

Mahomet Parks & Recreation



Youth Basketball Parent & Coaches Guide

Questions/Comments: 586-6025 or visit www.mahometrecreation.com

MISSION STATEMENT

The mission of Mahomet Recreation is to improve the quality of life for all participants by meeting the needs of the community through the provision of safe, excellent, recreational and leisure-time activities.

SPORTSMANSHIP

We promote good sportsmanship, which is a combination of fair play, respect and consideration for opponents, spectators, teammates, coaches and officials.

HEALTHY RECREATION

Our programs are designed to provide healthy recreation and to keep winning in perspective in an environment where participants can have fun while developing their physical skills and emotional maturity levels.

RESPONSIVENESS

Mahomet Recreation regularly evaluates community needs and responds by offering programs that are desired.

EQUAL ACCESS

All citizens are encouraged to participate in our affordable programs regardless of their skill levels, gender, race, socio-economic status, or any other factor that is not in conflict with our mission.

REFUND POLICY

A refund application form must be filled out and submitted to the Mahomet Parks & Recreation Department office in order to receive consideration for a refund. We cannot accept telephone Refund Application Requests for **ANY** Parks & Recreation activity. All requests must be made by mail or in person during regular office hours.

- **NO** refunds on "league" programs once teams are set up and posted on our website.
- **NO** refunds will be given after the start of the program.
- **NO** refunds for certain special events. (i.e.; recreation trips, camps, clinics, etc.)

All refunds will not include any online convenience fees and are subject to a \$10 Administrative Service Fee (per registration). Except under the following circumstances:

- Refund is initiated by the Park & Recreation Department
- Doctor's note is submitted with Refund Application Form prior to the start of the program

DID YOU KNOW?

Did you know that we're a fee base program? Fee base programs receive very limited tax dollars. We are a department of the Village Administration, unlike Park Districts; we rely heavily upon participant fees and donations from the community. Park District fees are lower because they receive tax dollars from the entire service area to support and fund programs. However, we're proud that our fees are very competitive with area Park Districts and in many cases much more reasonable.

Coach's Responsibility Code

Goals and Objectives:

The Mahomet Recreation Youth sports program is a group-oriented program involving social and physical development. The goal of our league is to teach sports fundamentals, sportsmanship and a love for the game. Your support and encouragement will go a long way to helping achieve that goal. As a coach, you should demonstrate the following:

1. Build sound **fundamental** sports skills and develop a love for the game.
2. **Encourage** team play.
3. Reinforce good **sportsmanship**.
4. Show **respect** for referees, other coaches and players at all times.
5. Be a resource person to your **team**, helping them to develop their athletic and human potential.
6. **Involve** all team members and parents in special events.
7. **Recognize** that all children are not the same and respect their individual differences.

Remember: Be careful where you walk ... you never know who's going to follow in your footsteps!

Spirit of the Game: Coach and teach kids to play by the spirit of the rules and NOT the letter of the law. If a coach bends the rules to their advantage (even if they do not break the rule) they are sending the wrong message – that winning is more important than how they play.

Playing Time: There are no stop watches counting minutes. Substitutions patterns are not exact science. Coaches are expected to do their best to balance playing time and opportunity as much as possible.

Safety:

The safety of children is extremely important. Here are some strategies to help you safeguard any children or youth in your supervision:

- Ensure that you are the last person to leave practice/game. Wait until all players have either left practice/game or have been picked up by a responsible adult.
- Talk to parents/legal guardians and introduce yourself. This initial contact can facilitate communication between you and parents regarding any player or team matters.
- If an emergency situation arises, report events as soon as possible to your Mahomet Recreation staff.

Coaches are role models, whether they want to be or not. Yelling, fighting or general poor sportsmanship is not the examples we want to set for our players.

Parent's Responsibility Code

Mahomet Recreation requests that the parents /guardians of children participating in the youth sports programs help us monitor the program by:

- communicating with their children and coach
- observing their children in practices and games

As a parent with a child in Mahomet Recreation youth sports program, it is reasonable to expect the following from the program:

- that your child is involved in both weekly practices and games
- that your child have the opportunity to play all positions and have equal playing time
- that a special event involves all team members and parents
- that your child enjoy a safe, satisfying and growing experience while involved in the program

Mahomet Recreation does not condone the following activities and/or events:

- overnight trips
- special practices for a small number of players
- events involving a small number of team players
- that your child be subject to physical or verbal abuse from coaches, parents, peers, etc.
- coaches requiring team members to keep secrets
- coaches wishing to have excessive involvement with your child

Please remember:

- children are involved in organized sports for their enjoyment, not yours
- children learn best by example
- children should always be encouraged to play by the rules
- children (and officials) should never be yelled at or ridiculed for making a mistake
- children should be taught that an honest effort and hard work are just as important as winning

Under no circumstance should parents attempt any contact with the officials before, during or after the games. Parents are spectators.

Parents are role models, whether they want to be or not. Yelling, fighting or general poor attitudes are not the examples we want to set for our children.

The Mahomet Recreation youth sports program is a group-oriented program involving social and physical development. The goal of our league is to teach fundamentals, sportsmanship and a love of the game. The support and encouragement of all parents will go a long way to helping this come true.

Player's Responsibility Code

1. Play for the fun of the game!
2. Play by the rules.
3. Cooperate with your coach, teammates and opponents.
4. Work hard for yourself and your team.
5. Do not yell or argue at/with the officials.
6. Control your temper and your language.
7. Be a good sport, be a team player and treat all players like you would like to be treated. (The Golden Rule)

Officials Responsibility Code

- Know and familiarize yourself with the Mahomet Recreation Youth program rules and philosophy.
- Arrive 15 minutes before scheduled start time of first game.
- Act as an ambassador for Mahomet Recreation - take ownership and act accordingly.
- Dress appropriately - in Mahomet Recreation staff shirt / official shirt, proper shoes and shorts or sweat pants.
- Introduce yourself to players and coaches.
- Ensure field area is clean and tidy upon arrival and departure.
- Check field and equipment for safety before and after game.
- Report any safety issues or damages to Mahomet Recreation Staff.
- Know and understand the rules for the league you are officiating.
- Umpire your game(s).
- Explain the rules to players when a call is made.
- Use discretion and good judgment when a negative situation arises.
- Hustle at all times while officiating.
- Finish games **on time**

IMPORTANT INFORMATION FOR COACHES AND PARENTS

What to Wear

All players must wear recreation-issued T-shirts. No pants with zippers are allowed, including jeans. No extra equipment is allowed (i.e. bandannas, hats, jewelry). Proper non-marking gym shoes should be worn, no street shoes are allowed on the gym floor.

Picture Day

Coaches will distribute picture packets with order forms prior to your picture day. Forms are also available online under forms @ www.mahometrecreation.com, to expedite the picture taking process please pre-fill your order form prior to your picture time. Also, **there are no makeup dates scheduled for team pictures, please do not be late. Only in the event of weather cancellation, will picture day be rescheduled.**

February 2nd (Listed times on Game Schedule)
K-2 Pictures will be at MPRD Office
3-6 Pictures will be at the Fieldhouse

Contact from Coaches

Coaches should contact players **by January 8th.**

First Aid/Ice Packs

First Aid and Ice Packs are located with the coordinators onsite.

Game Day

- Garbage: At the conclusion of games please do your part to place trash into a garbage can. Help keep the schools looking good.
- Game times are start times. Have your team and players there early to warm up. That way the game can begin promptly.
- Remember have a good time, this should be fun for everyone: players, coaches, parents and even the officials.

Coaches Meeting

You'll learn more about our philosophy on coaching youth hoops and gather important information on rosters, picture day, schedules and much more. Equipment / uniforms will also be distributed.

THURSDAY, JANUARY 3 – MAHOMET PARKS AND RECREATION OFFICE

218 SOUTH LAKE OF THE WOODS ROAD

6:15 pm – Grades K-2 Grade Coaches

7:00 pm – Grades 3-6 Grade Coaches

Weather/Cancellations

For any weather or cancellations call 586-7246, any cancellations will be posted online and on our voice mail by 4:30 pm and by 7:30 am on Saturdays. If there are no updated announcements, please assume all games will continue as scheduled. **As a general rule: if school closes or dismisses early, recreation activities will be cancelled.**

Text Alerts - To receive messages via text, text @mprd to 81010. You can opt-out of messages at any time by replying, 'unsubscribe @mprd'.

Rosters/Schedules

All rosters, team schedules and coaches contact information will be posted online no later than January 8 @ www.mahometrecreation.com.

Practice/Game Times and Availability

Often times with basketball, schedules are not determined until closer to the season due to space constraints and availability. Due to the limited availability of the school facilities, practices are one weeknight per week, M-Th.

Practices start the week of January 7. Games begin January 19

Game Schedule will be available online at www.mahometrecreation.com no later than January 4th.

Practice/Game Locations

[Lincoln Trail Elementary – 102 East State Street](#)

[Middletown Prairie- 1301 S. Bulldog Dr](#)

[Fieldhouse - 302 West State Street](#)

Concerns/Problems

Furthermore, if a problem/concern arises during the season, the department encourages its staff, officials, participants, parents and coaches to follow the “24-hour rule” before communicating the concern. In other words, give it 24 hours and allow the problem or concern to “cool off”, you may be surprised at the results of this approach. Obviously, major concerns should be brought to our attention immediately.

| Grade | Game Location | Format | Ball Size | Rim Height |
|---|-----------------------------|--------------------------------------|----------------------------|-------------------|
| K-2nd | Middletown or Lincoln Trail | 30 minutes practice/30 minutes games | 25.5 (Rookie) | 8 feet |
| 3 rd & 4 th | Field House | Two 20-minute halves | 27.5 (Junior) | 9 feet |
| 5 th & 6 th girls | Field House or Middletown | Two 20-minute halves | 28.5 (Intermediate/Womens) | 10 feet |
| 5 th & 6 th boys | Field House or Middletown | Two 20-minute halves | 29.5 (Intermediate) | 10 feet |

Mahomet Recreation Youth Basketball Rules

All IHSA rules will apply except for the following:

General

- The format is 5 v 5. A team may play with a minimum of 4 players. Forfeits should be last resort, if both coaches agree, borrow players from opposing teams to ensure participation.
- Games are comprised of a running clock with two-20 minute halves, with a break between halves.
- Games end on the hour, even if started late.
- Length of the 2 halves may be adjusted to accommodate for late starting games.
- Switch ends at half time.
- Each team is permitted one, 30 second time out per half.
- Possession is used for all jump ball situations except for the start of the game.
- At the beginning of each line change players must line up as they would for a jump ball at half court and determine their checks.
- Once both teams have their checks, the referee will precede with in-bounding the ball.
- No full-court press allowed.
- Score is not kept. (Exception – 5/6 Grade will keep score, all field goals will count as 2 points.)
- Substitutions can be made at any dead ball.

Uniform

- All players must wear recreation-issued shirts.
- No pants with zippers are allowed, including jeans.
- No extra equipment is allowed (i.e. bandannas, hats, jewelry).
- Proper gym shoes must be worn, no street shoes are allowed on the gym floor.

Facilities

- Coaches, please pick up all of your team's equipment after games.
- We are playing in facilities with the permission of the schools and the individual principals; help us take great care of the facilities so we do not lose our privilege to use them.
- The department does not have the use of locker rooms at any facility, players must come to the gym prepared to play or practice.
- Players, siblings, and parents should stay in the gym except for restroom visits. **All children not participating must be supervised.**
- No food or beverages may be brought into the gyms except player's water bottles. Coaches are responsible for making sure their bench area is cleaned up for the next game.
- Please, no bouncing of balls, shooting or warming up on the sidelines during games.

Rim Height

K, 1st and 2nd Grade – 8 feet

3rd & 4th Grade Boys and Girls – 9 feet

5th & 6th Grade Boys and Girls – 10 feet

Inbounding, After stoppages of Play

- Referee will give player the ball only when all players are ready for the play to resume.
- Players in-bounding the ball are permitted to take one step, provided that they do not step onto the court (at the discretion of the referee).
- Player's in-bounding the ball may not hand ball off to a teammate on the court. The ball must be passed or thrown into play.
- Players have 5 seconds to in-bound ball.
- Players cannot score a basket from out of bounds.

- Defensive players must be at least 2 feet away from the in-bounding player.
- The ball may move from front court to back court on an in-bound pass without an "over-and-back violation" only after an over-and-back violation by the other team.

Inbounding, After a Basket

- Ball must be in-bounded from the base line after a basket is made.
- In-bounding player is permitted to run horizontally along the baseline while attempting to in-bound the ball.
- Players have 5 seconds to in-bound the ball.
- All other rules from the above section "IN-BOUNDING THE BALL AFTER A STOPPAGE IN PLAY" apply.

Defensive Play

- Person-to-person defense only (**no zone defense**).
- **No Full Court Press allowed.**
- Help defense is permitted, double-teaming is not. (Help defense is defined as helping a defensive teammate who is more than 1 step away from their check, a double team violation will be called at the referee's discretion).
- Teams cannot line up at the center line and wait for their check. When this happens the referee will stop play until offensive players are 2 steps over half court.
- Once the team with control of the ball has crossed center, the defending team must pick-up their checks and play person-to-person defense.
- When a defender is within 1 normal step of a player who is holding the ball, that closely guarded player must pass, shoot or dribble the ball within 5 seconds.

Rule Violations

- *5 Second Rule* - Offensive players should not remain in their restricted foul lane or key area for more than 5 seconds (referees will monitor and attempt to remind players of this rule).
- *Carrying* - When a player, while attempting to dribble, rotates the ball with the palm of their hand and the ball remains in contact with their hand for a prolonged duration (palming the ball).
- *Double Dribble* - Dribbling the ball with 2 hands simultaneously or re-starting their dribble after they have already stopped.
- *Double Teaming* - 2 or more defensive players guarding 1 offensive player who may or may not be in possession of the ball.
- *Kick Ball* - When the player intentionally kicks the ball or when the ball unintentionally hits the player below the knee and his or her team gains advantage from it.
- *Traveling* - More than 2 steps with the ball without dribbling. This includes changing pivot foot, moving pivot foot and 3 step lay-ups.
- *Out of Bounds* - When the ball or a player in contact with the ball touches or crosses any part of the sideline or endline; when the ball or a player in contact with the ball touches the floor or any object above or outside a sideline or endline; when the ball or a player in contact with the ball touches the supports or the back of the backboards (NOTE: the sides, bottom and top of the backboard are not considered out of bounds).
- *Over and Back* - When the ball crosses over and/or touches the center line and is then returned to the original side.

Disallowed Baskets

Examples of disallowed baskets are as follows:

- a. When the whistle blows before the shooter releases the ball.
- b. When a player scores on an inbound pass.
- c. On free throws, when players enter the free throw lane before the ball hits the rim.
- d. When the ball touches anything out of play.
- e. When there are too many players on the court.

Violation Consequences

For all rule violations, the result is an inbound possession for the non-violating team at the point closest to where the violation occurred. Referees will attempt to explain to players the nature of the violation before play resumes.

Fouls: Personal

Referees must determine who is responsible for initiating contact between 2 opposing players; the player who is responsible for initiating the contact will be called for a personal foul. Incidental contact should not be penalized.

Types of personal fouls include:

- a. reaching in
 - b. holding
 - c. body contact
 - d. over the back
 - e. tripping
 - f. blocking
 - g. offensive charging
- All grade K, 1st, 2nd & 3rd and 4th personal fouls will result in an explanation of the nature of the foul from the referee. The non-violating team will take possession of the ball and in-bound the ball in all foul situations
 - For grade 5th & 6th teams, all fouls will result in an explanation to the players and in a shooting situation, 2 free throws will be awarded to the offensive player. All non-shooting fouls will result in the non-violating team taking possession and in-bounding the ball.
 - For grade 5th & 6th, personal fouls will be counted by your team's coach. There is a maximum of 6 fouls per player per game. A player who has 6 fouls will sit out the rest of the game.

Fouls: Non-Contact

- Swearing, trash talking, intimidation, swinging elbows, spitting or talking back to the referee will not be tolerated. These actions are unsportsmanlike and violate the nature of the league. Any player exhibiting these or any other unsportsmanlike actions will be removed from the game for at least the remainder of their shift. The exact length of time will be determined by the referees and coaches.
- For everyone's safety, we must ask that participants not wear any jewelry (decorative or ceremonial) including rings, earrings, bracelets, medallions, or chains.

Free throws (grades 5th & 6th only)

- For all shooting fouls players receive 2 free throws.
- Players must shoot from behind the free throw line.
- Players can enter the free throw lane upon the release of the shot.
- *On free throws, there will be four defensive players and two offensive players occupying the top three marked lane spaces, during free throws. In addition, the lane spaces closest to the free throw line (and the shooter) will remain vacant. All other players should stand no closer than the 3-pt line or top of the key extended.*

Referee Signals



Jump ball



Player control foul
(charging)



Traveling



Technical foul



3-second violation



Points scored
(one or two fingers)



Personal foul



3-point shot



Blocking

How to Support Your Kids in Sport!

By Carrie Cheadle, M.A.

We've all heard about it, or witnessed it ourselves. Some of us are even guilty of it; overzealous parents who go from supportive to crazy with one controversial call from a referee or questionable decision by a coach. Good parents, gone bad. In countless articles people talk about how parents are trying to relive unfulfilled sports dreams through their children, however, I don't think that is the case. I think parents want what is best for their kids and often don't realize that their actions are doing the exact opposite.

The increase in opportunities for children to participate in sport has also created an interest among parents, coaches, and sport psychology professionals to look at how we can best support children in sport. Here are some tips for those of you who either have a child in sport or are preparing for opening day!

The DO'S:

Help your child set goals.

Helping your child to set appropriate goals teaches them how to focus on the aspects of the game that are in their control. Ask your child what they would like to accomplish and what skills would they like to improve. If your child chooses the goal they want to accomplish it will help them to take pride and ownership over their goal. Also help your child chart their progress so they can see how their hard work is helping them to improve their skills.

Help your child define success.

Kids need to know that they are valued and accepted no matter how they perform. If your child feels secure that their worth is not solely based on how they perform, they will have more energy to respond to challenges and take the risks they need in order to learn their sport. When kids are only focused on the outcome of the game, they often get nervous and don't play as well as they would if they were focused on their own performance. If you help your child relieve this pressure, then they are more likely to be relaxed, have fun, and perform better. Instead of asking your child "Did you win?" try these questions instead:

What did you do well?

How did you work on your goals today?

What was your favorite part of the game?

What was the hardest part of the game?

What did you learn?

Did you have fun!?

Let them make mistakes.

Unfortunately, mistakes get a bad rap because of the negative connotation we have placed on them. Sometimes kids are so afraid to make a mistake that they become paralyzed with fear, which is extremely detrimental to learning and improving performance. The fear of making mistakes keeps us from trying new things, pushing ourselves harder, and having fun. Let your child know that making mistakes is part of learning.

The DON'TS:

Specialize too early.

These days with the opportunity for kids to play year-round sports, parents often feel pressure to specialize at a very early age. It is important for parents to know that more isn't always better. Young kids should be allowed to try different

sports. By allowing your young child to play a variety sports, they will develop a wider range of motor skills, be less likely to develop an overuse injury, and less likely to burn out on their sport at an early age. Tiger Woods participated in baseball, basketball, cross-country, and track in addition to golf! Later, if your child does choose to specialize, they will be more motivated and committed to their sport because they have chosen a sport they are passionate about.

Give feedback during a game.

Watching your child play sports can be an emotional rollercoaster. Parents need to develop their own set of guidelines for appropriate behavior during a game. Make sure your verbal and nonverbal communication is positive, especially during games. Game time is not a good time for giving feedback to coaches or referees. It is also never appropriate to yell at coaching staff or officials. This embarrasses your child and is the quickest way to make them want to drop out of their sport. It is also important not to coach your child during a game. When you do this, you are forcing your child into the horrible position of either disobeying their parents or their coach. Remember to praise effort and attitude as well as performance.

Lose sight of what is important.

Millions of children participate in sports and only 1-2% will get a scholarship. Great athletes don't get scholarships and most children don't go on to become elite athletes. The #1 reason boys and girls play sports is to have fun and one of the top reasons kids drop out of sports is because they are no longer having fun!! Children and parents need to balance sport with other interests. Parents and families can burnout too. Spending time with your child pursuing other interests' lets them know that you love and value them outside of their sport and can help prevent EVERYONE from burning out on sports!

Carrie Cheadle received her Masters degree in Sport Psychology and has a private practice in Sonoma County consulting with teams, athletes, and coaches on enhancing performance through mental skills training

Helpful Links and Contacts

Mahomet Recreation Phone and Cancellation Line – 217-586-7246

Mahomet Recreation Website – www.mahometrecreation.com

Youth Basketball Skills and Drills links:

<http://www.guidetocoachingbasketball.com/>

http://www.y-coach.com/CD/Basketball_Drills.htm

The department also has a library of instructional books and videos for coaching youth sports, call our office 586-6025 to check one out!