



**Fall/Winter 2015**  
**In-House Basketball**  
**1<sup>st</sup> & 2<sup>nd</sup> Grade League**  
**Coaches Handbook**



**Bartlett Park District**

700 S. Bartlett Road, Bartlett IL 60103

Tel: (630) 540-4800 Fax: (630) 540-4869

[www.bartlettparks.org](http://www.bartlettparks.org)

Dear Coaches,

Welcome to the start of the in-house basketball league at the Bartlett Park District. I wish you the best of luck this season coaching your team and hope that you have an enjoyable experience. Please remember it is a privilege, not a right, to coach in the Bartlett Park District programs so I ask that you act accordingly and represent yourself, and your team, in a positive manner. The in-house leagues are designed to accommodate all players, regardless of ability or experience. Our focus is on creating a positive learning environment to help each child reach his/her potential. We guarantee equal playing time and suggest that your aim should be for every player on your team to have scored a basket by the end of the season! This is a recreational youth sport – keep this in perspective when it comes to dealing with other coaches, your players and parents. Make it fun for everyone, including yourself.

Please feel free to contact me throughout the season with any comments or concerns. Remember I can't help improve things if I don't know about them.

Thanks,

Eric



### **CONTACT INFORMATION**

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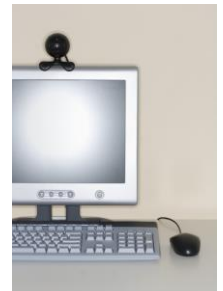
For more youth sports information please visit [www.bartlettparks.org](http://www.bartlettparks.org)

### **ONLINE GAME SCHEDULES**

Bartlett Park District will have up-to-date online schedules posted for all divisions. Scores are not kept and therefore no standings are posted in this league.

To view the schedules visit: [www.teamsideline.com/bartlettparkdistrict](http://www.teamsideline.com/bartlettparkdistrict). Select the appropriate age division and view your schedule.

You may also go to our homepage [www.bartlettparks.org](http://www.bartlettparks.org) click on “athletics” followed by “online score and schedules”.



## Guidelines for Practices in Sycamore & Prairieview Elementary Schools.

Our youth basketball leagues are dependant on the U-46 schools for practice time and our relationship with them is very important to the continuing success of the Bartlett Park District programs. With that said please consider the following guidelines:

- Do not attempt to enter the school building before 6:15pm each night. Both schools run an after school SAFE program and no-one is permitted to enter until that program is over. Please inform the parents of this and do not let them drop kids off early as the school will not be open.
- Please arrive at and leave the school promptly before and after your scheduled time. No-one is permitted to stay beyond their scheduled time.
- Drinks and snacks should be left outside the gym to avoid spills and potential safety hazards.
- Please treat the school gymnasium with respect and ensure that all trash is picked up after practice.
- Do not allow the kids to jump or climb on the blue wall mats. These are easily damaged and should not be touched.
- Please do not try to gain access to the school gym storage areas. The Park District supplies your practice equipment and school equipment is not to be used.
- The custodian at each school is responsible for providing the crank to raise and lower the basketball hoops. At the end of practices please ensure the hoops are returned to the original height.
- In the unlikely event of a mix up with practice times please try to resolve the issue amicably and work out a way for everyone to practice who has showed up.
- If you have problems or concerns at the school please direct them to myself. I will communicate with the school principal to problem solve. Please do not direct any comments or concerns to school staff.

Not abiding by these guidelines may result in our facility use being restricted. Thanks in advance for your help, support and cooperation.

## OFFICIATING

In this league the team coaches officiate the games. A coach from each team should cover one half of the court and together you keep the players safe and introduce them to the basic rules of basketball. The rules are loosely written so they can be tweaked as the season, and your players, develop. Before each game talk with the opposing coach and decide what rules you are going to focus on in each game so you both make the same calls. As each week goes by you should expect a little more of your players and call the game a little tighter so the players develop their knowledge throughout the season. For example, in the first game don't allow the players to "steal" the ball from the opponent but know by the 5<sup>th</sup> and 6<sup>th</sup> game everyone should be expecting this to happen.



The second coach should remain on the bench with the other players and can help them learn as the game is being played.

Don't "over officiate" otherwise the game will constantly be stopped. Pick out some key things to focus on and make those calls only. Each game will have a scorekeeper and the scoreboard will be used. If your team is out scoring your opponent try to implement conditions to help your team develop better skills and avoid running up the score.

## REPORTING GAMES TO THE EXAMINER



The kids love to see their team and name in the newspaper!

Visit [www.examinerpublications.com](http://www.examinerpublications.com) and click on sports scores and basketball to report your game information. Remember to not focus on the score and who scored all the points, but to highlight everyone's contribution, no matter how small. We do not keep track of scores or post standings but it's still fun to get your game information in the newspaper.

The deadline for sports scores in Wednesday's paper is Sunday at 5pm.

## PICTURE DAY

*Thursday, November 12th @ BCC Gymnasium*

Players should wear their basketball team t-shirt and black shorts.

Advise your team to arrive 15 minutes prior to the scheduled time.

Players should **NOT** bring basketballs.

Pass out picture packets about 1-2 weeks prior to picture night. Extra packets are available at the front desk or on the night of pictures. The schedule is available online.



## Rules

### I. The League

- A. All league play will be governed by the IHSA (Illinois High School Association) rules unless otherwise stated in these Bartlett Park District rules and regulations.
- B. The official park district representative has the power to issue a technical foul on a coach, player, or fan for unsportsmanlike conduct. Grounds for this action could include such things as verbal criticism or unsportsmanlike gestures.
- C. There **will not** be official referees during league games. Instead, coaches will act as referees and give each other the opportunity to teach on the floor and explain the rules. Please discuss the rules prior to each game so each coach is on the same page.

### II. General Information

- A. Please come no earlier than 20 minutes before your game time. Court 2 may be available for warm up but is not guaranteed and it will be shared by the next four teams about to play.
- B. Uniforms: Game T-Shirts will be handed out before the first game. All players are required to wear their T-Shirt and black shorts.
- C. Colored wristbands (supplied by the Scorekeeper) must be used every game to help the players understand the concept of man-to-man marking.

### III. Playing Time

- A. Every player that shows up for the game must play two full quarters start to finish. **There are 3 exceptions:**
  - 1) Illness - be sure to tell opposing coach and the score keeper
  - 2) Discipline problems - after speaking to the player's parents ahead of time
  - 3) Injury
- B. If a team has 7 players or more, each player must sit out one full quarter start to finish. If either team has 6 players or less, no player from either team has to sit out, but everyone still has to play two full quarters start to finish. If a team starts out with 7 players, and one of them fouls out leaving them with 6, each player must sit out one full quarter.
- C. Substitutions - All players must play their full 2 quarters. Substitutions can only be made at the start and end of each quarter. The only other instance is in the case of injury. At this time both players will be charged with playing that quarter.

### IV. Timing

- A. 4 x six minute stop time quarters
- B. 3 x three minute overtimes followed by a sudden death overtime
- C. 2 minutes between quarters and 4 minutes between halves.
- D. 2 x one minute time outs per half
- E. 1 time out per overtime.

### V. Special Rules

- A. There will be a jump ball to start the game. Afterwards, the ball will alternate possession.
- B. Coaches may call time outs to explain violations or problems to the players.
- C. All baskets will be lowered to 8 feet for all games.
- D. A youth basketball will be used (27").
- E. There are no penalty foul shots. If an infraction occurs, the offending team loses possession of ball.
- F. Teams cannot press.
- G. Each player on defense must play defense, hands-off the opponent with the basketball. No offensive player can dribble the ball for more than 5 seconds without making a move to the goal or passing to a teammate.
- H. Players with the ball cannot be tied up by defensive players.
- I. Man to man defense should be taught (use colored wristbands to help).