

City of South Portland Parks, Recreation & Waterfront

Grades 1–2 Recreation Basketball League: Player & Parent Handbook (2026–2027)

Welcome & Program Philosophy

Welcome to the Grades 1–2 Recreation Basketball League! Our primary goal is to provide a safe, fun, and supportive environment where young players can enjoy learning basketball, developing foundational skills, and building positive relationships. We strongly believe that all players deserve an equal opportunity to participate, and we emphasize effort, skill development, sportsmanship, and fun over winning or keeping score.

Contact Information

- **Youth Programs Manager:** Brianne Maloney
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- **Department Website:** southportlandme.myrec.com

Important Dates & Schedule

- **Practice Schedule:** Practices begin the week of **November 9th**. Teams practice once per week in 1-hour time slots held at South Portland Elementary Schools.
- **Practice Exceptions:** Practices do not take place on early release days, school holidays, or school vacation days.
- **Game Days:** All games are held on Saturdays.

Schedule Details	Dates
Scheduled Game Dates	November 21, December 5, December 12, December 19, January 2, January 9, and January 16
Make-Up Game Dates	January 23 and January 30

Uniforms, Equipment & Gym Rules

- **Jerseys:** Every player receives a team jersey with a unique number, which must be worn to all games.
- **Footwear:** To preserve gym floors and ensure player safety, wet or dirty outdoor footwear is strictly prohibited on the basketball courts. Please bring clean athletic shoes to change into before stepping onto the court.
- **Beverages:** Only water is permitted inside the gymnasium. Juice, soda, and sports drinks are strictly prohibited.
- **Jewelry & Hair Accessories:** No jewelry of any kind may be worn during practices or games, including earrings. Soft cloth or elastic hair ties are permitted; hard plastic or metal barrettes are strictly prohibited.

League Rules & Expectations

- **Instructional Format:** This is an instructional league designed purely for learning and enjoyment; official scores and standings are not kept.
- **Game Layout:** Games consist of four 8-minute running-time periods. Substitutions occur every 4 minutes to ensure equal playing time for all participants.
- **Equipment & Hoops:** Size 27.5 basketballs and 8-foot hoops are used for all games.
- **Defense & Offense:** Person to person activities defense only is allowed (zone defense and full-court pressing are strictly prohibited). Defenders must retreat inside the 3-point arc on defense.
- **Coaching & Officiating:** Coaches officiate games directly on the court, using fouls and violations as constructive teaching opportunities.

Parent & Spectator Code of Conduct

- **Zero Tolerance Policy:** South Portland Parks & Recreation enforces a Zero Tolerance Policy for unsportsmanlike behavior, yelling, or negative comments directed toward players, coaches, officials, or other spectators.
- **Positive Support:** Cheer enthusiastically for all players on both teams, focusing on encouraging effort, teamwork, and good sportsmanship.
- **Let the Coaches Coach:** Allow volunteer coaches to instruct and guide the team during games and practices without interference.
- **Incidents & Injuries:** Report any injury or safety concern to your coach or the Recreation Department immediately.

Weather & Cancellation Policy

- **Game Cancellations:** Decisions regarding Saturday game cancellations are made no later than 7:00 AM on Saturday morning (or late Friday afternoon when possible). Official game cancellations are strictly made by Recreation Department staff.

- **Notifications:** Cancellations will be communicated via email, posted on the department website (southportlandme.myrec.com), and shared on the official Facebook page.
- **Practice Cancellations:** When school is cancelled or dismissed early due to inclement weather, practices held at school facilities are automatically cancelled.

Health, Safety & Incident Protocols

- **Medical Information:** Please ensure any allergies, medical conditions, or physical limitations are shared with your coach and the Recreation Department.
- **Accident & Incident Reporting:** Major injuries or incidents must be reported to the Recreation Department as soon as possible.

Thank you for being a part of South Portland Parks & Recreation youth sports! We look forward to a fantastic season.