 7:15pm/M-Z 8:15pm
11/21	5:00pm	3 <sup>rd</sup> /4 <sup>th</sup> Boys Player Evaluation	3 <sup>rd</sup> : A-L 5:00pm/M-Z 6:00pm 4 <sup>th</sup> : A-L 7:15pm/M-Z 8:15pm
11/22	5:00pm	3 <sup>rd</sup> /4 <sup>th</sup> Girls Player Evaluation	ALL
11/22	7:00pm	5 <sup>th</sup> /6 <sup>th</sup> Girls Player Evaluation	ALL
11/23	12:00pm	7 <sup>th</sup> /8 <sup>th</sup> Grade Draft	<b>Coaches Only:</b> 12:00pm
11/23	1:30pm	5 <sup>th</sup> /6 <sup>th</sup> Comp. Draft	<b>Coaches Only:</b> 1:30pm
11/23	5:30pm	3 <sup>rd</sup> /4 <sup>th</sup> Comp. Draft	<b>Coaches Only:</b> 3:00pm
11/25	5:30pm	3 <sup>rd</sup> /4 <sup>th</sup> Girls Draft	<b>Coaches Only:</b> 5:30pm
11/25	7:30pm	5 <sup>th</sup> /6 <sup>th</sup> Girls Draft	<b>Coaches Only:</b> 7:00pm
11/26	5:30pm	3 <sup>rd</sup> /4 <sup>th</sup> Boys Recreation Draft	<b>Coaches Only:</b> 5:30pm
11/26	5:30pm	5 <sup>th</sup> /6 <sup>th</sup> Boys Recreation Draft	<b>Coaches Only:</b> 7:00pm
12/4	8:00pm	<b>Roster Notification Deadline</b>	Make contact with your team and players
12/16	5:00pm	Practices Begin	ALL GYMS
1/11	9:00am	Games Start	Games start at all local schools for all age groups
1/26	12:00pm	League Pictures	Team & individual pictures by Spectrum Photography
TBD	7:30pm	LYB Night at William Jessup	LYB Night at William Jessup – watch a college
2/28	5:00pm	Games End	Regular season games end
3/7	TBD	Comp Division Playoffs	Competitive Division Playoffs

## Welcome

On behalf of the City of Lincoln Recreation Department, we would like to welcome you to a new age of youth sports. Participation in athletics plays a valuable role in the development of our kids. Characteristics of teamwork, dedication, discipline, physical fitness, self-esteem and fair play all contribute to the overall growth and maturation of young people. The City of Lincoln takes this responsibility seriously and strives to offer quality programs which will aid in this essential development.

This handbook is presented to serve as a reference for you, as a parent, player, coach, or volunteer, so you may understand the philosophies of this program regarding youth basketball and do your part in making this league a success. If everyone works together and does their best to enrich the lives of children in the Lincoln area, we can accomplish extraordinary things.

## League Philosophy

The Lincoln Recreation Department is committed to serving the recreational and advanced basketball interests of the community's children. This commitment is to provide an atmosphere of **Fun** and **Learning** and to allow the participation of all children in grades 1<sup>st</sup> through 8<sup>th</sup> wishing to play in the Lincoln Youth Basketball program. It is hoped that participation in the program will provide experiences which will contribute to physical health, social adjustment and emotional well being of each participant while acquiring the basic basketball skills to understand, appreciate and enjoy organized play.

## League Goals & Objectives

- To provide an atmosphere of **Fun** and **Learning** for all players participating.
- To provide a recreational league in which all players actively participate.
- To provide a competitive league for those looking to progress more rapidly.
- To develop and encourage all the attributes relating to good sportsmanship.
- To develop and emphasize a sense of team unity and de-emphasize personal or individual play.

## Goals for Players

- Teamwork! Learning to work cooperatively with others.
- Responsibility to yourself and the team.
- Sportsmanship and fair play.
- Have Fun! Participate in our program to have fun and because you want to.
- Learn to play and love the game.
- Learn to respect the game, teammates, opponents, coaches and officials.

## Practices and Games

All practices and games will be identified on a schedule given to each coach for distribution to his/her team. Practices will begin the second week of December and will be scheduled during weekday evenings. League games will be played on Saturday's starting January 11th. Any changes in these schedules will be announced. The following locations

may be used for practices & games: Twelve Bridges Elementary (TBES), Twelve Bridges Middle School (TBMS), Glen Edwards Middle School (GEMS), Lincoln Crossing Elementary (LCES), Foskett Ranch Elementary (FRES) and the Lincoln Community Center.

## **Before and After Practices and Games**

In order to provide for the safety and well being of each and every participant, as well as maintain the security of the school grounds, the Lincoln Youth Basketball program has established a policy that requires all participants to leave the school grounds immediately following all practices and games. In addition, there is to be no loitering in or around schools prior to scheduled practices and games. Participants that loiter will be subject to disciplinary action, which may result in dismissal from the program.

The Lincoln Recreation Department does not provide supervision of the school area prior to or after scheduled practices and games. The schools prohibit loitering on school grounds except during periods of organized activities. Should you have any questions about this policy please contact us at 434-3224.

## **Transportation**

It is the responsibility of the players and their guardians to provide transportation to and from practices & games.

## **Facility Rules**

1. No food or drinks in the gym. Water is the *only* exception. Please take and dispose of all your trash.
2. Shoes: All players must wear non-marking rubber soled shoes, appropriate for athletic competition. Hard-soled shoes such as boots are not permitted. Shoelaces must be tied at all times. No cleats allowed in the gyms.
3. Jewelry: Players may not wear any type of jewelry during practices and games. The *only* exception to this rule is for medical bracelets; however they should be worn taped to the skin or covered by a wristband.
4. No bicycles are allowed in the gym for any reason. Please make sure your bike is outside and locked at all times.
5. The Lincoln Recreation Department is not responsible for lost or stolen items.
6. Roller blades and skateboards are not permitted in any gym at any time.

## **General Rules of Play**

### **A. League Operation**

The Lincoln Youth Basketball League will be governed according, but not limited to, the rules stated herein. All rules not specifically covered herein will be in accordance with NFHS (National Federation High School) rules. Please note that all league play and rules have been established to try and assure maximum participation and enjoyment for all.

### **B. Teams and Players**

1. A team will consist of up to twelve (12) players and no less than seven (7).
2. For games, teams must be composed of at least four (4) players to begin play.
3. Teams must have only five (5) players on the court during play. More than five (5) players, including the coach, shall be a violation and a technical foul.
4. In all age divisions, it is the league goal that each player receives minimum time.

- a. Minimum play time must be reached by all players through 3 quarters of play according to the table below. Players not meeting minimum play requirements in the first 3 quarters will need to do so in the 4<sup>th</sup> quarter. If minimum play time is not reached, teams will receive a written warning, following the warning, any infractions will result in a forfeit.
- b. 8 Players = 16 minutes  
 9 Players = 15 minutes  
 10 players = 14 minutes  
 11 Players = 13 minutes  
 12 Players = 12 minutes

### C. Substitution

1. Substitutions are allowed on dead balls, timeouts, free throws, and during quarter changes and halftimes unless an injury occurs. Substitutions will be called in to the game by the officials only. If a player is shooting free throws, subs will be called in after the first shot. Players must first check-in and out at the scoretable.

### D. Playing Time, Time Outs, and Overtime

#### Playing Time

1. All games consist of four (4), ten (10) minute quarters with a running clock, except for the last two (2) minutes of the fourth (4<sup>th</sup>) quarter, if the score is within 15 points.
  - a. 1<sup>st</sup>/2<sup>nd</sup> grade will consist of four (4), eight (8) minute quarters with a running clock.
2. All players on the roster who are present at the game are subject to minimum playing time requirements (see table above).
3. With a running clock, time is stopped for time outs, player injuries and quarter changes.
4. Time between quarters is one (1) minute.
5. Halftime is three to five (3-5) minutes.

#### Time Outs

1. Each team receives two (2) 30 seconds time outs per half. Unused time outs do not carry over.
2. Players *and* Coaches can call time outs, but you must be in possession of the ball.
3. The officials may call for a time out in the case of an injury, behavior problems, or facility repair.

#### Overtime

1. Overtime will consist of a one (1), two (2) minute period with a stop clock. If a tie still exists the game will be scored a tie.
2. In overtime, each team will receive one (1) 30 second time out. Regulation time outs do not carry over.

### E. Putting the Ball in Play

1. The game will start with a jump ball at the center circle.
2. When a ball is tied up between two opposing players or when an out of bounds play is uncertain with respect to possession, the alternate possession rule shall be in affect.
3. The team with the possession arrow in their favor at the start of a quarter/half puts the ball in play.

### F. Scoring

1. Free-Throws are worth one (1) point.
2. Two (2) points are awarded when a player makes a shot inside the three-point line.

3. Grades 1<sup>st</sup>-4<sup>th</sup> will not have a 3-point shot. All shots for these divisions count for two (2) points. In grades 5<sup>th</sup>-8<sup>th</sup>, three (3) points is awarded when a player makes a shot beyond the three-point arc.

4. If a player/coach/spectator is called for a technical foul, the opposing team gets an automatic two (2) points and the ball out of bounds. Two (2) technical fouls results in ejection from the game & league disciplinary action.

#### G. Personal Fouls

1. Personal fouls are holding, pushing, hacking, striking, tripping, charging, blocking, and unnecessary roughness. Any physical contact that impedes or hinders movement of a player, offensive or defensive, with or without the ball, with the exception of a legal screen or post-up is considered a personal foul. On a personal foul, the official shall: A. Indicate who committed the foul. B. Award the appropriate penalty.

2. **Common Foul Rule** – All common fouls (non-shooting fouls) shall be awarded out of bounds to the team who was fouled for the first six (6) fouls per half. On the seventh (7<sup>th</sup>) team foul it shall become a one-and-one bonus situation. The one-and-one situation carries until the end of the half. On the tenth (10<sup>th</sup>) team foul it shall become a double bonus situation (2 free-throws).

3. **Shooting Fouls** – If a player is in the act of shooting and is fouled this is considered a shooting foul. All shooting fouls will result in the person being fouled awarded free-throws in the amount of points being attempted

4. **Disqualification** – A player who has five (5) personal fouls shall be disqualified from the rest of that game.

#### H. Technical Fouls

1. Technical fouls may be called for delay of game, un-sportsmanlike conduct, and disrespecting an official, player, coach, spectator or league official.

2. Technical fouls are personal fouls. Any player/coach receiving two (2) technical fouls will automatically be removed from the game (An automatic one game suspension is issued if player/coach receives 2 technicals).

3. Players may be removed from play without previous technical fouls if the official feels necessary.

4. In the event of a technical foul, the opposing team will receive two (2) points and the possession of the ball.

5. Technical fouls may accompany a personal foul. If the personal foul warrants a free throw(s), the fouled player will shoot their free throw(s) without contention, and then their team shall be awarded two (2) points and possession of the ball.

#### I. Defense

1<sup>st</sup>/2<sup>nd</sup> grade divisions are required to play man-to-man defense, all other divisions may play man-to-man or zone.

### **League Policies & Information**

#### A. Getting Ready to Coach

1. All volunteer coaches are required to get a fingerprinting and background check to be able to participate in our youth sports programs.

2. The City of Lincoln Recreation Department schedules a *FREE* mandatory Online Coaches Training through the National Alliance of Youth Sports (NAYS). All coaches are required to complete prior to coaching.

3. Coaches are required to contact their entire roster about the first practice.

4. Coaches will be required to attend a Coaches Meeting prior to the start of the season.

#### B. Coaches Clinics

1. Free Clinic is TBD.

### C. Player Additions & Removals

1. Any player(s) may be added or removed from any team at the discretion of the league administrators.
2. Coaches are prohibited from adding or removing players without the consent of the league administrators.
3. A "Player Movement" form must be filled out and processed before any actions are taken.

### D. Gym Use Expectation

The City of Lincoln Recreation Department is very fortunate to be able to use the local school facilities as their practice and game locations. It is up to everyone participating in the Lincoln Youth Basketball program to ensure we are able to take advantage of these amenities for many seasons to come. Coaches, players, parents, staff, and spectators need to take personal responsibility to leave each site cleaner than when we found it.

### H. Uniforms

Reversible jerseys will be provided for each player. Players must provide their own shorts and shoes. Uniform sizes will be ordered according to what is supplied by the guardian on each individual's registration form. Size change requests may require an additional ordering fee to the guardian.

### I. Pictures

The City of Lincoln Youth Sports Division has partnered up with Spectrum Photography to provide a team and individual picture day. After the pictures are taken, Spectrum Photography will send up the pictures and we will distribute the pictures at practice, games or available in the office for pick-up. No financial responsibility is needed to participate in the pictures; we still want everyone on the team there to at least be in the picture.

### J. Code of Conduct

All coaches and guardians will be required to fill out a "Code of Conduct" form listing the expectations Lincoln Youth Basketball has set forth for its coaching staff, athletes and role models.



## **General Values for Parents**

Thank you parents for your undying support towards your participant and our program. As a reminder, athletes and coaches will not be able to perform at their best if parents do not have a clear understanding of the philosophies of our youth sports programs. The following are suggested guidelines for parents:

1. Understand the daily pressures a child faces. Youth sports should be an outlet and place for a player to have fun. Encourage your child and allow him or her to have a good time.
2. Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents, coaches on both teams and officials.
3. Parents should appreciate the efforts made by both teams. There is nothing wrong with applauding a good play made by the opponents.
4. Parents should support the coach, as long as the coach follows proper coaching guidelines. Parents should understand that most coaches are volunteers. It is inappropriate for a parent to coach a player who is on the field. Not only does it devalue the coach, it also confuses the player.
5. Parents should not embarrass their child by causing attention to them through loud or rude behavior.
6. Don't be a coach - be a parent. Offer encouragement and positive reinforcement. A sure way to dampen your child's enthusiasm is with constant criticism.
7. Parents should encourage discipline by having their children arrive on time for practices and games.
8. Parents should help their children realize that belonging to a team requires commitment. Regular attendance and being prepared are necessary for the team to function smoothly.
9. Parents should volunteer their services whenever possible. This shows the value of being a team player.
10. Parents should respect the officials and their calls. It is okay to disagree, but inappropriate and disrespectful to show contempt, disdain or taunt.

## **General Values for Coaches**

### **Exhibits a high level of coaching competence**

- Personal commitment to coaching excellence – on and off the field
- Commitment to constant development of personal coaching skills
- Collaborates and partners with other coaches for personal and game improvement

### **Achieves and maintains excellence on-the-field/court**

- Maintains paramount concern for the health and safety of the athletes
- Focuses on mastery of skills over winning; effort over outcome
- Fosters success through positive feedback, valuing teamwork and consistently providing support to players

### **Demonstrates a commitment to the well-being and development of athletes off-the-field/court**

- Concerned for the development of the athlete as a whole person – emotional, physical and intellectual
- Understands and embraces their role as mentor and role model
- Respects the rights, dignity and worth of every athlete and treats everyone equally regardless of background or ability

### **Honors and respects the Game**

- Upholds the spirit as well as the letter of the rules of the game
- Respects all opponents, officials and opposing players
- Instills a love of the game to players and parents alike



## City of Lincoln

### Youth Sports

### Team Draft Process

#### A. DRAFT ORDER and METHOD

1. The **Draft order** is determined by a random selection of numbers out of a hat. The numbers will correspond with the amount of teams for that division. Each coach will select their own number from the hat.
2. The **Draft method** will follow a “**Serpentine**” format where the order reverses itself at the end of each round, allowing for the coach with the last pick in the round to have the first pick in the following round.

#### B. COACHES and THEIR CHILDREN

1. Coaches will be allowed to have **ONE Assistant Coach** for the season. Assistant Coaches **MUST BE DECLARED at Sign-In: NO EXCEPTIONS.**
2. The children of the Head Coach and their Assistant Coach will be automatically locked on their given teams and into the draft rounds assigned by the league commissioner and agreed upon by the coaches. We reserve the right to approve or determine proper placement for each child if deemed necessary.
3. The child of a Head Coach or Assistant Coach not attending the Combine will automatically be locked into the first or second round(s).
4. There will **NOT** be special arrangements for extended family or friends.

#### C. HAT PICKS

1. A “**Hat Pick**” is defined as a child who has not attended the Combine. These players will be placed in a hat for random selection following the general draft (unless labeled as an “impact Player”: see section C-2). “Hat Picks” will be randomly picked out of a hat by Coaches in their draft order.
2. An “**Impact Player**” is defined as a “Hat Pick” player that could significantly impact a team and should be considered as a 1<sup>st</sup> or 2<sup>nd</sup> round player in the league. Should a “Hat Pick” be determined by Coaches and/or Youth Sports staff as an “Impact Player,” they will be made available to the draft in the 1<sup>st</sup> and 2<sup>nd</sup> Round. If the identified “Impact Player” is not drafted by the end of the 2<sup>nd</sup> Round, they will be removed from the eligible to be drafted list and placed in the hat for a random “Hat Pick” selection.

#### D. TRADES

1. Drafted players may be traded during a 3-day period following the draft and must be agreed upon by both coaches and signed off by the League Commissioner. A Player Movement Form will need to be completed.

**ALL Draft related questions or concerns must be expressed at the draft table for consideration. Protests will not be considered after the Draft has concluded.**



**ALL DRAFTS ARE FINAL**



City of Lincoln

Youth Sports

**Team Creation Process**

**A. BOYS RECREATION DIVISION**

1. In the 3<sup>rd</sup>-6<sup>th</sup> grade boys division, any child who is not drafted onto a Competitive team will then become eligible to be drafted at the Recreation level. This ensures that the recreation division remains a recreation division and that the competitive division is for more advanced players. No buddy forms will be allowed. Head coaches and Assistant coaches' children will automatically be assigned to the team at a designated draft spot following player evaluations.
2. The 1<sup>st</sup>/2<sup>nd</sup> grade divisions for both Boys and Girls will be split up equally by grade and attempted to be assigned by school. In order to have your child paired with another child a Buddy Request Form must be submitted prior to the end of Late Registration. If a buddy form is not submitted verbal requests will not be granted. Player requests submitted after the registration deadline or by other means besides that of the Buddy Request Form may not be considered.

**B. GIRLS RECREATION DIVISION**

1. All girls' division teams will be drafted according to the "Team Draft Process."
2. See Boys Recreation Division (2).