

2022-2023 Basketball League Rules & Regulations

Parkway Rockwood Basketball Coaching Manual

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PHILOSOPHY OF PROGRAM

Parkway Rockwood Community Education strives to develop, organize and facilitate programs that emphasize: learning the fundamentals, developing teamwork, teaching good sportsmanship, creating wholesome family recreation, and having FUN while participating! We strive to have all those participating (players, coaches, managers, parents, fans, officials, etc.) uphold the Parkway and Rockwood School Districts Values and Ethics when involved with our programs.

PURPOSE OF PROGRAM

To provide a program for children which:

- a. Teaches the FUNdamentals of the game.
- b. Develops attitudes of teamwork and good sportsmanship.
- c. Provides wholesome family and friendship oriented recreation.
- d. Emphasizes FUN.

SPORTSMANSHIP

Parkway Rockwood Community Education takes great pride in the way its parents and students handle themselves at all activities. For any athletic event or activity to occur, officials, coaches, players, and spectators must interact. This interaction is the key to much of the experience players receive from these activities. We expect all of our participants to demonstrate courtesy and good sportsmanship. Degrading the other team by booing, cursing, or any other form of inappropriate behavior is unacceptable. Participants will accept the officials' ruling without argument. Any violation of the above will result in a tactful ejection from not only the present game but, at a minimum, will not be allowed to play/manage/coach/watch (for spectators) in the next scheduled game as well. Depending on the violation, the penalty can be up to/and including suspension from any Rockwood Community Ed activity going forward.

FACILITY CODE OF CONDUCT

The Parkway Rockwood Community Ed Department is fortunate each year to be allowed to use the facilities at all schools in the district for the purpose of running effective programs for our student-athletes. It is our job to continue to show common courtesy when granted access to these schools/facilities. We ask that all coaches, players, parents, spectators, and siblings respect Parkway and Rockwood facilities at all times when participating in practices and games. All practices and games are scheduled in District gyms, therefore, coaches, players, parents, and siblings should remain in the immediate gym area during practices and games. Any horseplay and other unacceptable behavior in/around the schools/facilities will not be tolerated. Team misconduct reported to our office from schools will result in temporary to permanent suspension from future use of that school and temporary or permanent suspension from the program.



CODE OF CONDUCT COACHES, SPONSORS, CHAPERONES

Participation in school and district activities and athletic events are an important part of our students' education and development. With your employment as a coach or sponsor comes a great responsibility to protect the well-being of each of our students. It is your job to ensure that each student is treated with respect and accorded the opportunity to develop what he or she needs and deserves.

This Code of Conduct has been written for all personnel who will be working with our students in activities. All coaches and sponsors should take time to review this document thoroughly and reflect on its implications for their particular role. Veteran coaches and sponsors should annually review the district's expectations.

Coaches and sponsors must adhere to the following standards of conduct. It is important for all coaches and sponsors to understand that this list is not exhaustive. It is intended to provide specific, but not exclusive, examples of the standards of conduct that are appropriate for persons who coach and sponsor student activities.

- 1. It is your responsibility to speak and act respectfully to all students, staff, parents and members of the public.
- 2. Possession of or use of alcohol, drugs and/or tobacco **or** being under the influence of drugs and/or alcohol is not permitted while in the company of students whether on or off district property. Adults are not to consume alcoholic beverages when supervising students on out of town or overnight field trips so as not to risk having impaired judgment should they need to make a decision on a student's behalf. For purposes of this Regulation, adults are considered to be supervising students at all times during out of town or overnight field trips.
- 3. Remarks that refer to an individual's race, sex, religion, national origin or mental or physical disability are not permitted.
- Language or jokes that may be offensive to others are not permitted.
- 5. Clear notice must be given when entering locker rooms or other private areas occupied by members of the opposite gender.
- 6. Coaches and sponsors must not have physical contact with students that are likely to cause the student to be uncomfortable.
- 7. Fraternization between coaches and students is strictly prohibited. This includes close personal or special relationships, dating and/or sexual contact.
- 8. Sexual harassment of any person is expressly prohibited. Coaches and sponsors must refrain from all gestures, comments or physical contact that a reasonable person may judge as unwelcome.
- 9. Threatening comments or profane language damaging to students' self-esteem are not permitted.
- 10. Extreme care should be used to monitor the physical condition of students. This is particularly important in extremely cold or hot weather.
- 11. Coaches and sponsors are encouraged to pay attention to and develop all students to his/her individual potential.
- 12. When traveling with students, coaches and sponsors are prohibited from visiting the accommodations of individual students one-on-one.
- 13. Except in an emergency that threatens the life or immediate safety of a student or other person, coaches and sponsors may not drive students home (or to any other location) from practice or events, if by doing so, the coach or sponsor will, at any time during the drive, be alone with one student.
- 14. Private tutoring for compensation must not occur with students that you coach, teach or sponsor during the school year if said tutoring is in conflict with district policy.

 The sale of personal objects or general merchandise not endorsed by the district is not permitted. 				
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ATTENTION COACHES!!

FOR PRACTICES AND GAMES

- ❖ For Practices: If there is an early release or no school due to inclement weather, there will not be practice that night. This decision is made by the Parkway/Rockwood School District. The district notifies parents of school closures through first alert.

Weekends: No later than 8 a.m. on Saturdays and 9:30 a.m. on Sundays.

Weekdays: No weekday practices this season!

This season is an 8 game season starting January 9 and will run through March 6 (Cancellations & Reschedules played into March).

Required Coaching Clinic Coaching Youth Sports! By National Alliance for Youth Sports

All head coaches are now required to watch, complete, and pass the following coaching clinic – Coaching Youth Sports. If you have already completed a coaching course because you coach with CYC, you will need to provide a copy of your certificate of completion to our office or call us with the certification ID number so we can verify with the CYC office. If you don't have either of these and you have completed this course, you will be responsible for contacting the CYC office and getting that information from them and then providing that to our office.

All of this MUST be done before your first contest/game! The course is two hours long, but can be taken in ten minute increments. We would prefer that you get this done before your first practice, but it's required before your first match.

Here is the link - **www.nays.org**

MSHSAA INFECTIOUS DISEASE POLICY

If an athlete sustains a minor bleeding problem during the course of the game, please remind the officials that they should address the situation per Missouri State High School Activities Association rules. Attached is the copy of the policy for your information.

Also, please make arrangements with the custodian on site for a cleanup and proper supplies.

BLOOD-BORNE INFECTIOUS DISEASES

The MSHSAA Board of Directors has adopted the following policy in an effort to minimize the possibility of any transmission of HIV and the resulting Acquired Immune Deficiency Syndrome (AIDS). Although the policy was originally written with the sport of wrestling in mind, it is applicable for all sports. The MSHSAA Board of Directors also strongly recommends that each school adopt a similar policy to apply to any situation in which an injury might occur which results in bleeding. Such injuries are most likely to occur in physical education classes, athletic practice sessions, and contests. Therefore, it is extremely important that teachers, coaches, and referees follow the procedures outlined in the policy and be cognizant that any time there is blood present that it be treated with respect regarding its ability to transmit infectious diseases.

Health-care workers, including doctors and athletics trainers, who care for student-athletes should employ the universal precautions currently recommended by Centers for Disease Control in the care of all athletes, since medical history and examination cannot reliably identify patients infected with HIV:

The universal precautions when BLEEDING occurs include:

- 1. Routine use of barrier precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated. Gloves should be worn for touching blood, bloody fluids, mucous membranes or nonintact skin (e.g., abrasions, dermatitis) of all athletes for handling items or surfaces soiled with blood or body fluids, and for performing venipuncture. Gloves should be changed after contact with each student-athlete. Masks and protective eye wear or face shields should be worn during procedures that are likely to generate droplets of blood or other body fluids to prevent exposure of mucous membranes of the mouth, nose, and eyes.
- 2. Hands and other skin surfaces should be washed immediately and thoroughly if contaminated with blood and other body fluids. Hands should be washed immediately after gloves are removed.
- 3. Surfaces contaminated with blood should be cleaned with a solution made from a one-to-hundred (1:100) dilution of household bleach.
- 4. Precautions should be taken to prevent injuries caused by needles, scalpels and other sharp instruments or devices. To prevent needle stick injuries, needles should not be recapped, purposely bent or broken by hand, removed from disposable syringes, or otherwise manipulated by hand.
- 5. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags or other ventilation devices should be available for use.
- 6. Health-care workers who have exudative lesions or weeping dermatitis should refrain from all direct patient care until the condition resolves.
- 7. Soiled linen should be bagged and washed in hot water with detergent.
- 8. In the athletics environment, universal guidelines should be considered in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing bodily fluids.

Member institutions should ensure that policies exist for the orientation and education of all health-care workers on the prevention of transmission of HIV and the need for routine use of the above universal precautions. Additionally, provision of equipment and supplies necessary to minimize the risk of infection, as well as the monitoring of adherence to recommended protective measures, need to be guaranteed. In the area of interscholastic activities, some alarm has been expressed regarding the presence of HIV in sweat, saliva and bleeding from minor injuries. Some important things to remember are:

- 1. At this time, it is uncertain that the AIDS virus is transmitted by either saliva or sweat. Therefore, efforts need to be concentrated in the area of the minor injuries that result in bleeding.
- 2. Proper handling of these situations by coaches, officials and competitors will greatly reduce the possibility of any transmission of AIDS, if indeed the athlete who is bleeding is infected by the disease.
- 3. The possibility of transmitting AIDS in this manner is much less than the possibility of transmitting other very dangerous blood-borne viral infections such as Hepatitis B.
- 4. However, the chance of transmitting the AIDS virus is not zero. Therefore, precautions should be taken to insure that no transmission can occur.
- 5. If an athlete sustains a minor bleeding problem -- and most bleeding problems in sports result from minor injuries in the nose area -- the contest should be stopped, the bleeding stemmed, and any blood on the playing surface should be wiped off using a disinfectant such as Clorox, in a 100 to 1 solution (100 parts water and one part disinfectant). This same solution should be used to wipe any blood off the opponent's skin. However, the area should then be rinsed with water to avoid either participant getting the disinfectant in his eyes. It should be noted that there are also many other disinfectants that are very successful in combating HIV such as isopropyl alcohol.

If any of the blood has gotten on the opponent's uniform, unless the opponent has an open cut or unskinned area on his body, it is not necessary to clean the uniform at this point. If there is an open cut or unskinned areas then the uniform should be wiped with the disinfectant solution and then thoroughly rinsed with water to avoid either participant getting the disinfectant in his eyes.

If an official should get blood on himself, he should do the same as the competitors — use the disinfectant solution to wipe the area of the blood.

NOTE: Disposable towels should be used in all clean up and then placed in a sealed container near the mat. Also, extreme care should be used in disposing of cotton used to stem bleeding.

COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

While the risk for blood-borne infectious diseases, such as HIV/Hepatitis B, remains low in sports, proper precautions are needed to reduce the risk of spreading diseases. Along with these issues are skin infections that occur due to skin contact with competitors and equipment.

Note: Infectious skin diseases include those caused by Staphylococcus aureus (Staph infections) and by methicillinresistant Staphylococcus aureus (MRSA), which are more difficult to treat.

The universal hygiene protocol for all sports:

- 1. Shower immediately after all competition and practice.
- 2. Wash all workout clothing after practice.
- 3. Wash personal gear, such as knee pads, periodically.
- 4. Don't share towels or personal hygiene products with others.
- 5. Refrain from cosmetic shaving.

Infectious Skin Diseases:

Means of reducing the potential exposure to these agents include:

- 1. Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- 2. If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
- Follow NFHS or state/local guidelines on "time until return to competition." Allowance
 of participation with a covered lesion can occur if approved by health-care provider and
 in accordance with NFHS, state or local guidelines.

Blood-Borne Infectious Diseases:

Means of reducing the potential exposure to these agents include:

- 1. Bleeding must be stopped immediately and all wounds covered. All blood-soaked clothing must be removed before continuing competition or practice. Contaminated clothing must be cleaned before using again.
- 2. Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood- splash from contaminating themselves or others.
- 3. Immediately wash contaminated skin or mucous membranes with soap and water.
- 4. Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
- 5. Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

General guidelines for initial contact with team

First Team Meeting (with parents)

- a. As soon as you obtain your roster and practice schedule from the league, call or email your parents and introduce yourself.
- b. Set up your first team meeting to be held at your first available practice time and make sure to ask all parents to attend this meeting.
- c. Prepare a written introduction of yourself and include in your notes; expected practice schedule, equipment information (such as size of ball, type of ball, etc), uniform expectations, your manner of player discipline, and what you expect from your parents.
 - A short introduction including your coaching philosophy will help the parents become more comfortable with you and your coaching efforts.
 - ii. A copy of the league rules and guidelines given to each family member will clear up a lot of confusion when it comes to playing regulations.
 - iii. Let the parents know you appreciate their help and support but also tell them not to interfere with your coaching directions to the players during practice or at a game.

iv. Each parent/guardian and player should receive and review the Parent/Guardian Code of Conduct/Player Code of Conduct.

- v. During your first team meeting, ask for assistant coaches from the parent pool but don't forget about your player's older siblings. Some of your best coaches and role models can be older siblings who know the game.
- vi. Accept anyone who volunteers. Let the coaches know that you will expect them to be at every practice and game (if they can), and assign each coach a specific duty. For example scorekeeping, subbing players, etc.
- vii. Assign parents to a call chain. Each parent will be assigned a parent to call if there is a late cancellation of practice so you aren't stuck making all of the phone calls. Emails should be used if it is a planned cancellation. In the case that practice is cancelled at the last minute, phone calls/texts are the appropriate form of communication.
- viii. Introduce each coach to the players.



CODE OF CONDUCT: PARENTS, GUARDIANS, SPECTATORS

As a parent/guardian of a player or a spectator of the game, I will abide by the following guidelines.

As a Parent, I will:

- Remain in the spectator areas during all games.
- Not advise the coach on how to coach, who to put in or who to take out of the game.
- Respect the integrity of the officials/game committee/field supervisor and will not advise them how to call the game.
- Model sportsmanship for my child by treating all coaches, officials, supervisors and players of either team with courtesy and respect.
- Not coach my child during the game.
- Applaud good and fair play during games.
- Be in control of my emotions.
- Learn the rules of the game so I can better understand what is happening.
- Understand that physical or verbal intimidation of any individual is unacceptable behavior.
- Protect the ability to continue using the facility by following all the rules of the facility: such as no alcohol/drugs/tobacco possession or use, throwing all trash in an appropriate receptacle, controlling additional attendees (such as siblings, pets, etc.)
- Understand it is a privilege NOT a right to attend games/practices.

I understand that if I violate this Code of Conduct that:

- I may have to leave the facility
- My child's team may be penalized for my behavior
- I may not be permitted to attend future Rockwood Community Ed sponsored events.

I will abide by the following Community Education clarifications:

- Practice teamwork and positive communications with all parents, players and coaches by supporting the values of discipline, loyalty, commitment and hard work.
- Refrain from interfering with the coach's practice and tournament plans by giving contradicting instructions to the team or players while the team is on the court.
- Seek clarification from the coach first on why they are doing what they are doing, but not during the practice or during game play.
- Address questions regarding team activities to coach. If questions or concerns still have not been addressed satisfactorily, then address with the Recreation Supervisor, but not with others.
- Demonstrate good sportsmanship by conducting myself in a manner that earns the respect of my child, other players, parents, officials and coaches at games and practice.
 Applaud good play regardless of the team or player.
- Maintain self-control at all times and I will know my role as a team parent.
- Abusive language and gestures will not be tolerated

Sanctions: Should I conduct myself in a way that brings discord or discredit to Parkway Rockwood Community Ed, I voluntarily subject myself to disciplinary action set forward by the ParkwayandRockwood School Districts.



CODE OF CONDUCT: PLAYERS

Parkway Rockwood Community Education works to provide valuable lifelong learning experience for patrons of all ages. Part of the experience includes ensuring a safe and enjoyable environment for participants and spectators of programs. As a result, the following code of conduct has been created for all Parkway Rockwood Community Ed sports leagues.

As a player of the game, I will abide by the following guidelines:

- I will remember that games are played for fun!
- I will display good sportsmanship ahead of my own personal desire to win.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches. Ex assisting another player up after they have fallen down.
- I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.
- I will not use drugs, tobacco or alcohol at any practice or game and will remind others on my team not to do so.
- I will shake hands with the other team at the conclusion of all games.
- I will shake hands with the officials at the conclusion of all games.

I understand that if I violate this Code of Conduct that:

- I may have to leave the facility
- My team may be penalized for my behavior
- I may not be permitted to participate in future Parkway Rockwood Community Ed sponsored events

Parkway Rockwood League - Basketball Rules and Regulations

In Parkway Rockwood Community Ed League games, the Gym Supervisor will provide the game ball and our official scorekeeper will keep the official scorebook. The home team should wear the white side of the reversable jerseys in the games. Only the jerseys provided by the Parkway Rockwood program are to be worn in our league games. The teams must provide a timer or scorer, if one is not available through the Parkway Rockwood Basketball League program. Generally, National Federation basketball rules as used by the Missouri State High School Activities Association apply, with the following modifications:

2nd - 5th grade Divisions

- 1.) Timing/ time-outs: A game has two (2) twenty-minute, <u>running-clock</u> halves with a four-minute half-time break. The game clock will stop per high school rules only in the last two minutes of each half. Each team may take two (2) forty-five second time outs in each half.
- 2.) Substitution: It is intended that each suited player present be given equal playing time. Players may be substituted in/out at any point. However, players must be at the scorer's table and ready to go when allowed by officials.
- 3.) Defenses: 2nd-3rd teams Man-to-Man defense only No zone defenses.

 Each defensive player must guard a different offensive player (must be in general area of player defending). HELP Defense is allowed when a a teammate has been beaten, screen/pick has been set or offense is on a fast break. They could then switch players they are defending. If official determines team is not playing man-to-man defense, warning will be issued and offense will start play back up with ball. No spread offenses allowed to create "isolation" situation to manipulate these rules (ex: have 4 offensive players on one side so player with ball can drive by oppenent) 4th 5th grade teams Allowed to play either Zone or Man-to-Man.
- **4.) Press:** 3rd, 4th, and 5th grade teams may NOT press in the backcourt at any time (5th graders have 1 exception noted below) and should retreat past the mid-court line on any change of possession. 3rd, 4th and 5th graders must retreat back to the 10 foot line on the volleyball court (or a designated area marked on the floor). Players must let the ball and both feet cross the mid-court line before defenders may pick up the ball.
 - a. For 5th grade only, teams may press the last 2 minutes of the game, if the score is within 10 points of each other.
- **5.) Free throw:** A free throw shooter may stand on the line and take one step forward or jump and land when shooting the ball, but may not pursue the ball to the basket to rebound, until the shot has hit the basket or backboard.
- **6.) Mercy Rule:** During the last two (2:00) minutes of the 2nd half, if a team leads by 20 points or more, the clock (which would otherwise operate per high school rules) shall run and will not be stopped except for team or injury time-outs.

- 7.) Rim Height: 2nd-3rd grade divisions will play on 9-foot baskets.
- **8.)** Ball: Both boys and girls will use the 28.5" basketball for these grade levels.

6th, 7th, 8th grade & HS

- **1.) Timing/ time-outs:** A game has two (2) twenty-minute, <u>running-clock</u> halves and four-minute half-time. The game clock will stop per high school rules only in last two minutes of each half. Each team may take two (2) forty-five second time outs in each half.
- **2.) Substitution:** It is intended that each suited player present be given equal playing time. When requesting substitutions, players must be at the scorer's table and ready to go in when allowed by officials.
- 3.) Defenses/Press: Teams may play any defense, and may press in the backcourt, but if a team leads by 15 or more points (High School is 20 points), it may not press and should fall back to half-court on change of possessions, until the lead again falls below 15 points.
- **4.) Mercy Rule:** During the last two (2:00) minutes of the 2nd half, if a team leads by 20 points or more, the clock (which would otherwise operate per high school rules) shall run and will not be stopped except for team time-outs.
- **5.) Ball:** Boys 6th grade and older will use a 29.5" basketball. Girls will use a 28.5" basketball.

All Grade Levels

- Overtime: One 2-minute, timed overtime; if still tied, the game is over.
- Press Rules: In all grades, violations of the press and defense rules result in: After three (3) warnings in a half, a bench technical may be issued to the offending team. On press violations, after two bench technicals, the offending team may forfeit.
- After 20 point lead, team with 20 point lead cannot fast break and must allow defensive team to establish defensive position before advancing ball into offensive zone
- Jewelry: Absolutely NO jewelry is allowed of any kind, including rubber bands, Live Strong bands, etc. Tape or band aids are NOT allowed to cover earrings.
- Home Team: Someone to keep the scorebook if an assigned Rockwood employee is not present to keep the scorebook.
- Visiting Team: If an assigned Parkway Rockwood employee is not present to operate the clock. The visiting team provides someone to operate the scoreboard/clock.
- Gyms will be open one-half hour prior to the first game scheduled.

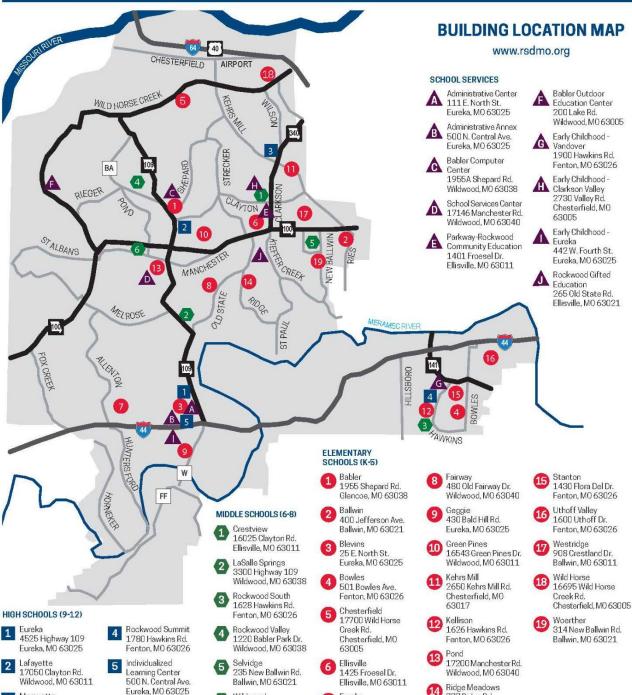
Reminder: Officials should enforce the bench conduct rule to the letter. Only a single head coach has any bench privileges (can leave the bench for instruction, to confer with the table, etc.). Head coaches should make it clear to the officials and gym supervisors that they are the teams head coach. Assistant coaches <u>have no bench privileges</u>. Any coach who draws two technical fouls and is ejected will receive at minimum an <u>automatic one-game suspension</u> in the Parkway Rockwood League; this means the ejected person may not attend the next scheduled game in any capacity, coach or spectator. Good sportsmanship is expected at all times.



2351 Clarkson Rd.

Chesterfield, MO

ROCKWOOD SCHOOL DISTRICT



Wildwood

17401 Manchester Rd.

Wildwood, MO 63038

Eureka

Arbor Dr. Eureka, MO 63025

5350 Rockwood

777 Ridge Rd.

Ellisville, MO 63021

