

Carson City Recreation High School Basketball League Handbook



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The Carson City Recreation Division Youth Basketball League has been structured with one goal in mind, to provide an enjoyable recreation experience for the youth of our community. We would also like the participants to improve their basketball skills and appreciate teamwork along the way. Our goal cannot be achieved without the help of some very dedicated volunteer coaches.

Please keep this manual handy throughout the season for future reference.

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Section I: Eligibility

- A. Participants must be in the grade they are registering for unless other accommodations have been made by the Carson City Recreation Program Supervisor.
- B. Officials and City Staff reserve the right to request birth certificate to verify the age of a participant.
- C. Carson City will make every effort to make accommodations so all participants receive the same Recreation experience.

Section II: Registration

- A. Registration must be done during the registration period and are taken on a first come first serve basis. Full payment is due at the time of registration.
- B. Children may not be registered if there is a balance due on their account or their parents account from, another Carson City Recreation activity until the entire balance due is paid.
- C. Players will register **individually**, and will be placed on a team by Carson City Recreation.
- D. Request for refund must be received prior to “warm up”. Refunds and credits will not be processed after this time. All refunds will incur a 10% admin fee and will take up to two weeks to process.

Section III: Coaches Information

- A. Every year coaches will be required to undergo a back ground check. In the event of a background check returning with any prior convictions, coaches will be prohibited from coaching or volunteering in any way.
- B. All coaches must be over the age of 18 and out of High School

Section IV: Skills Assessment

- C. All players are required to participate in a preliminary skills assessment/ warm up. The goal with this assessment is to create equal and consistent teams throughout our league.
- D. Skills Assessment Procedure:
 - 1. All participants go through the skills assessment drill and coaches rate accordingly.

2. Coaches select a team number as they enter the Draft Room (children or other parents will not be allowed in the draft room)
 3. Coaches will be seated by numerical team order
 4. An attempt will be made to rate players who did not attend the tryout. If non attending players are not ratable they will be placed on a team at the end of the draft through a hat pick.
 5. Starting with Team #1, Coaches options will be identified and rated by all coaches present. It will be determined which round in the draft the coach's option will be placed, which in turn will determine which round in the draft that particular coach will lose. Note: Coaches options are to include Head coach's children only. "Assistant coaches" picks will be at the discretion of Recreation Management. It is the goal of Carson City Recreation to create and maintain an equal recreational experience for all participants.
 6. Sibling in the same grade options will be identified (siblings will always be drafted to the same team unless otherwise requested by the parents)
 7. The draft will begin in a serpentine style draft beginning with team #1 and concluding the first round with the last team in that particular league. The last team to make a pick in their particular league will then begin the second round and team #1 would conclude that round. This serpentine style draft will continue until all players have been drafted to a team. If a coach has a coach's pick, that coach will miss their pick in the round in which their coach's option was placed in.
 8. Hat picks will be randomly selected, and placed on a team in accordance with serpentine draft.
 9. Team names will be selected beginning with the last team in that particular league and concluding with team #1.
 10. Carson City Recreation will hand out practice schedules, explain uniforms, discuss alternative practice sites, and collect rosters.
- E. Once the teams are set, teams are set. Carson City Recreation will have a copy of all rosters, and trading amongst teams will not be tolerated.
- F. All coaches will need to contact all players on their team with in (5) five business days. Coaches will need to introduce themselves and relay their first practice time and location, along with all practice and game schedules.

Section V: Uniforms

- A. All participants will be required to wear a CCRD uniform.
- B. Uniforms can be purchased at registration. (\$25.00)
- C. If a returning participant has a uniform from a prior season that still fits appropriately, they may use that uniform again, without purchasing another.
- D. All participants will be required to remove earrings, necklaces, bracelets, anklets, etc. Medical identification necklaces and bracelets are an exception to this, but will need to be taped to the body to prevent injury to the participant, and other participants.
- E. Carson City Recreation asks that participants wear gym floor appropriate shoes. **NO STREET SHOES.**

Section VI: Forfeits/ Cancellations

- A. Carson City Recreation will make every effort to avoid forfeits. In the event that a team is short players, the opposing team, in good sportsmanship will need to either “lend” players or play with the same amount of players as the opposing team.
- B. In the event a player is injured, or is removed from the game which in turn will cause a shortage of players the opposing team will need to either assist in “lending” players or play with the same amount of players as the opposing team.
- C. In the event of severe weather, or natural disasters, Carson City Recreation will make the decision on cancellation of games, or practices.
- D. Practices and games will be played as scheduled unless otherwise notified by Carson City Recreation Staff.
NOTE: This is a Recreation League, if teams are short players, coaches are expected to show a level of sportsmanship, and lead by example, and ensure that forfeits will not happen.

Section VII: High School Basketball Game Rules

High School Basketball Game Rules

- A. Jump ball to start the game.
- B. Players will be removed after their 5th player foul. The ball will be taken out of bounds until the 7th team foul of each half. The bonus will be applied after the 7th teams foul and the double bonus will be applied after the 10th team foul.
- C. All free throws will be shot from the regulation line.
- D. Players will be allowed to stand in the offensive key area for three seconds.
- E. Back court press will be allowed during the last three minutes of every quarter. If the official feels the team is purposely pressing in the back court (except when allowed) to gain an advantage a technical foul will be given. Note: If a team is losing by 15 or more points, the opposing team will not be permitted to apply backcourt press.
- F. Teams may play a man-to-man, or zone.
- G. Games will consist of four 8 minute quarters.
- H. All players must play at least two full quarters of every game. No player shall play a 4th quarter until all players have played three full quarters. **SUBSTITUTIONS DO NOT COUNT AS REQUIRED PLAYING TIME**, for playing time to count as official playing time the player must play at least 8 minutes of the quarter.
- I. Boys will use a regulation 30” ball. Girls will use a 28.5” ball. Game ball will be provided by Carson City Recreation.
- J. Substitutions in the last two minutes of each quarter only.
- K. Through the duration of the game, the clock will run continually and will only stop for every shooting foul or for each whistle in the last two minutes of each quarter.
- L. Score will be kept on the scoreboard. If a team is leading another team by more than 15, the scoreboard will be turned off.
- M. In the event of a tie, (1) one, three minute overtime will be conducted. Each team will be allotted one time out. If the score is still tied at the end of the overtime, the game will become a sudden death situation with a jump ball to begin the sudden death period.
- N. Three point shots will be recognized in all divisions
- O. All teams are allotted one time out per quarter. Timeouts will not carry over in the event of an overtime period however each team will be given one time out for the overtime period. There will be no timeouts in the event of a sudden death situation.

Rules for all teams and players

- A. If a player is given a technical foul they will be required to sit for 3 minutes. In the event of a technical foul being distributed with less than three minutes left in a quarter of half, that player will be required to sit out the duration of their three minute penalty at the beginning of the next quarter/half in addition to the duration of the quarter in which the technical foul was given in. This will not impact their playing time requirements.
- B. Two technical fouls in 1 game on any player or coach will result in that person being removed from the facility. That player will then need to meet with Carson City Recreation before returning to league activities.
- C. Players lined up along the free throw lane may enter the key after the ball is released from the shooters hands.
- D. All flagrant fouls will result in removal of the game, and the player will not be eligible for play until a meeting is conducted with the Sports Program Supervisor, the player, and the player's parent(s).

Section VIII: Official's and Carson City Recreation Staff

- A. All referees follow the National High School Federation of State High School Rule Book, and are trained by Carson City Recreation Senior Staff.
- B. All league games and programs are under the direction of the referee. Only team coaches may discuss game or program decisions with the referee or Carson City Recreation Staff.
- C. Every player, coach, and spectator must respect Carson City Recreation Staff/ Referee's before, during, and after the game.
- D. If a player, or coach is found guilty of direct aggression, in which there is spitting involved, verbal threatening, or physically contacting Carson City Recreation Staff, or Referee's, law enforcement will be contacted, and the offender maybe arrested, and prosecute. All violations will also fall under the Carson City Recreation Code of Conduct.

Section IX: Other Suspensions

The Carson City Parks and Recreation Division reserves the right to further suspend individuals who violate the GAME RULES or who causes or incites a fight or brawl, who has repeated violent offenses against other players, staff, spectators, or whose behavior causes NAME PERSON to believe the integrity of program is jeopardized due to the behavior of such person.