



Winter 2015-16  
In-House Basketball League  
5<sup>th</sup> & 6<sup>th</sup> Grade Boys  
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! While this league is slightly more competitive and we do keep and post scores and standings it is still a recreational youth sport – keep this in perspective when it comes to dealing with other coaches, the officials, 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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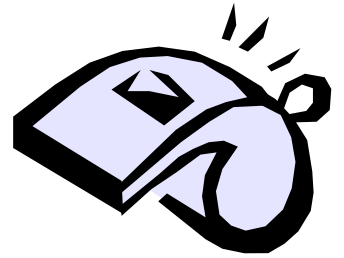
For more youth sports information please visit [www.bartlettparks.org](http://www.bartlettparks.org)

## **COACHING AND TEAM FORMATION**

With approximately 800-1000 basketball participants between October and May in our entire program and approximately 100 players in this league, we rely heavily on volunteer coaches. Coaches are primarily responsible for holding practices (1 x 1 hour/week) and coaching on game days. Additionally, you should communicate information throughout the season regarding the team's events and activities.

While we understand any personal requests for coaches, friends and car pools, to be fair to everyone we cannot honor them if we are to remain consistent and keep balanced teams.

Teams of 10 players are formed. Teams play a 10 game season, typically with two practices before the first game, and the league concludes with a championship game. Games are played on Friday nights and Saturday mornings. Scores are kept in this league and standings are posted online. Teams are seeded after 9 games before a playoff the final week of the season.



## **OFFICIALS**



All our officials are Illinois High School Association (IHSA) certified and are employees of the Bartlett Park District, assigned by us.

We have a zero tolerance policy as far as official abuse and ask that you respect the officials, let them do their job and not shout or criticize from the bleachers. The officials are instructed to officiate games according to the grade level to help player development and ensure success. Please don't expect every game to officiated like the NBA! An adult (coach or parent) who receives a technical and/or is ejected from a game will receive a one game suspension and will not be allowed to coach and/or watch their child's next game. Any concerns about officials should be reported to me.

## 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 and should not be in the gym without a gym supervisor.
- 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. The coach is responsible for finding the custodian and getting this taken care of. 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 contact me. 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.

## **PICTURE DAY**



*Wednesday, January 6th @ 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.

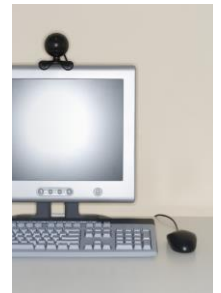
Schedule is available online by 12/31/14.

## **ONLINE GAME SCHEDULES AND STANDINGS**

Bartlett Park District will have up-to-date online schedules posted for all divisions.

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”.



Please use the web-site and direct your team parents there too.

## **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.

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

## **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.

### **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.
- C. Uniforms: Game T-Shirts will be handed out before the first game. All players are required to wear their T-Shirt and black shorts.
- D. Each player must check into the game with the official scorekeeper every time they enter the game. All players must report in at the beginning of each quarter, regardless if they played the previous quarter or not.

### **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. An offensive player controlling the basketball must be allowed to cross the half court line before the defense is allowed to put pressure on him. No full court press.
- C. Man to man defense or zone defense is allowed.
- D. Players will use an official size ball 29.5".
- E. The hoops will be set at 10 feet.
- F. Three-point line will be used.