

# Youth Basketball

## Parent/Volunteer Handbook

Winter 2025-2026  
Season



**Dear Coaches, Parents, and Participants,**

The Warrensburg Parks and Recreation Department welcomes you to the **Youth Basketball Program!**

Our goal is for every participant—both players and parents—to have a fun, positive, and rewarding experience this season.

Skill development is the foundation of our youth sports programs. Each player will have equal opportunities to play, learn, and grow throughout the season. While competition is a natural part of the game, our focus at this level is on **developing fundamentals, building teamwork, making new friends, and enjoying the sport of basketball.**

This **Basketball Handbook** is designed to provide you with important information about the program and answer many of the questions you may have. You'll find league details, rules, and gym location maps included. Please take a few minutes to review this material to help ensure a smooth and enjoyable season for everyone.

Our Youth Sports programs would not be possible without the dedication and support of our **Volunteer Coaches**. These individuals give their time and energy to help make each season successful, and we truly appreciate their commitment to the youth of Warrensburg. If you are interested in becoming a volunteer coach in the future, please contact the Warrensburg Community Center or visit our website for more information.

Thank you for your participation and support. We look forward to a great basketball season and to serving you and your family through **Warrensburg Parks and Recreation!**

Sincerely,

Gabe Clark

Recreation Supervisor – Sports Programs

(660) 262-4613

[gabe.clark@warrensburg-mo.com](mailto:gabe.clark@warrensburg-mo.com)

## Important Dates


### Coaches' Meeting

- Date: Monday, November 17th
- Location: Warrensburg Community Center, Multipurpose Room C
  - 1st–4th Grade Coaches: 6:30 PM
  - 5th–6th Grade Coaches: 7:15 PM

### Practices Begin: *Week of November 17th*

- Teams may hold up to two practices per week prior to the start of the season.
- Once the season begins:
  - 1st–4th Grade: Limited to one practice per week
  - 5th–6th Grade: May continue up to two practices per week
- Holiday Adjustments: Practice days and locations may be affected by the following holidays:
  - Thanksgiving
  - Christmas Eve & Christmas Day
  - New Year's Eve & New Year's Day
  - Martin Luther King Jr. Day
  - Presidents Day

### First Day of Games (start of the season):

- Friday, January 2nd
- Full game schedules will be posted online:  
 <https://www.teamsideline.com/sites/warrensburg/schedules>

### Picture Day:

- Date: To Be Announced (TBA)
- Picture Day will be scheduled during the regular season.

### Season Format:

- 1st–4th Grade: 8 regular season games
- 5th–6th Grade: 7 regular season games plus a single-elimination tournament at season's end

## Coaches Background Screening Policy

### **Background Screening Policy Addendum:**

A. The Parks and Recreation Department reserves the right to disqualify any person from a volunteer position at the sole discretion of the Department. The Parks and Recreation Department also reserves the right to disqualify a person for any crime that would be considered a potential risk to children and/or vulnerable populations. The safety, wellbeing, and development of young people require volunteers who are positive role models in their roles as coaches as well as their personal lives. A Coach who willfully fails to comply with this background screening policy shall be automatically disqualified.

B. All athletic programs shall ensure that all participants 18 years of age or younger shall have at least one (1) approved coach or assistant coach (hereinafter collectively referred to as "Coach") present at each athletic activity, including practices and games. A Coach becomes approved once the process described in this policy is completed and has met the qualifying requirements.

C. Any person who has been found guilty, pled guilty; or pled no contest, regardless of adjudication, or is presently on a probationary status due to a disqualifying offense, or has participated in a pretrial intervention program for a disqualifying offense, or has a pending charge pertaining to, any of the disqualifying offenses listed in this policy will be immediately disqualified from coaching (either as a head coach or an assistant coach) in any athletic program approved by the Parks and Recreation Department.

D. This policy will apply to all youth sports coaches, both head and assistant, participating in sanctioned City of Warrensburg recreational athletic leagues. If there is any doubt as to which coaches should be screened, the general rule is anyone who would potentially have unsupervised access to children on the team. Each Coach will have his or her background checked every 12 months for as long as he or she continues coaching.

**\*Important:** All applicants must complete the background screening through the official portal: <https://securevolunteer.com/WARRENSBURG-PARKS-RECREATION/Identity-Verification>

**\*This step is mandatory and must be completed prior to participation in any practices or games. Applicants who do not complete this screening will not be considered for a coaching position.**

## **Coaches and Spectator Code of Conduct**

Youth sports programs play an important role in promoting the physical, social, and emotional development of children. It is therefore essential for parents and coaches to encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports should be good models of good sportsmanship and should lead by example by demonstrating fairness, respect and self-control.

I therefore pledge to be responsible for my words and actions while attending or coaching in a youth sports event sponsored by Warrensburg Parks and Recreation and shall conform my behavior to the following code of conduct.

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not encourage my child, any other child, or person, to engage in unsportsmanlike conduct with any coach, parent, participant, official or any other attendee.
3. I will place the emotional and physical well being of my players ahead of a personal desire to win.
4. I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
5. I will do my best to provide a safe playing situation for my players.
6. I will be knowledgeable in the rules, and I will teach rules to my players.
7. I will remember that I am a youth sports coach, and that the game is for children and not adults.
8. I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent participant, official or any other attendee.
9. I will not engage my child, any child or any other person, to engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
10. I will not engage in the use of profanity.
11. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
12. I will not initiate a fight or scuffle with any other coach, player, participant, official or any other attendee.

I hereby agree that if I fail to conform my conduct to the foregoing while attending or coaching in a youth sports event sponsored by Warrensburg Parks and Recreation, I will be subject to disciplinary action, including but not limited to the following in any order or combination.

1. Verbal warning issues by Warrensburg Parks and Recreation.
2. Written warning issued by Warrensburg Parks and Recreation.
3. Immediate ejection from the game by Warrensburg Parks and Recreation.
4. Suspension from multiple games issued by Warrensburg Parks and Recreation.
5. Season suspension or multiple season suspension issued by Warrensburg Parks and Recreation.

## **Parent Communication Plan**

### **1. Initial Welcoming Communication**

As a coach, make sure you reach out to the family members/guardians of the members of your team, introduce yourself and your assistant, and do your best to establish a safe and clear communication channel. This will ensure that as the season progresses, any information that needs to be relayed to parents and families can be quickly and easily taken care of. Also, in the case of an emergency, it will allow for swift communication and action to be taken.

### **2. Parent Meetings**

It is strongly recommended that you meet with parents at a time and setting of your choosing to discuss your expectations for them and their children, as both parents and members of the community. Ensure that your values are communicated properly and communicate any behaviors you find to be encouraged or unacceptable at events. Sportsmanship and positive sideline behavior should be a priority. This would also be an opportunity to introduce the practice/game schedule and locations to the parents of the athletes, to make sure everybody is on a similar page with where to go and when to go there for practices and games.

### **3. Regular Updates, Game and Practice Information**

It will be your duty to communicate any schedule changes, whether they be practice or game related to the families of all the members of your team to ensure the team is all accounted for at scheduled times. This also includes changes to practice and game times and locations, as these may be variable to change throughout the course of the season. Along with schedule changes, it is advisable to regularly update families on the behaviors and health of their children, to make sure the children are receiving proper support both at home and in the field of play.

### **4. Emergency Procedures**

In the case of any unforeseen circumstances occurring, whether they be sudden cancellations of practice/games, absence of a coach from a practice/game, or a sudden player injury/illness, it is the coach's responsibility to immediately and clearly communicate all possible information to all relevant parties. In the case of cancellations or absences, the coach should communicate with all families and coordinate a solution to the situation. In the case of a player's injury or illness, contact the family of a player as soon as possible, or if the coach feels it's warranted, call 911 first, and then inform the family immediately afterwards once help is on the way.

#### **5. End-Of-Season Recap and Feedback**

At the end of the season, it is recommended that coaches reach out to the families one last time to give them a recap of the performance of their child, areas which can be improved, and open themselves up to constructive criticism in order to better themselves as coaches and mentors.

## **Activities Code of Conduct**

### **CODE OF CONDUCT**

The City of Warrensburg Parks & Recreation Department strives to promote programs, events and activities, within the Community Services Department, which foster, promote, and emphasize a positive, safe and rewarding environment for the youth of our community. In support of this initiative, the Department has adopted a policy on Activities Code of Conduct for all those attending, or participating in, City of Warrensburg Parks & Recreation programs, or using their facilities. This policy sets minimum standards and expectations for the conduct of everyone. Everyone includes, but is not limited to, participants, coaches, all officials, administrators, spectators, attendees, parents, teachers, guardians, co-organizers, etc.

### **Policy on Activities Code of Conduct**

When using facilities for, or participating in, youth programs and other activities, managed or supported by the City of Warrensburg, everyone is responsible for:

- Conducting themselves in a proper and socially acceptable manner
- Exhibiting behavior that supports the health, safety and well-being of others
- Providing a tobacco, alcohol, and drug free environment
- Refraining from the use of profanity or offensive language and ethnic slurs
- Abiding by all laws, rules, regulations, and ordinances whether city, state or local
- Abstaining from any type of conduct intended to humiliate or intimidate others

### **Expectations of Spectators**

Cheering in a positive fashion, for both sides, is highly encouraged. Cheer for a good effort as much as a good performance. Always behave in a responsible manner and exercise self discipline. Make only positive comments about children – yours or others. Always show respect for all involved in the game including coaches, players, opponents, opposing fans and officials. Our programs are recreational leagues with fun as the primary emphasis. All coaches are volunteers, and we should all appreciate their efforts and support them...thus setting a good example for the children. Our program is designed for all participants to learn a sport, and striving to win is OK, but a “Win at all costs” approach is unacceptable and bad behavior will NOT be tolerated.

### **Failure to Comply**

The implementation, distribution, monitoring and enforcement of the Department’s Activities Code of Conduct” as outlined above is the responsibility of the Warrensburg Parks & Recreation Department, its officials and volunteer representatives. ***ANYONE who does not behave appropriately (as described) will be asked to leave, according to the following steps:***

1. An official/umpire, coach, or a Warrensburg Parks & Recreation Department representative will identify the violator(s) and make note of the situation. A verbal warning may be given as an attempt to correct the situation.
2. If the situation continues, the officials/umpires, coaches and/or a Warrensburg Parks & Recreation Department representatives will collaborate on the situation.
3. If the decision is made for the violator(s) to leave the premises, play will not resume until he/she has left the facility.
4. If he/she refuses to leave the premises, his/her team will forfeit, and the game will be over.



5. Further action, up to and including suspension from attending program functions and games could occur for the violator(s).

*Thank you for your participation in Warrensburg Parks & Recreation programs and activities. Please join us in our efforts to create and administer a fun and positive experience for all those who participate!*

## **League Contacts**

### **Gabe Clark**

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### **Carrie Battles**

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## Youth Basketball 1<sup>st</sup>-6<sup>th</sup> Grade: League Rulebook

The Warrensburg Parks and Recreation (WPR) Youth Basketball League is designed to give all youth equal opportunity to play in a formal basketball program. For the 1st through 4th grades, league is set up as a recreational activity and is intended to teach and improve basic skills of the game, and official standings will not be kept during the season (scoreboards will be visible during each game). For the 5th and 6th grade age division, there will be more emphasis on raising the level of play, while still maintaining an effort to provide equal opportunity for all players. For this division, official standings will be kept throughout the season, with a single elimination end-of-season tournament.

Participation, fun, and a positive learning experience are the primary goals. We ask each coach, parent, and player to keep this in mind on the hardwood, whether at practice or in games. Decisions rendered by the Warrensburg Parks and Recreation Department are final. Official basketball rules, as established by the USA Basketball Youth Basketball Guidelines, apply except where superseded by the Warrensburg Parks and Recreation Program Rules.

### COACHES:

The coach is the primary link between their team and the league management. It is the coach's duty to obtain all information regarding league play. Responsibilities of the coach include:

- A. Having the safety and welfare of each child as his/her main objective
- B. Possessing reasonable knowledge of the game
- C. Acting as an example of good conduct and sportsmanship to his/her team in all league matters
- D. Understanding that the emphasis of the program shall be to participate, enjoy, and learn the fundamentals and skills of basketball within an environment of fair play.
- E. Reading rules and park policies prior to starting league play and informing the players of the rules.
- F. Obtaining league information pertaining to cancellations, make-up schedules, photo schedules, and general league information
- G. Maintaining control over his/her players in all circumstances, including disputes on the court. Referees will discuss disputes on the court with the manager/supervisor only. Players are not to question a call or ruling.
- H. Making sure both the head and assistant coach sign and turn in the codes of conduct prior to the start of the season.

## GENERAL RULES AND REGULATIONS:

- There shall be no food or drink allowed in any gymnasium during practices or games. The only exception allowed is water bottles.
- Parents & children who are not participating in the games must remain on the bleachers. Children will not be allowed to run around the gym. When entering the gym, please stay against the walls and walk around the court.
  - Spectators are not allowed to bring in extra seating (e.g., lawnchairs, stools, portable seating, etc).
- **Jewelry of all types is prohibited.** The only exception to this rule is permanent jewelry and pierced earrings, which cannot be removed. If worn, the permanent jewelry or earrings must be covered with tape or a rubberized coating.

## BALL SIZE & GOAL HEIGHT

1<sup>st</sup>-2<sup>nd</sup> Boys & Girls - Size 5 (27.5) 8 ft.

3<sup>rd</sup>-4<sup>th</sup> Girls - Size 5 (27.5) 9 ft.

3<sup>rd</sup>-4<sup>th</sup> Boys – Size 6 (28.5) 10 ft.

5<sup>th</sup>-6<sup>th</sup> Girls – Size 6 (28.5) 10 ft.

5<sup>th</sup>-6<sup>th</sup> Boys- Size 7 (29.5) 10 ft.

*Game balls will be provided by the official at the start of each game.*

## LOCATION OF GAMES

Due to lobby renovations at the Warrensburg Community Center, Games will mainly be played at the Warrensburg Middle School Gymnasiums, as well as Maple Grove Elementary and Sterling Elementary.

## GAME TIME:

- Games will consist of 4 quarters of 8 minutes each. In the 1st- 4th grade divisions, the clock will

run continuously. The game will be stopped around the 4-minute mark of each quarter for mandatory substitutions, if a coach has not yet subbed in player(s). There will be intermissions of 1 minute between quarters and 4 minutes between halves.

- **1st - 4th grade** - There will be no overtime period, and games will end in a tie.
- **5th and 6th grade** - If the game is tied at the conclusion of the 4th quarter, there will be a 2-minute extra period. 1 round of rock paper scissors will be played by opposing players to determine who will start with the ball. If the game remains tied after the 2-minute period has concluded, the game will end in a tie.
- **5th and 6th** - If a team is 25 or more points ahead going into the fourth quarter, the clock will continue to run the remainder of the 4th quarter.

### TIME-OUTS

- Each team is entitled to 2 charged time-outs per half during a regulation game. During the extra period, each team is entitled to one time-out. Time-outs cannot be carried over from half to half or 2nd half to overtime (unused timeouts **WILL NOT** carry over to the next half or into extra periods).
- Time outs will be 1 minute each.

### PLAYING TIME REQUIREMENTS & SUBSTITUTIONS

- All players in uniform will play a minimum of time equal to one full quarter in each half of the game. The minimum playing requirement does not apply in case of injury - should a player be removed from the game due to injury, that partial quarter counts as a quarter toward fulfilling the player participation requirement.
- **5th and 6th Grade** - Players should receive equal playing time through the end of the 3rd quarter, with the 4th quarter and extra periods having playing time decided at the coaches discretion.
- A minute tracking sheet will be used by the site supervisor at all games to monitor player minutes in games. Failure to meet the minutes requirements may result in a technical foul, coach suspension, or a forfeiture of the game.

### SPORTSMANSHIP:

Team members, coaches and spectators shall exhibit appropriate behavior towards other players, officials and spectators. Unsportsmanlike conduct from team members and/or associates, including spectators, will result in one or more of the following:

- 1) Player, coach or spectator ejection from the game.
- 2) Player, coach or spectator ejection from the league.
- 3) Player, coach or spectator suspension.

#### 4) Forfeiture of game.

During the game, Warrensburg Parks & Rec staff and officials have the authority to eject players, coaches or spectators. Anyone who is ejected from a game will be suspended for a minimum of one game. The Parks and Recreation Department has the final authority on determining the duration of the suspension or other penalty. Any player, coach, or spectator ejected from a game must leave the gymnasium and facility. Failure to do so may result in the forfeiture of the game and even permanent suspension from Warrensburg Parks & Recreation leagues, properties, activities, and events.

#### PLAYING RULES:

- There shall be no three-point field goals in the 1<sup>st</sup>-2<sup>nd</sup> and 3<sup>rd</sup>-4<sup>th</sup> grade leagues. Baskets made from behind the three-point line will be counted as two points.
- For the 1st & 2nd grade divisions, players (offensive and defensive) will be **required to wear a wristband while in the game**, matching the color of the player that will be guarded (e.g., Timmy wears a blue wristband because they are guarding Johnny, and Johnny wears a blue wristband because they are guarding Timmy). Prior to the start of the game, the two coaches will select five wristband colors to be used. A player must be wearing one of these five designated colors to enter the game.
- 5<sup>th</sup> & 6<sup>th</sup> grade 3-point field goal will count as 3 points.
- For Boys and Girls in **1st-4th AGE DIVISIONS**, zone defense is **NOT** allowed. Only player-to-player defense is permitted. Violation of this rule may result in a technical foul being assessed to the bench.
  - For the **5th & 6th AGE DIVISION**, zone defense **WILL** be allowed
- For the **1st - 4th grade divisions**, full-court press will **NOT** be permitted. For the **5th and 6th grade division**, full-court press **WILL** be allowed throughout the competition - the leading team may not press when leading by 20 points or more.
  - Continued violation of this rule may result in a technical foul being assessed to the bench.
- For **1st-4th AGE DIVISIONS**, stealing the ball off the dribble will **NOT** be permitted. Continued violation of this rule may result in a technical foul being assessed to the bench.
  - For the **5th & 6th AGE DIVISION**, stealing the ball off the dribble **WILL** be allowed.

- For **1st-4th AGE DIVISIONS**, double-teaming and crowding the ball by defenders will **NOT** be permitted. Continued violation of this rule may result in a technical foul being assessed to the bench.
  - For the **5th & 6th AGE DIVISION**, double-teaming and crowding the ball by defenders **WILL** be allowed.
- Defenders in the **1st-4th AGE DIVISIONS** **CANNOT** begin defending until the offensive players are 5 feet across the half court line.
  - Defenders in the **5th & 6th AGE DIVISION** can begin defending an offensive player from anywhere on the court.

#### **GAME RULES AND REGULATIONS:**

- In the 1st-4th grade divisions, if an offensive player beats his/her defender, another defensive player can pick him/her up until the first player recovers.
- In addition to the instances allowed in the Youth Basketball Guidelines, for the 1<sup>st</sup>-2<sup>nd</sup> grade division, a coach will be allowed to come off the bench to provide instruction to players in a constructive manner. For all divisions, the Head Coach will be required to sit next to the score table so that the officials know who to refer to as Head Coach. Coaches are not allowed to come off the bench to dispute or argue a call or in any manner harass the official(s).
- Coaches in all divisions are **required to wear their provided coaching jersey** in order to be on the bench or sideline. Any coach not wearing their designated shirt or jersey will be prohibited from entering these areas during gameplay.
- The free throw line for the 1<sup>st</sup>-2<sup>nd</sup> grade leagues will be moved three feet closer to the basket. A line will be marked on each end of the court.
- 3<sup>rd</sup>-4<sup>th</sup> & 5<sup>th</sup>-6<sup>th</sup> grade free throw line will be standard.
- In the 1<sup>st</sup>-2<sup>nd</sup> & 3<sup>rd</sup>-4<sup>th</sup> grade divisions, players may pick up their offensive player when the ball has moved 5 feet past the half-court line.
- In the 1<sup>st</sup>-2<sup>nd</sup> & 3<sup>rd</sup>-4<sup>th</sup> grade divisions, the player who brings the ball up the court needs to be a different player each half; this is to encourage other children to have the opportunity to touch the ball and improve their dribbling. (Rule does not apply in 5<sup>th</sup> grade and up).

## PRACTICE AND REGULATIONS:

- For the **1st-4th grade divisions**, 2 practices a week will be held before the season starts. Following the first game, only 1 practice will be held a week.
- For the **5th & 6th grade division**, 2 practices a week will be held before the season starts. **5th–6th grade divisions** may continue to hold **two practices per week** throughout the season (**any team not following the 2 practice rule may be required to forfeit a game and be awarded a loss on the season**).
- Unless the gym is closed due to school events or inclement weather, practice cancellations are at the coach's discretion.

## FOUL RULES

- Personal Fouls
- In the **1st-4th grade division**, only team fouls are tracked, not individual fouls, and there is no maximum number of fouls a player is allowed.
  - Players will not be removed from the game unless 2 flagrant fouls are called on the same player
- In the **5th-6th grade division**, each player is allowed a maximum of **5 personal fouls** per game.
  - On the **5th personal foul**, the player will **foul out** and must be removed from the game.
  - Technical fouls assessed to a player will also count toward their personal foul total.
- Team Fouls
  - Team fouls are tracked **each quarter**.
  - Once a team reaches **5 team fouls in a quarter**, the opposing team will be awarded **2 shots from the** free throw line (double bonus).
  - **Team fouls reset each quarter**.
- Technical and Unsportsmanlike Fouls
- A technical or unsportsmanlike foul results in **2 free throws** and **possession of the ball** for the opposing team.

- Any player or coach receiving **2 technical fouls** in a single game will be ejected and will miss a minimum of 1 game.

*Warrensburg Parks & Recreation reserves the right to interpret any and all rules and situations. Further, Warrensburg Parks & Recreation reserves the right to insert, delete, or change rules at any time and make decisions retroactive should it be deemed necessary for the benefit of the leagues.*

**Game schedules can be found at:**

<https://www.teamsideline.com/sites/warrensburg/schedules>

## **Practice and Game Locations**

### **Warrensburg Community Center**

**445 East Gay Street**

**Warrensburg, MO 64093**

*The Community Center serves as the main hub for league play, practices, and coaches' meetings. Please use the main entrance off Gay Street. Parking is available in front of the building.*

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### **Warrensburg Middle School**

**640 East Gay Street**

**Warrensburg, MO 64093**

*Located just east of the Community Center, the Middle School gym is used for league practices and game play for older divisions. Please enter through the main gym doors on the south side of the building.*

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### **Sterling Elementary School**

**522 East Gay Street**

**Warrensburg, MO 64093**

*Sterling Elementary is used primarily for youth basketball practices. Please park in the front lot and enter through the main entrance.*

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**Maple Grove Elementary School**

**950 Hamilton Street**

**Warrensburg, MO 64093**

*Maple Grove hosts youth basketball practices and select games. Parking is available on the north side of the building, with gym access through the main entrance.*

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**Ridge View Elementary School**

**215 South Ridgeview Drive**

**Warrensburg, MO 64093**

*Ridge View Elementary is another practice site used for various divisions. Please enter through the front doors and follow signs to the gymnasium.*

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**Additional Notes:**

- Please do not arrive more than 15 minutes before your scheduled practice or game time.
- Be respectful of school property and staff; our continued partnership with the Warrensburg School District allows us to expand gym access during construction at the Community Center.
- Weather or facility updates will be communicated via GroupMe, email, social media, and the Warrensburg Parks & Recreation website.

**Warrensburg Community Center**



### Maple Grove Elementary



### Sterling Elementary School



**Warrensburg Middle School**

