



2018-2019

Rec Basketball

South Portland Parks and Recreation Youth Sports Philosophy

South Portland Parks & Recreation is committed to providing a high quality youth sports experience for our participants, parents, coaches, and spectators. All of our youth sports leagues are driven by the same core philosophy, to introduce and develop the skills needed for lifelong enjoyment of sports in a setting that is inclusive, engaging, and centered on promoting sportsmanship and having FUN! We feel strongly that all players should have the chance to participate, and that player development, not winning, should be the ultimate goal.

Cancellation Procedure

- Game cancellations will be made no later than 7:00am on Saturday mornings. If possible we may make the decision late Friday afternoon. In either case, coaches will be emailed and then they must contact their team to let them know asap. Cancellations will also be posted on our website (www.sopoparksrec.com) and Facebook page.
- If the schools are cancelled for the day (such as when school is cancelled due to snow) then practices that take place in those buildings will be cancelled. Practices that take place in the Community Center will not be cancelled unless the weather is a factor and we decide to close our building. If this is the case, the coach will be notified.
- If a coach decides not to have practice for whatever reason, we ask that you please let the Recreation Coordinator know so we may appropriately field any calls we receive from teams.
- The coaches DO NOT have the authority to cancel games – this is left up to the programming staff.

GRADES 4/5 REC BB LEAUGE RULES

1. This is an instructional league designed for players to learn about the game and have fun.
2. The league will adhere to a "Zero Tolerance Policy" as far as coach, player and fan behavior.
3. Play will be 5v5. If a team is short players, games may be player 4v4.
4. Referees will dictate matchups on the floor as opposed to the coaches doing so. Matchups should be based on skill.
5. Only coaches are be allowed to sit on the team bench.
6. Three 8-minute periods – running time. Fourth period = 9 minutes. Clock will stop free throws, timeouts, injuries and long delays or explanations.
7. Substitutions will be made every 4 minutes during the first 3 quarters. Fourth period sub every 3 minutes. Subs must check in at scorer's table.
8. Fouls will be called and explained by official.
9. Violations will be called as necessary to help teach rules of the game.
10. Score will be kept, but there will be no season standings or playoffs.
11. If a team is up by 20 points at half time, the score will be reset to zero to start the third quarter.
12. In case of a tie, there will be a 2 minute overtime period. If score is still tied after the overtime period, the game ends in a tie.
13. Each team will have four thirty second time outs per game. No additional time outs for overtime period.
14. The league will use the women's size ball for this league 28.5.
15. Man to man defense only. Players may switch.
16. No zones.
17. No full court press – defense may pick up their player at half court.
18. No double teams outside the 3-point arc.
19. The three-point shot will be utilized.
20. The game will begin with a jump ball. After this, teams will alternate possession when a jump ball occurs.
21. Games will be played on 10-foot hoops.
22. There will be two games played simultaneously at the community center.
23. **No jewelry may be worn (This includes earrings) - girls or boys may wear rubber bands made of elastic, cloth or other soft material, for long hair. Hard barrettes are not allowed.**
24. Coaches must set a positive example for their players at practice and games. If there are questions for the officials, please address them during a time out, between quarters, or between halves, with the game supervisor present. The coach is responsible for the actions of his/her players from the time they arrive at practice or a game until the time they leave.

Program Objectives

- To provide a safe, positive and fun basketball experience for all children.
- To allow players to participate in an environment that does not put any unnecessary pressure on them from parents or coaches.
- Remember that this is an instructional league where the development of players must precede a coach's personal desire to win.

Things to note:

- No drinks will be allowed in the gym. Players are allowed to bring water. Juice, soda, and sports drinks are prohibited. Coaches must help enforce this rule.
- For the safety of the players, all coaches and players must stay off the court with wet shoes.
- If a child has any allergies, conditions or physical limitations, it will be noted on your roster. If you would like further information on how to accommodate that child, please talk to the parent or contact the Rec Dept.