City of South Portland Parks, Recreation & Waterfront

Grades 3–4 Rec Basketball League (2026–2027)

Player & Parent Handbook

Welcome & Contact Information

Welcome to the Grades 3–4 Recreational Basketball Program! We are excited to have your child participate with us this season.

- **Youth Programs Manager**: Brianne Maloney
- **Email**: bmaloney@southportland.gov
- **Phone**: (207) 767-7650 ext. 7511
- **Website**: southportlandme.myrec.com

Program Philosophy & Objectives

The primary goal of our recreational basketball program is to provide a safe, positive, and supportive environment where players learn fundamental skills, build sportsmanship, and enjoy the game of basketball.

- **Player Development First**: Skill improvement and team play are prioritized over wins and losses.
- **Equal Participation**: Every child receives equal opportunity to learn, play, and contribute.
- **Fun & Sportsmanship**: We foster an encouraging environment for players, coaches, and parents alike.

Season Schedule & Locations

Practices

- **Start Date**: Week of November 9th
- **Frequency**: One 1-hour practice per week
- **Location**: South Portland Elementary School Gyms
- **Exceptions**: No practices on early release days, school holidays, or vacation days.

Games

- **Game Days**: Saturdays
- **Scheduled Game Dates**: 11/21, 12/5, 12/12, 12/19, 1/2, 1/9, and 1/16
- **Make-Up Dates**: 1/23 and 1/30

Cancellation Policy & Communications

- **Game Cancellations**: Announced by 7:00 AM on Saturday mornings (or Friday afternoon if weather allows). Notifications are sent via email and posted on southportlandme.myrec.com and Facebook page.
- **Practice Cancellations**: If South Portland schools are canceled or dismissed early, school gym practices are automatically canceled.

Equipment, Apparel & Gym Rules

- **Jerseys**: Players will receive a numbered team shirt to wear for all Saturday games.
- **Footwear**: Clean, dry athletic sneakers must be worn on the court. Wet outdoor shoes are strictly prohibited inside the gym.
- **Jewelry & Hair Accessories**: No jewelry of any kind (including earrings) may be worn during practices or games. Only soft elastic or cloth hair ties are permitted (no hard barrettes).
- **Gym Beverage Policy**: **Water ONLY** is allowed in the gym. Soda, juice, and sports drinks are strictly prohibited.

League Format & Playing Rules

- **Gameplay**: 5v5 full-court play (4v4 if team rosters dictate).
- **Game Structure**: Three 8-minute periods with running time (clock stops only for timeouts, injuries, or referee explanations). Substitutions occur every 4 minutes.
- **Scoring**: Scores are kept during each quarter and reset to zero at the end of every quarter to keep the emphasis on instruction.
- **Equipment**: 28.5" size basketball on 9-foot hoops.
- **Defensive Rules**: Person-to-person defense only. No zone defense and no full-court press (defenders pick up after half court).

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.

Parent & Spectator Code of Conduct

- **Zero Tolerance Policy**: The league strictly enforces a Zero Tolerance Policy regarding unsportsmanlike behavior toward referees, coaches, players, or other spectators.
- **Supportive Environment**: Cheer positively for all players. Avoid coaching from the sidelines or arguing calls made by game officials.
- **The Golden Rule**: Treat all participants, coaches, officials, and fellow parents with respect and kindness.

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