

REVISED FOR 2025  
City of Rialto  
Parks, Recreation & Community Services





Dear Coaches,

We want to express our deepest appreciation for your incredible dedication to the City of Rialto and your unwavering commitment to our youth through your involvement in our youth sport programs.

Understanding the vital role, you play as mentors and leaders, we have developed the following Code of Conduct to guide your actions and ensure the positive development of our young athletes:

1. **Inclusivity:** Embrace and foster an inclusive and welcoming environment within our youth sport programs. Treat all players, regardless of their background, gender, race, or skill level, with respect, fairness, and equal opportunities. Encourage teamwork, empathy, and a sense of unity among all participants.
2. **Mentorship:** As coaches, you have the power to make a lasting impact on the lives of our young athletes. Strive to be positive role models, displaying integrity, sportsmanship, and professionalism always. Foster personal growth by actively helping players develop their skills, both on and off the court. Encourage them to overcome challenges and set high standards for themselves.
3. **Building Confidence:** Place a strong emphasis on building the confidence and self-esteem of our players. Celebrate their achievements, no matter the size, and provide constructive feedback that helps them grow. Encourage a growth mindset, where mistakes are viewed as opportunities for learning and improvement. Empower players to believe in themselves and their abilities.
4. **Respecting League Policies and Practices:** Familiarize yourself with the rules, policies, and practices established by the league. Adhere to these guidelines and ensure that your coaching staff, players, and parents are aware of and respect them as well. By doing so, we create a fair and consistent environment for everyone involved.
5. **Accountability:** Hold yourself accountable for your actions and behaviors as a coach. Set clear expectations for your coaching staff, players, and parents regarding their conduct during games and practices. Foster open communication, address concerns promptly and professionally, and promote an environment of mutual respect and teamwork.
6. **Zero Tolerance for Disrespect:** We have a zero-tolerance policy for any form of blatant disrespect towards league rules, league staff, coaches, players, parents, or community members. Such behavior undermines the values and principles we strive to uphold and will result in severe consequences. Any violations may lead to disciplinary actions, including suspension or removal from coaching duties.

Once again, we extend our deepest gratitude for your selfless service and dedication. Your commitment to the City of Rialto and our youth is invaluable. By following this Code of Conduct, we can continue to create an environment that instills the values of respect, sportsmanship, and personal growth. Together, let us empower our young athletes to become confident, resilient, and respectful individuals.

Thank you for your ongoing support and invaluable contributions.

## **Introduction**

Welcome to the City of Rialto Youth Basketball program. We are looking forward to a **fun** and **enjoyable** season.

As a Coach in our program, you have distinguished yourself as a unique individual and leader for our youth. We truly believe that everyone wants the best for their children, but it takes a special person to find the time to give back to our community by volunteering your time. As a Volunteer Coach you are the most important ingredient to a successful program. On behalf of the City and Parks, Recreation & Community Services Department, we want to say THANK YOU, for dedicating yourself to be a Volunteer Coach this season.

The purpose of this manual is to assist you in becoming the best Coach possible. By doing so, you are a key role in the development of skill and character of our youth. This handbook will cover, in detail, the many different areas of coaching. The first section of this handbook deals with the philosophy of our program, while also defining an ethical approach to coaching. Section two is a basic outline of the rules and regulations. The third section, titled “Drills”, deals with the elements involved in developing a practice. The fourth includes pertinent articles which we hope will help influence your coaching techniques and characteristics.

We believe this will be one of the most rewarding experiences of your life. Your influence and guidance are most important, for it is the basis of your team’s, and each individual’s future growth in the sport and in life. We truly believe that a good experience in sports will help build a well-rounded child, and we are here to assist you in any way possible to achieve this goal.

## **Program Philosophy**

The main purpose of the City of Rialto Youth Basketball Program is to provide a positive and fun experience for everyone involved, (i.e. coaches, parents, spectators, officials, and most of all the boys and girls participating).

These goals can be reached, even, without a winning season. Simply by emphasizing fun, skill development, and the excitement of competition, you’ll have a successful season.

Our philosophy of Youth Basketball is patterned after our belief that sports as a whole can play an integral role in the growth and maturation of each individual involved. The development of a person’s skill as a basketball player coincides with the outgrowth of each individual as a human being. The guidance and direction of each child should be based on what we call, “The Truths about Children and Sports”:

1. **Fun is pivotal; if it’s not “Fun,” young people will not play a sport.**
2. Skill development is a crucial aspect of fun, it is more important than winning even among the best athletes.
3. The most rewarding challenges of sports are those that lead to self-knowledge.
4. Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).

Your success as a coach will depend more on your coaching philosophy than any other factor. In general, a coaching philosophy is a set of personal beliefs and principles that guide the actions you take with your athletes. Developing a coaching philosophy is important because it provides you with a blueprint or framework for all the decisions you make as a coach. A well-thought-out coaching philosophy helps you:

1. To identify, prioritize and organize worthwhile instructional goals for the season.
2. Offer efficiency in planning and coordination between people.
3. Most important, it gives you, your assistant, your athlete's parents, and your team a sense of values from which to work.

**Communication:** It is essential that you communicate regularly with the parents/guardians of your team members; providing information in writing helps immensely. For privacy reasons, all communication needs to be through the Team sideline messaging app. Coaches are not allowed to create group text messages to ensure that numbers are not being shared.

**Preparation:** It is equally important to be prepared for the task at hand whether it is practicing or getting ready for a game. Being prepared encompasses a wide variety of fundamental issues such as practice organization, proper equipment, rule knowledge, and program philosophy.

**Safety:** A thorough knowledge and understanding of good safety procedures will eliminate common injuries and accidents. Accidents occur most frequently when players are fooling around and not paying attention to your directions. You need to be constantly aware of safety needs and concerns.

Above all remember, you are dealing with children in a child's game where the best form of motivation is enthusiasm and positive reinforcement. If the experience is FUN for you, it will also be fun for the participants on your team.

If you have any questions, please feel free to contact us. Thank you for volunteering your time and have a great season.

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## **Rules and Regulations**

The Southern California Federation (S.C.M.A.F.) Rules and Southern California National Federation High School rules have been adopted as stated and will apply except where the City of Rialto League rules conflict. City league rules have priority.

### **Player Eligibility**

A. All players must register through the Parks, Recreation and Community Service Department. Player will be registering through the Active Net system online or in person. Comp player will be registered by a sport staff, if they are on the team information sheet.

B. The following divisions will apply:

Division A- Age group 12yrs – 14.11yrs (Can not be in High School)

Division B - Age group 10yrs – 11.11yrs

Division C - Age group 8yrs – 9.11yrs

Advanced Rookie Division D - Age group 6yrs – 7.11yrs

Rookie Division E - Age group 4yrs – 5.11yrs

\*Ages are calculated by last day of the season.

C. Players may play up one division. If the parents approve their player to move up a division, they must come into the office and talk to the sports programmer.

D. Any player found to be ineligible will be removed from the game and program immediately.

E. Coaches who use non-registered players (ineligible players) may also face suspension or expulsion.

F. Coaches may not recruit players for their team or presume to register players. All interested children must register through Parks, Recreation & Community Services directly.

### **Team Formation:**

- A. Every Coach must be cleared to coach, this includes the assistant coach also.
  - a. Volunteer application completed, and turned into the Parks, Recreation, Community Services Department.
  - b. Scheduled finger printing at the Police Department.
  - c. Human Resource department has sent a written clearance to the Parks, Recreation, Community Services Department.

- B. Every team must turn in a team information sheet on or before coaches meeting date.
- a. Team information sheet should include the following information:
    - i. Team information
    - ii. Coaches' information
    - iii. Practice request schedule
    - iv. Complementary Player information
      1. Each team is given 2 complementary players per team.
      2. A parent signature is required.
      3. If the players have siblings and you are not comping the sibling, they may be placed on a different team.
  - C. Coach's Acknowledgment Form is due before coaches get their rosters. If they have not turned one in for the upcoming season, they will not receive their rosters.
  - D. The program's goal is to create balanced teams. Our program's team placement process is designed to give players the opportunity to work with different teammates and coaches each season. This approach helps players develop a more well-rounded skill set, enhance their adaptability, and build connections across the league. While it may seem like frequent changes, our goal is to provide a supportive environment where players can grow and thrive both on and off the court.
  - E. Divisions A, B and C have a scheduled skills assessment. During the skills assessment each player does a set of drills to show case their level of passing, dribbling, shooting and a short game play. The skill assessment is used to determine the skill level of each player. 5 being a highly skilled player and 1 being needs improvement.
  - F. The program does its best to connect siblings to each other by putting them on the same practice dates. The program cannot guarantee that we connect siblings based off availability.
  - G. Roasters will be emailed to coaches and posted on TeamSideline at least by the Wednesday before the start of practices.

## **Game Purpose and Basics**

### **Game Objectives:**

- The offense moves the ball down the court through dribbling and passing to score points.
- The defense attempts to block, steal, or contest shots to regain possession.

### **Scoring System:**

- **2 points:** Field goals inside the three-point arc.
- **3 points:** Field goals outside the three-point arc.
- **1 point:** Free throws.

### **Game Play:**

Each team has a maximum of 5 players on the court at any time. Substitutes are made by the Coach to replace players on the court. They are 'substituted' or 'subbed-off'. This can only be done at certain times in the game and the referee will let you know when it is OK. This can take place as often as the Coach likes.

The team who has control of the basketball is on OFFENSE. The team without the ball is on DEFENSE. Both parts of the game are equally important! Teams on defense are trying to stop the offence from shooting a hoop. The defense should always try to stay between the basket and the players they are guarding.

There are two ways for the ball to be moved up the court on offense - by 'dribbling' the ball, which is by bouncing the ball with ONE-HAND only on it, or by 'passing' it to another of your team members. Passing is a lot faster and ensures all team members enjoy the fun of the game.

While stationary (not passing or dribbling) the player holding the ball must always keep one of their feet on the floor, this is called the 'pivot' foot. Players can only lift their foot if they wish to dribble, pass or shoot the ball. The pivot foot can twist but must remain in contact with the floor and in the same place. If players move their foot / feet without dribbling, passing or shooting they are penalized and the ball given to the other team, this is called 'travel'.

The ball must stay within the court of play (inside sidelines and baselines), otherwise it goes to the other team.

No player may contact an opposition team member, this is called a 'foul'. If a foul takes place while a player is shooting for a basket, the shooter is given free shots from the free-throw line.

- If the basket (while being fouled) is scored, 2 points are awarded, and 1 free-throw is taken.
- If the basket misses. 2 free-throws are given.
- If a player receives 5 fouls during a game, they must leave the court and can take no more part in the game.

It is important that all players spread out on the court when playing. How hard is it to pass the ball to 9 players lumped together? Good spacing let's everyone have a go at the basket.

### **Game Duration:**

- Quarters are divided by division with varying lengths:
  - **Rookie Division (E):** Four 6-minute quarters.
  - **Advanced Rookie Division (D):** Four 6-minute quarters with mid-quarter substitutions.
  - **Division C:** Four 7-minute quarters.
  - **Division B:** Four 8-minute quarters.
  - **Division A:** Four 8-minute quarters.
- Breaks include:
  - 1 minute between quarters.



- 2-minute halftime.

(If the league is running behind on time the league may cut the time, we would like to stay on schedule as much as possible to respect everyone time.

- **Overtime:** If both teams have the same score at the end of regulation, there will be an overtime period. Both teams will still play five-on-five in the shortened period. Only Division A, B and C can have overtime period. Division D can end in a tie.
  - Two (2) minutes, regulation clock. Clock stoppage in the last minute of overtime period.
  - Double overtime is to be played with the sudden death rule; first team to score wins the game.

**Timeouts:** a Coach can stop the game talking to their players. When a timeout is called players must ‘hurry’ to the sideline to talk with their Coach.

- Teams are allowed four (4) timeouts per game and one (1) timeout during each overtime period.
- Timeouts are 30 seconds each.
- Unused timeouts do not carry overtime.

**Rebounding:** Players should assume that every basket will miss. Getting possession of the ball after a missed shot is called a ‘rebound’. When 2 players get possession of the ball at the same time this is called a ‘jump ball’. A jump ball starts at the beginning of a game and after half time.

Now you know some basics of the game keep practicing and remember the most important thing is to have fun! Also, basketball is a team sport! There is no ‘I’ in TEAM!

## **Fouls and Violations**

### **FOULS**

**Personal fouls:** Personal fouls include any type of illegal physical contact.

- Hitting
- Pushing
- Slapping
- Holding
- Illegal pick/screen -- when an offensive player is moving. When an offensive player sticks out a limb and makes physical contact with a defender in an attempt to block the path of the defender.

**Personal foul penalties:** If a player is shooting while being fouled, then they get two free throws if his shot doesn't go in, but only one free throw if his shot does go in.

- Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss their shot. If a player is fouled while shooting a three-point shot and makes it anyway, they are awarded one free throw. Thus, they could score four points in the play.
- Inbounds. If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.
- Two shots. If the team committing the foul has five or more fouls in the quarter the opposite team is in the bonus, then the player who was fouled is awarded two free throws. This resets at the end of each quarter. Fouls and bonus from the 4<sup>th</sup> quarter will carry over to overtime.

**Charging.** An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is given to the team that the foul was committed upon.

**Blocking.** Blocking is illegal personal contact resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

**Flagrant foul.** Violent contact with an opponent. This includes hitting, kicking, and punching. This type of foul results in free throws plus the offense retaining possession of the ball after the free throws.

**Intentional foul.** When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

**Technical foul.** Technical foul. A player or a coach can commit this type of foul. It does not involve player contact or the ball, but it is instead about the 'manners' of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

## **VIOLATIONS**

**Walking/Traveling.** Taking more than 'a step and a half' without dribbling the ball is traveling. Moving your pivot foot once you've stopped dribbling is traveling.

**Carrying/palming.** When a player dribbles the ball with his hand too far to the side of or, sometimes, even under the ball.

**Double Dribble.** Dribbling the ball with both hands on the ball at the same time or picking up the dribble and then dribbling again is a double dribble.

**Held ball.** Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

**Goaltending.** If a defensive player interferes with a shot while it's on the way down toward the basket, while it's on the way up toward the basket after having touched the backboard, or while it's in the cylinder above the rim, it's goaltending and the shot counts. If committed by an offensive player, it's a violation and the ball is awarded to the opposing team for a throw-in.

**Backcourt violation.** Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team to pass inbounds.

**Time restrictions.** A player passing the ball inbounds has five seconds to pass the ball. If they do not, then the ball is awarded to the other team. Other time restrictions include the rule that a player cannot have the ball for more than five seconds when being closely guarded and, in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.

## **Most Misunderstood Rules**

### **• 3-Second Count**

There is no 3-second count between the release of a shot and the control of a rebound. A new count starts once the rebound is secured.

### **• Out-of-Bounds Play**

A player can go out of bounds, return inbounds, and be the first to touch the ball.

### **• "Over the Back" Is Not a Rule**

There is no "over the back" violation. A foul only occurs if there is contact resulting in an advantage/disadvantage. Tall players should not be penalized merely for their height.

### **• Reaching is Not a Foul**

Reaching is not a foul unless there is contact, and the player with the ball is placed at a disadvantage.

### **• Recovering a Fumbled Ball**

A player can always recover a fumbled ball. Steps taken during recovery are not considered traveling, regardless of progress made.

### **• Traveling While Dribbling**

It is not possible for a player to travel while dribbling the ball.

### **• High Dribble**

A high dribble is legal as long as the player's hand stays on top of the ball and the ball doesn't come to rest in their hand.

- **Kicked Ball**

A kicked ball must be intentional, and any contact must involve the leg.

- **Rebounding Own Airball**

A player can rebound their own airball as long as the shot was deemed a legitimate attempt.

- **Throw-In Violation**

It is impossible to travel, double dribble, or carry while taking the ball out for a throw-in. The player can move laterally during the throw-in.

- **Backboard Boundaries**

The sides, top, and bottom of a rectangular backboard are in bounds.

- **Ball Over the Backboard**

A ball cannot pass over the top of the backboard but can pass behind it, as long as it doesn't touch anything.

- **Legal Guarding Position**

A defender does not need to "give the dribbler a step." As long as they have established a legal guarding position, it is the dribbler's responsibility to avoid contact.

- **Jump Ball Recovery**

Jumpers may tap the ball simultaneously or twice. Once the ball touches the floor, the jump ball is over, and either player may recover the ball.

- **10-Second Count**

The 10-second count continues if the defense deflects or bats the ball.

- **Moving Screen**

A moving screen is not a violation unless there is contact. If contact occurs, it is considered a "block" foul.

- **Live Ball Contact Foul**

Any contact foul during live ball play is personal, not technical, even if it's flagrant.

- **Incidental Contact**

Basketball is not a non-contact sport. Incidental contact can be ignored if it doesn't create an advantage or disadvantage. Contact on the shooter should always be called.

- **Dead Ball Foul**

Any unsportsmanlike contact during a dead ball is a technical foul.

- **Taking a Charge**

A defensive player does not have to be stationary to take a charge. They must have established a legal guarding position and can move backward or sideways.

- **Intentional Foul Penalty**

An intentional foul is penalized with 2 free throws, or 3 if it occurs on a missed 3-point shot.

- **Player-Control Foul by Airborne Shooter**

If an airborne shooter commits a player-control foul, their successful shot cannot count, regardless of when the shot was released.

- **Pivot Foot Violation**

Lifting the pivot foot does not constitute a travel unless the ball handler places the pivot foot back on the floor before passing or shooting. The pivot foot cannot be lifted before starting the dribble.

## **Player Positions**

**Center.** Centers are generally your tallest players. They generally are positioned near the basket.

Offensive -- The center's goal is to get open for a pass and to shoot. They are also responsible for blocking defenders, known as picking or screening, to open other players up for driving to the basket for a goal. Centers are expected to get some offensive rebounds and put backs.

Defensive -- On defense, the center's main responsibility is to keep opponents from shooting by blocking shots and passes in the key area. They also are expected to get a lot of rebounds because they're taller.

**Forward.** Your next tallest players will most likely be your forwards. While a forward may be called upon to play under the hoop, they may also be required to operate in the wings and corner areas.

Offensive -- Forwards are responsible to get free for a pass, take outside shots, drive for goals, and rebound.

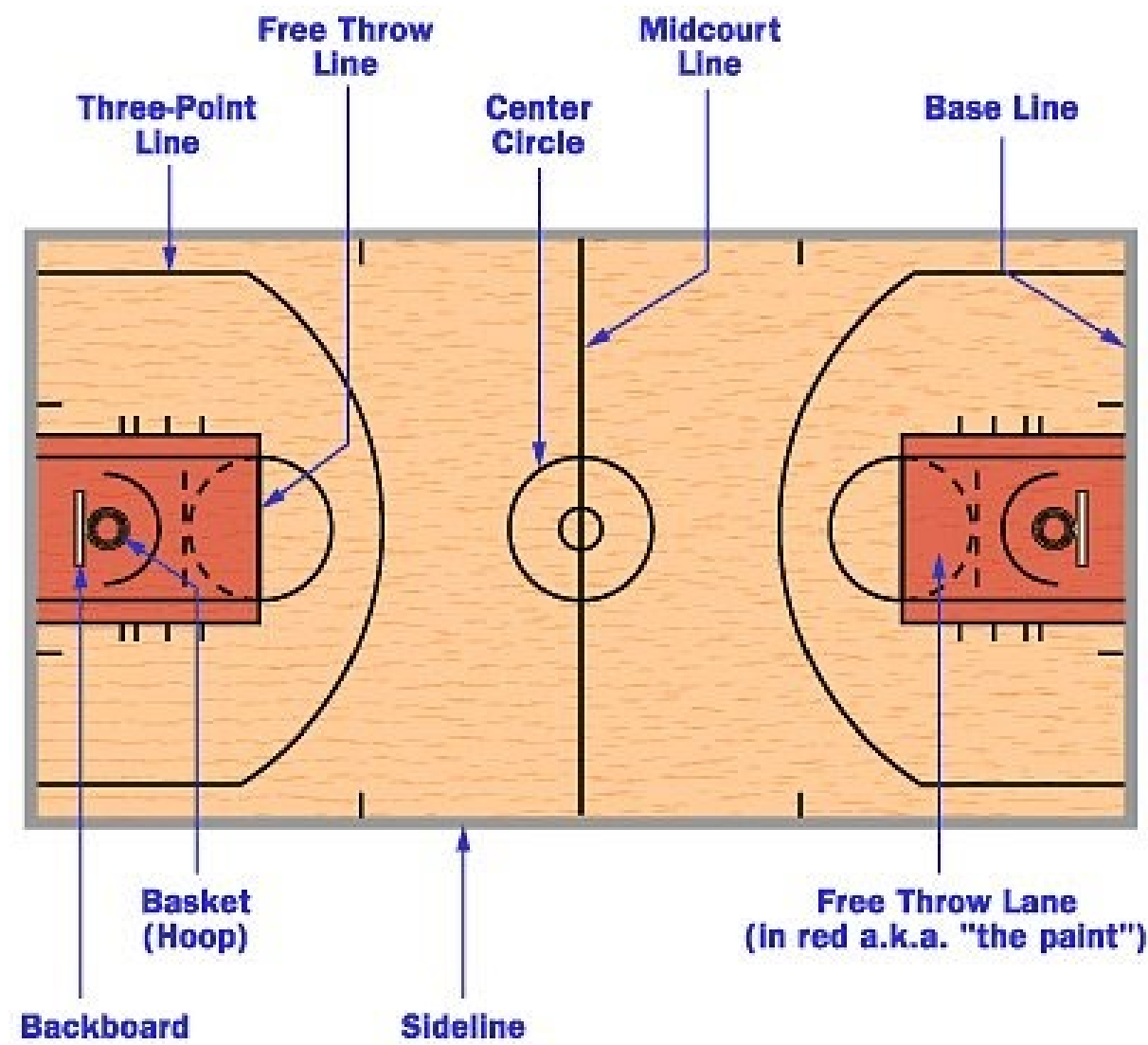
Defensive -- Responsibilities include preventing drives to the goal and rebounding.

**Guard.** These are potentially your shortest players, and they should be really good at dribbling fast, seeing the court, and passing. It is their job to bring the ball down the court and set up offensive plays.

Offensive -- Dribbling, passing, and setting up offensive plays are a guard's main responsibilities. They also need to be able to drive to the basket and to shoot from the perimeter.

Defensive -- On defense, a guard is responsible for stealing passes, contesting shots, preventing drives to the hoop, and for boxing out.

## **Basketball Court Layout**



**Sideline:** The boundary lines at each side of the court.

**Baseline:** The boundary lines at each end of the court.

**Frontcourt:** The half of the court with the basket at which the team is shooting

**Backcourt:** The half of the court with the opponent's basket

**Half-court line / Mid-court:** The line that splits the court in half, running across the court from sideline to sideline.

**Jump circles:** A center circle at mid-court where the game starts with the jump ball, and a free throw circle around the free throw line at each end.

**Free throw line:** The line 15 feet from the basket that cuts the free throw circle in half. Players shooting a free throw (or a foul shot) cannot cross this line.

**Lane lines:** The two lines that extend from the ends of the free throw line to the baseline forming a rectangular area called the free throw lane or the key.

**Block and Hash marks:** The markings on each side of the key used for lining players up for free throws.

### **Coaching Tools for Youth Basketball**

The most important aspect of teaching the basic fundamental of basketball is the basic athletic stance. The Triple Threat Position.

- Feet are shoulder width apart
- Knees are slightly bent
- Hands are holding the ball on the hip of the shooting hand
- Always square up to the basket when receiving the ball.

### **Offense**

Moving with the ball: This means passing, dribbling, and shooting. Pivoting and faking should also be added in.

Pivoting: This is important because it protects the ball and allows you to fake. Once you get the ball, either from a pass, a rebound or when you stop dribble, you must keep one foot still. This is your pivot foot. Use the foot that will help you most. You may want to fake or pivot away from your opponent to protect the ball.

Faking: There are many ways to fool your opponent. Sometimes a look or a short move of your head and shoulders will fool the opponent. When you learn to pivot well, you can add other fakes using non-pivot foot. Keep your fakes short and simple.

### **Shooting**

Always Remember B.E.E.F.

- Balance
- Elbow
- Eyes
- Follow-Through

Practice makes perfect. Start shooting from a distance that is comfortable to you without strain. Have a good balance before you start to shoot. Aim at a target, the front of the rim or the backboard.

## **Passing**

In passing the ball, be sure that your teammate is ready and looking for the ball, pass with force. Try not to “telegraph” your pass and use the right pass for the job. A bounce pass is harder for your opponent to steal. A chest pass is easier for your teammate to catch and the overhead pass can usually go farther. There are three basic passes:

### The Chest Pass

- Bend your knees and waist
- Hold the ball close to your chest
- Use two hands
- Hold your elbows at your side
- Be strong with the ball
- Push the ball away from your chest hard
- Snap your wrists so that your thumbs come together, and then point down
  - Snap toward your target with the non-pivot foot

### The Bounce Pass

- The position is the same as the chest pass
- Bounce the ball 2/3 of the way between you and your teammate
- Step into the pass

### The Overhead Pass

- The position is the same as the chest pass but the ball is directly over your head.
- Make sure the ball is not behind your head.
- Use force by snapping your wrist and trying to aim at the chest of your teammate.

## **Dribbling**

Always start in Triple Threat Position. Feet should be comfortably apart, knees bent, and hold the ball at your waist. Spread your fingers and use your fingertips, control the ball



with your fingertips and wrists using your arms and shoulders for force. Keep the ball low to the floor for better control and don't slap the ball. Always remember keep your eyes up the floor.

### **Defense**

The basic defensive stance includes feet apart, knees bent (like you're sitting in a chair), and hands up and moving. Eyes should be looking at your defender's chest if they have the ball and peripheral vision when your offensive man does not have the ball. Key tips for defense:

- Don't reach
- Get your position so that your player has to go around you and use his/her weak dribble hand
- Don't leave the floor unless the ball is in the air
- Stay an arm's length away
- Learn to play one-on-one
- Stay between the player you are guarding and the basket
- When your player doesn't have the ball, try to be in the position to see the player and the ball at the same time.
- After the shot is up, block your player out and go for the rebound.

### **Rebounding**

Rebounding is the key to any successful basketball player and team. Rebounding takes effort, hustle, and heart. Here are some keys to rebounding:

- Expect every shot to be missed and go to the basket every time
- Learn to get position on your opponent. This means getting between the basket and your opponent.
- Jump for the rebound with your hands up and elbows out.
- Time yourself to get the ball at the top of your jump
- Read the shot and where the ball will land (usually weak side)
- After the rebound hold the ball tight and keep elbows out

### **General Offense Rules**

1. Play smart! Understand and know what the coach is looking for.

2. Play unselfishly. Always pass to the open man and don't force shots.
3. Protect the basketball. Handle the ball with sureness. Avoid turnovers.
4. Make the safe and easy pass. Don't force passes. Every pass does not have to lead to a score.
5. Pass away from the defense. Always know where the defense is, and pass away from it. Use two-handed grip as a passer.
6. Play under control. Don't have your mind made up about what you want to do. Read the numbers and take what the defense gives you in an organized and controlled matter.
7. Be patient. Don't play fast! A good rule to remember is to hurry, but don't rush. It's not how fast you go, it's what you do.
8. Don't force shots! Pass the ball when you are well defended.
9. Dribble with your head up and see the court.
10. Dribble north and south. Attack the gaps in the defense. No wasted dribbles.
11. Always know the time and score.
12. Maintain proper spacing. Spacing is offense and offense is spacing. Keep the offense high and wide. Perimeter players should stay above the three point line, except of course when executing cuts or screening opportunities.
13. Try to make three passes before attempting a shot, other than a lay-up opportunity.
14. Catch-and-face. Anytime that you receive the basketball face the basket in the triple threat position.
15. Always look to go inside first, before shooting outside shots! Our first objective every time down the floor is to go inside.
16. Use a jump-stop in the post area. Keep the ball under chin, with elbows out.
17. Always look to dribble penetrate (slash) to the elbows. Play off the elbows offensively (jump shot, draw-and-kick, or kick-out).
18. Look to draw-and-kick. Anytime a weak-side defender rotates to stop the ball, we look to pass to our open teammate. Use a bounce pass in the paint to hit the open teammate.

19. Get fouled! To win the big games, you must get to the free throw line, and then you must make them... Great players get to the foul line 7 to 8 times a game.
20. Communicate on all screens. Raise your weak hand to let the cutter know you're coming to screen for him. As you set the screen, call out your teammate's name.
21. Set tough screens. Set your screen on the defender's numbers. The screener should remain in a stationary position for a two count.
22. Always receive the screen late - Wait! Wait! Wait! Wait for the screener to jump stop and say your name before you begin your v-cut to get open.
23. Read the defense. Think before you move. Try to take advantage of what the defense gives you. Our cutter and screener must concentrate on their defender and not watch the ball. Cutters should always make their cuts away from their defender and "move with a purpose."
24. Move to be a great receiver! As a pass receiver, you must always step to the ball, show a hand-target, and call for the ball.
25. Backdoor cut when overplayed. When your defender has a foot and hand in the passing lane to deny you from catching the ball, change direction and cut behind the defender toward the basket with your lead hand up.
26. Fake a pass, to make a pass.
27. Use a shot fake before you dribble.
28. Acknowledge (credit) the unselfish pass that leads to score. "Point to them," the assist person. Let the fans know who made the play.
29. Crash the offensive boards.
30. Rebound the offense.

## **Defense**

1. Commit to defense! Great defense is all about "heart" and "hustle."
2. Get tough on defense. Each possession is a battle. The team that wins the most battles wins the game.
3. Talk on defense. A great defense is a talking defense. We must have passionate talk on defense - "I'm on the ball," "I've got him, you got him," "Ball," "You're OK," "You've got help," "keep it to a side, you've got help," "do your work early," "don't let your man cross your face," "screen," "block out," "pressure the ball, Chris."

4. See the ball! Stay alert and keep vision. Know where the ball is at all times. All five of our players have the responsibility to stop the ball and to protect the power zone.
5. No easy baskets... Sprint back on defense and pick the ball up. Everyone else is inside the 3-point line protecting the power zone and communicating to their teammates who they are going to guard by talking and pointing at their man.
6. Deny all penetrating passes. Play "ball-you-man" defense inside the 3-point line. Our individual defensive position off the ball is "one step off the line, and two steps to the ball."
7. Never allow your man to cross your face. Always try to jam the cutter and force him behind you. You must always stay between your man and the ball.
8. Anticipate on defense. We want to look to intercept all lob passes and lazy bounce passes. We only go for the steal if we can catch the ball with two hands.
9. Defeat the screen. You must stay alert and be hard to screen. We want to fight through screens and keep on moving.
10. Switch on hard screens. The open shot is what gets you beat, not the mismatch. You must communicate. The only screen that you should never switch is ball-screens.
11. Always protect the power zone when your man sets a screen. The defender guarding the screener always opens up and protects the power zone (no pass or dribble penetration).
12. Every time the ball moves, you move. We want all five defenders to move as one on the airtime of the ball.
13. Know who and where the shooters are. These are the only players we overplay. To stop the great scorer, we must deny him the ball as much as possible.
14. We must not let the great player catch and shoot. To stop the great scorer, we must deny him the ball as much as possible.
15. Dead front the low post. We dead front all low post players when the ball is on the wing. Dead fronting is the easiest way to keep the ball out of the power zone, and it makes it easier to give quick help in stopping baseline drives.
16. Look to take the charge! After planting your feet, stay low and wide in your stance with your hands up. Keep your weight on your heels, and when you're hit, fall backwards and make a loud noise. Try to land on your butt with your chin tight to your chest.

17. Dive on the floor after all loose balls. These are the guys that win championships.
18. Block out! Make and maintain contact on all block-outs. Be aggressive and lay the "lumber" to your opponent when blocking-out. Blocking-out is every day, every drill, all the time.
19. Rebound - no second and third shots!

### **Ball Defense**

1. Know who you are guarding - his number and his game.
2. Move on the airtime of the pass... On the pass, beat the ball to the man. Do not wait until the ball has been caught to begin closing out.
3. Pressure the ball! We want to apply maximum pressure on the ball without getting beat off the dribble. Our defender guarding the ball should be within touching distance of their offensive man, low in his stance with his hands and arms up near his mid-section, and ready to play defense with his feet... Here we want to apply maximum pressure on the ball without lunging, reaching, or fouling.
4. Stop dribble penetration. We must apply intelligent pressure on the ball (give a cushion if needed) without allowing dribble penetration into the power zone... If you are getting beat off the dribble, turn and run to reestablish position.
5. Arc the ball to the sideline. Always force the dribbler outside towards the sideline. We want to keep the ball out of the middle 1/3 of the floor.
6. No middle, no middle, no middle! Always keep your inside foot high and work hard at denying dribble penetration back to the middle of the court.
7. Eliminate vision... Belly-up and mirror the ball with your hands high when the dribbler picks up his dribble, and then go for the deflection.
8. Pressure the passer... Do not allow the offense to make uncontested passes. We want to harass the passer as much as possible and get deflections.
9. Intelligent closeouts... When closing out, we must sprint under control, get our hands up, stay low and wide, and begin chopping our feet when we are two-steps away from the ball. Make your basketball shoes squeak.
10. Hands up on all shots! When the ball goes up, the hands go up. Hands are by the ears, fingers to the sky... We must not give any rhythm shots. We want to challenge (alter or change) every shot.

## **Warm-ups**

Ball slaps:

Toss the ball up like it's a rebound grab out of the air with two hands then try to squeeze the air out of the ball.

Figure 8's - with dribble:

Spread legs dribble the ball in a figure eight motion around and between the legs. Do this with a lot of dribbles and then with as few as possible. Stay low!

Figure 8's - without dribble:

Hand the ball from hand to hand as you go around and through legs.

Quick hands:

With legs spread, hold the ball between legs with one hand in front and one hand reaching behind you, drop the ball and switch hands catching the ball before it hits the ground. Repeat as quickly as possible. You can also do this with both hands in front then catch it with both hands behind.

Tom-Tom dribble:

Spread legs, dribble ball with right hand passing it to the left hand, dribble ball with left hand between legs and to the right hand, dribble ball with right hand now behind you to the left hand that should also be behind you, then dribble the ball back to the right hand now in front of the body, repeat.

Drum dribble:

Either standing or on one knee have players dribble ball changing hands with each touch. Start with a steady dribble then work down to super fast low dribbles. Then have them dribble with one finger on each hand and with their balled up fist.

## **TEAM DRILLS**

Spot Shooting Contest:

Mark several spots on the floor, and give each player 1 minute to attempt as many shots as possible. 1 point for short jumper 2 points for a medium-range jump shot, 3 points for a three pointer, most points win.

The Ball Saver:

Take the team outside, line them up at a marked line and the coach rolls the ball and then at the blow of a whistle the player runs and dives to try and save the ball before it rolls out of the set boundaries this will get your team to dive and fight for the loose ball.

### Half Court Shoot-Out:

Divide the team in half, form two lines at half court facing opposite baskets. Each person on each team must convert a lay-up, bank shot from outside the lane, a free throw and a three pointer, in no particular order. If they attempt a certain shot three times but are unsuccessful, they may go on to another shot, or pass it off if it was their last requirement. The first team done WINS, and they determine the consequence for the losing team, i.e. 25 sit-ups, 15 pushups, etc.

### Defensive Challenge:

Each player takes a turn playing defense against every other player. Defensive player rolls the ball from end line to offensive player at the FT line. Coach counts down from 5 as soon as offensive player touches the ball. If defensive player stops them from scoring (or shooting) they get a point, if the offensive player scores, they get a point. Keep track of scores and stops separately to determine who is the most effective defender, and scorer. Stop play in event of foul, no points.

### Steals Scrimmage:

All FT, FG, and 3 pointers count as usual. Teams can also score with their defense, a "stop" earns one point, a tieup earns two, and a clean steal earns three points. OR, only keep score from defensive plays, not offensive scoring.

### Ball Handling Challenge:

Two lines in opposite corners of the same sideline. The first person in one line is going to dribble around the perimeter of the court with their left hand. The first person in the other line is going to jog backwards around the perimeter of the court two times and back to his line. The ball handler is trying to catch the backpedaled before he gets back. This drill practices speed dribbling with the off hand and footwork.

### 5 Second Denial Drill:

Two lines behind end line, one line in outlet position. First two players from end line lines-box each other out as the coach (or someone else) shoots the ball. Whoever rebounds takes the ball out of bounds, hands it to another coach (acting as a referee), and is handed the ball back to inbound. The person who didn't get the rebound must deny the first person in the outlet for 5 seconds (the coach counts) if they are successful in denying the ball, the drill is over. If the inbound pass is allowed, the non-rebounder must play defense as the outlet person attempts to score AT THE OTHER END of the court. Option: Skip the inbound pass and have the rebounder outlet the ball while the non rebounder has to bust his tail to get up the floor to catch the outlet person trying to score at the other

end. When the same person has to sprint up the floor several times, he'll catch on to rebounding real fast. You can even keep track of who grabs the most rebounds and recognize them at the end.

### Pass and Cut

Two lines: post players on the block and guards on the same side wing. Have post players take turns posting each other up.

- The guard will make a post entry pass once the designated player is open and calls for the ball. (This is a good time to emphasize the fundamentals of a proper post entry pass if you have not already done so.) The guard will follow the pass to position himself for the weak side rebound while the post player practices his drop step move.
- Option #2: Instead of the drop step score, have the post player pass it back to the guard on the give and go, and then roll to the hoop so he seals off the defender. The guard can either shoot the short jumper or give it back to the post for the lay in.
- Option #3: Have post players and guard's trade lines and have post players work off the give and go.
- Option #4: Add Defense on the wing so players must jab step or V-cut to get open. As simple as this drill may sound, it really helps develop the two man game, getting in position for rebounding and there are many options.

### Box Out Drill:

Partner group up, one player practices boxing out for 10 seconds while the other attempts to get to the ball which is placed on the floor in front of them. If player is successful in boxing out for the 10 seconds the other player does 10 pushups, 15 sit ups etc. If the other player gets to the ball, the box out player has to do the exercise. Players trade spots and repeat.

### Team Rebounding Drill:

Partner everyone up, one player is on offense, the other is on defense. Coach will shoot 5 shots from around the arc; the defense must box out to get all 5 rebounds. Penalty: 1 lap around gym for every rebound the offense gets. Switch up offense and defense, repeat the same drill. Do you have a kid who gets a bunch of offensive rebounds and just can't seem to put the ball back into the hoop? Try this drill. Two people at a basket, a shooter about foul line, and the other kid in front of the hoop. Tell the shooter to shoot the ball and try to miss, have the underneath kid rebound the ball and put it back into the basket.



### Dribble Tag:

Everyone dribbles a ball and they play tag, must be in control of ball when tagging someone, you may want to limit the area of play.

### Knock Away:

Everyone is in a confined area of the gym, everyone has a ball ready to dribble, when coach says go everyone must dribble while at the same time trying to knock the ball out of the other players' hand. A player who goes outside the zone or has their ball knock away is out of the game.

### Countdown:

During a scrimmage, coach should start counting down from 10 (10-9-8-7-6 ...) Giving the players an idea what the end of a quarter is like, it cut down on the those wild half court shots with 5 seconds to go.

### Freeze Scrimmage:

Kids love to scrimmage and coaches try to coach with drills. To freeze scrimmage, coach blows the whistle and everyone freezes right where they are. Explain who was out of position, missed an open person or someone was doing something right.

### Corner Drill (aka Bull Rush):

It really emphasizes hustle, one-on-one moves and strong defense. Plus, the kids really enjoy it. You have the group divided up into two equal teams. Each team stands along the same baseline (separately) under a basket on opposing corners, with the first two players up for each team. Place the ball at half court. Coach will say "go", both players run to the ball, trying to get it. They are allowed to dive and hustle their best to get the ball. Once they get it, they have to dribble back to the basket and try to score, with the other player playing defense. If the ball is stolen, then they switch offense/defense. Give a time limit of 30-45 seconds and that makes them concentrate on end-of-game situations.

## **Score Table Responsibilities:**

The score table must notify referees when:

1. A team reaches bonus penalties.
2. A player is charged with their 5th foul, or a team exceeds its time-out limit.
3. Illegal player activity or a score dispute arises.

## **Parent Meetings**

1. The league will host a parent meeting to give out all the information for the upcoming season. The meeting will go over the league expectations and dates for the season. This meeting is lead by one of the sports staff members.
2. Coach should host a team parent meeting prior to the first practice to explain your personal time restraints, give out schedules, and clarify your expectations and philosophy as a coach. Remind them you are a volunteer coach.

## **League Rules**

The following league's rules have been adopted as our league rules to standardize league play. The City league's modified rules are below.

1. There will be a 5-minute grace period prior to beginning of each game for late arrivals, every minute results in a point for the opposing team. Less than 4 players at game time are a forfeit.
2. Post-Game-Requirements:  
After each game:
  - i. Teams must line up to shake hands.
  - ii. Coaches must ensure players collect all personal belongings.
  - iii. Collect all trash from benches.
  - iv. Teams must clear the gym promptly to allow the next game to begin on time.
  - v. **Exit Guidelines:**
    - a. Home team exits through the **left-hand door** (toward the skate park area).
    - b. Guest team exits through the **right-hand door** (toward the snack bar and restrooms).
    - c. Teams should avoid crossing paths to prevent any potential negative interactions.
    - d. Any altercation will result in consequences from the program.
3. All teams must have at least four (4) players to begin a game. If the game remains competitive (12 points or less), it will be allowed to continue. If by halftime, a game is not competitive, it will be called a forfeit by Rialto Staff.
4. **Minimum Play Rule:**  
Each player must play a minimum of three and half (3.5) consecutive minutes in each quarter for Division C and a minimum of four (4) consecutive minutes in each quarter for Division B and A. An official's time out not charged to either team, shall be called at the nearest midway point of the quarter or on the next dead ball, for the sole purpose of substitutions to meet the minimum play rule. Player must start his/her consecutive minutes at either the beginning or midpoint of a quarter in each half. Consecutive minutes begun in one quarter may not be carried over into the next quarter or half. All players must come off of the bench into the game.  
Exceptions to the rule are:

- i. Coaches are required to record attendance must be every practice and game them the TeamSideline app. (an assist coach or parent can help with this)
  - ii. **Coach is experiencing problems with player failing to attend practices. (Coach must notify the staff at score table before the game and show attendance sheets.)** If the Sport Programmer fails to resolve problem with the parent, then the League Programmer can restrict child's playing time for the upcoming game.
  - iii. Late arriving players: Players must check-in at the table when they arrive. Players reporting to the table with more than the minimum minutes remaining in the quarter must meet the requirement of consecutive minutes remaining in the quarter. Players reporting to the official scorekeeper with less than the minimum minutes remaining in the quarter may not participate until the next quarter. Players must be dressed and ready to play at the time of check-in to play.
  - iv. If a child is injured, play can be restricted but Coach must notify on-site staff prior to restricting play and staff approval. **If a child is ill, he/she cannot sit on the team bench.** NOTE: Coaches **cannot** restrict a child's playing time to less than what is established in the league rules.
5. **Substitution Penalty:** if a coach does not substitute all players as directed, the team receives a substitution technical foul. This penalty will result in the opposing team receiving 2 foul shots plus the ball out of bounds. Non substituted player(s) must sit for the last quarter of the game. As a courtesy, the scorekeepers are encouraged to notify all coaches at the start of each quarter, on the status of satisfying the minimum play rule. The ultimate accountability for compliance is the head coach's responsibility. The official scorekeeper shall determine compliance. **REMINDER YOU ARE ABLE TO DO SUBS INBETWEEN QUARTERS.**
6. All players must play and sit at least half of the quarter length each quarter if the team has 10 players. If not, every player still must sit down half of one of the quarters. If a coach does not have the full 10 players, they need to make sure that every player rests at least once in the first half. Once it is substitution time in the 3<sup>rd</sup> quarter everyone on the bench must sub into the game.
- **VIOLATION OF THIS SUBSTITUTION RULE WILL EARN A SUBSTITUTION TECHNICAL FOUL. THIS TECHNICAL FOUL WILL RESULT IN 2 SHOTS PLUS THE BALL FOR THE OPPOSING TEAM. THIS TECHNICAL FOUL WILL BE CALLED BY THE SCORERS TABLE ONLY. THE REFEREES DO NOT TRACK PLAYER TIME ON OR OFF COURT.**

#### **Rookie Div E Four 6 Minute Quarters**

- a) Free substitutions, coach will be responsible for making sure all players play in the game.

#### **Advanced Rookie Div. D Four 6 Minute Quarters**

- b) There will be a substitution at 3:00 of the first three quarters. Free substitutions in the 4<sup>th</sup> quarter, determined by coaches' ability to follow substitution rules.

#### **Div. C Four 7 Minute quarters**

- c) **There will be a substitution at 3:30 of the first three quarters. Free substitutions in the 4<sup>th</sup> quarter. Free substitutions in the 4<sup>th</sup> quarter, determined by coaches' ability to follow substitution rules.**

#### **Div. A and Div. B Four 8 Minute Quarters**

- d) **There will be a substitution at 4:00 of the first three quarters. Free substitutions in the 4<sup>th</sup> quarter, determined by coaches' ability to follow substitution rules.**
- 7. Free substitution (all divisions) during the 4<sup>th</sup> quarter of the game; **all** players have met minimum requirements. Exception: A player is injured, becomes ill, or fouls out.
  - 8. **Coach Behavior:**
    - i. Coaches must remain in their designated area off the court and away from the score table during games.
      - 1. Coaches who fail to comply will receive:
        - a. A verbal warning.
        - b. A technical foul, when coach receives first technical foul. The coaches' box shall be limited to the length of the bench. If a coach is issued a technical foul, the coaches shall be seated on the bench except to substitute a player; to signal players to request a time out; to react to an outstanding play; to replace a disqualified or injured player; to attend to an injured player when beckoned onto the court by an official; or to rise during a time out or intermission between quarters and extra periods.
        - c. If a technical foul is issued, only the assistant coach may stand to help guide the team.
  - 9. Only the Head Coach is allowed to stand during the game. It is strictly prohibited for coaches to verbally abuse officials, yell at other coaches, physically touch an official, or approach an official in a threatening manner.
    - ❖ Coaches must address officials with respect, calmly make their point (in a non-demonstrative way), and let it go.
    - ❖ Please remember that if officials call every minor infraction, it disrupts the flow of the game. Focus on coaching your players rather than criticizing the referees.
    - ❖ Encouraging your players and ensuring they have fun should be your primary focus.
  - 10. A coach who receives a behavioral related technical foul will be automatically bench restricted for the remainder of the game. They can be ejected from the game immediately and then must leave the gym. If they receive two technical fouls they will automatically be ejected and must leave the gym. Any ejections can lead to additional suspensions or expulsion from the league depending on the infractions.

11. A player who receives a technical foul or intentional foul must be subbed out and sit the remainder of the sub break (this will count as them playing the full five-minute period regardless of when they received the foul). If they receive a second technical, they will automatically be ejected from the game and can face additional suspensions.
12. Ejections: Any coach, assistant coach, or fan that is ejected from a game for unsportsmanlike actions may be suspended from his/her teams' next game(s). If this occurs, the person ejected must leave the court and the site boundaries prior to the continuation of the game. Failure to do so will result in automatic removal from the league. A second ejection will also result in removal from the league for the rest of the season and up for review for permanent removal for league.
13. Any coach or player with two ejections in one season could face a suspension from the program.
14. Girls will play by boys' rules regarding 10-second back court rule and over and back.
15. Three (3) point shots will be allowed in Divisions A, B and C. There will be no 3-point shots counted in Division D.
16. No shot clock will be used.
17. Rosters will be limited to a maximum of 10 players, unless the program requires additions.
18. **11 Player Rule:** If for whatever reason your team ends up with 11 players, and on gameday everybody shows up, in the second half there will be a kid who hasn't played in the second half, come the fourth quarter, that kid will have to play for at least half of the 4th quarter.
19. Head Coach, Official Assistant Coach (must be listed on Coach's application) and ONLY players on the team currently playing are allowed to sit on the bench at all times.
20. Concussion Rule: Any player who hits their head will be evaluated using the standard concussion rule testing. Determination of continued play will be at the sole discretion of the City of Rialto sports staff members. The coach must let the player parent know that they hit their head during the game, so if the player shows any symptoms after the game the parent is aware.
21. 20 Point Suggestion: If a team is winning by more than 20 points during the fourth quarter, it is suggested that players with less experience be allowed to play more during the game to gain the experience for future seasons.
22. Any player not wearing the current season City of Rialto basketball issue jersey will not be permitted to play. The only exception is if the recreation center has not issued a jersey to that individual because the jersey was unavailable or defective. If

- a player has lost their jersey, they must buy a new jersey and wait until it arrives to play.
23. Any player displaying aggressive behavior toward another player is subject to league discipline. **League discipline is defined as:** suspension, game ejection, league ejection, technical foul, and/or discipline as deemed necessary by City of Rialto Staff. **Aggressive behavior is described as:** striking or an attempt to strike, threats, malicious injurious play, malicious intent, and/or unsportsmanlike conduct.
  24. Any coach displaying aggressive behavior toward another person, they will be removed. **Aggressive behavior is described as:** striking or an attempt to strike, threats, encouraging malicious injurious play, malicious intent, and/or unsportsmanlike conduct. This coach will be subject to review.
  25. The match will be terminated in the event of a fight before, during, or after a game. Any parties involved in the altercation will result in a loss for their respective team. If both teams are involved in the fight, both teams will receive a loss.
  26. If the fans step out on to the court, the game will be stopped. The staff will take control of the situation and determine if the game will continue. Removing all fans could be a possibility.
  27. If a player gets ejected from a game, they must sit out the next game. If a player gets ejected from a second game, they will be subject for review and may be suspended indefinitely by the City of Rialto Staff.
  28. If a coach gets ejected from a game, they are not to return for the rest of the day. If a coach gets ejected from a second game, they will be subject for review and may be suspended indefinitely by the City of Rialto Staff.
  29. All players must remove their jewelry before the start of the game they are not allowed to wear band-aids over their ears to cover earrings. All jerseys must be tucked in, and shorts pulled to their waistline. If the game is stopped due to these infractions, it will result in a two-shot technical foul for delay of game. Exceptions made for medical alert bracelets.
  30. Coaches must be aware of players' uniforms, including shoes. Clock will not be stopped if player(s) shoes are untied.
  31. Injury Protocol: If a player is injured, the coach must immediately prepare a substitution for injured players. Injured players must leave the court. After medical attention, players can return to the game. Players' parents must be made aware of the injury by the coach.
  32. Game score if the score has a 30 point difference or more the scoreboard will reflect 0-0. The scoreboard staff will keep the true score in the official book. If the losing team closes the score gap by 20 the score may go back on display.
  33. All teams in all divisions MUST practice fundamental basketball skills for a minimum of 20 minutes during practices.

34. No personal basketballs are allowed in the gym on game day. We kindly request that coaches provide the necessary basketballs for pre-game warm-ups.

## **Division Regulations**

### **1.Division A**

- a. Basketball: This division will use official size, 29.5 circumference basketball size, rubber or leather covered optional.
- b. Teams may press the entire game. Exception: A team with 15 points or more lead will not be allowed the use of the back-court press at any time. The defense must allow offense to move ball across the plane of the mid-court line. Penalty: First offense, a warning to the team. Each subsequent offense will be deemed a technical foul.
- c. Division A will play four (8) minute quarters. Clock will stop in the 4<sup>th</sup> quarter in the last two minutes only if the score is within 10 points or less, and for all time outs and technical fouls.

### **2.Division B Regulations**

- a. Basketball: This division will use official size, 29.5 circumference basketball size, rubber or leather covered optional.
- b. Teams may press the entire game. Exception: A team with 15 points or more lead will not be allowed the use of the back-court press at any time. The defense must allow offense to move ball across the plane of the mid-court line. Penalty: First offense, a warning to the team. Each subsequent offense will be deemed a technical foul.
- c. Division B will play four (8) minute quarters. Clock will stop in the 4<sup>th</sup> quarter in the last two minutes only if the score is within 10 points or less, and for all time outs and technical fouls.

### **3.Division C Regulations**

- a. Basketball: This division will use official size, 28.5 circumference basketball size, rubber or leather covered optional.
- a. Teams may press the entire game. Exception: A team with 15 points or more lead will not be allowed the use of the back-court press at any time. The defense must allow offense to move ball across the plane of the mid-court line. Penalty: First offense, a warning to the team. Each subsequent offense will be deemed a technical foul.

- b. Division C will play four (7) minute quarters. Clock will stop in the 4<sup>th</sup> quarter in the last two minutes only if the score is within 10 points or less, and for all time outs and technical fouls.

#### **4. Division D - Advance Rookie**

- a. Basketball: Basketball will use the 27.5 circumference basketball rubber or leather covered.
- b. An adjustable basket that will be set at 8 ft. on side courts.
- c. One coach is permitted on the court during the 1<sup>st</sup>, 2<sup>nd</sup> and 3rd quarters. However, during the 4th quarter, coaches are required to return to the sideline.
- d. **Week 3 Rules:** During the 4th quarter, double dribbles, traveling (3 or more steps), 3 seconds in the key, and illegal dribbling (extreme carrying of the ball) will be called as a violation, resulting in turnovers.
- e. **Week 5 Rules:** During the 3rd and 4th quarters (2nd half), double dribbles, traveling (3 or more steps), 3 seconds in the key, and illegal dribbling (extreme carrying of the ball) will be called as a violation, resulting in turnovers.
- f. **Week 8 Rules:** In the 2nd, 3rd, and 4th quarters, double dribbles, traveling (3 or more steps), 3 seconds in the key, and illegal dribbling (extreme carrying of the ball) will be called as a violation, resulting in turnovers. Coaches will be allowed on the court during the first half only.
- g. **Week 10 Rules:** will play a full regulation game, with all violations being called.

#### **Gym rules for the rialto unified school district**

1. No food or drinks are allowed in any R.U.S.D. gym at any time
2. All chairs, tables and equipment must have non-marking legs or bottoms, otherwise it is not allowed
3. No gum or tobacco products are allowed on any campus at any time.
4. No campus parking. Lots are marked and designated for all campus visitors.
5. All gyms must be clean of all debris before exiting the facility(s)
6. Patrons are allowed in designated areas only
7. Outside lunch and table areas must be cleaned before leaving campus
8. All patrons will enter and exit facility(s) as instructed
9. All children must be supervised at all times while at facility
10. All patrons must use designated restroom facilities

Coaches, please monitor your teams. We are guest of the rialto unified school district. As we want our program to grow, we must make sure we continue to build lasting relationships of trust. The district has entrusted us with the use of their facility. We thank them by adhering to their rules and regulations.



### **Rialto Carl Johnson Center Gym Guidelines**

1. No Personal Balls on Game Days: Avoid bringing personal balls to the gym on game days. Only coaches may bring balls for pregame warm-ups.
2. Zero Tolerance for Inappropriate Behavior: Profanity, fighting, bullying, or name-calling is not permitted.
3. No Heckling: Refrain from heckling officials, players, coaches, or staff.
4. Respectful Communication: Address issues with staff in a respectful and professional manner.
5. Avoid Crossing in Front of Benches: Go around rather than crossing in front of team benches.
6. Stay on Designated Spectator Areas: Remain on the bleachers side, avoiding the players' side and staff areas.
7. No Sideline Coaching: Parents, please refrain from sideline coaching to support the coach's role.
8. Encourage Good Sportsmanship: Cheer for both teams and discourage actions that may negatively affect players. Unsportsmanlike behavior will not be tolerated.
9. Shirts and Shoes Must Be Worn at All Times.
10. No Hanging on the Rim: Strictly prohibited for safety reasons.
11. No Sitting on the Stage: Avoid sitting on the stage area.
12. No Foul Language: Use appropriate language at all times.
13. Keep Pathways Clear: Do not block doorways or walkways.
14. Clear the Court: Keep the court clear during halftime, timeouts, and between games.
15. Closely Monitor Children: Keep a close eye on all children under your care and prevent disruptive behavior.
16. Non-Mark Shoes: Only non-marking shoes are allowed on the court.
17. Maintain Cleanliness: Food and drink are permitted, but please dispose of trash properly to keep the gym clean. Use designated trash cans for proper disposal.

*The City of Rialto and its staff are not responsible for lost or stolen items. Let's focus on the kids having fun, and adults are urged to avoid behavior that could disrupt the league. We reserve the right to expel anyone from the gym or involve the authorities if they engage in any conduct unbecoming to the league*



## **Coach's Acknowledgment Form**

I, \_\_\_\_\_,  
confirm that I have read, understood,  
and will abide by the rules and  
regulations outlined in the City of  
Rialto Youth Basketball Program  
Handbook.

**Coach Signature:**

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**Date:**

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