

Huntingdon Valley Activities Association
2013-14 Basketball Season

The Huntingdon Valley Activities Association in-house basketball league is a recreational league intended to provide kids with a positive learning experience in a competitive, team structure. For that reason, it is important that coaches and league officials ensure that all kids participate in practices and games. While the requirement is that all players must play 1/2 the game, coaches need to ensure that all players are involved in the game when playing. Sportsmanship is a key component to creating a positive experience. It is every intention that leagues will be competitively balanced. Therefore, adjustments will be made as necessary to ensure teams are balanced in overall talent.

PLAYERS CREED

I HEREBY PLEDGE TO FOLLOW HVAA CODE OF ETHICAL CONDUCT.
I WILL TREAT EVERY PLAYER, COACH, OFFICIAL AND PARENT
WITH RESPECT. THIS IS A GAME AND WE ARE HERE TO HAVE FUN.

All leagues through the intermediates will recite the HVAA Creed prior to the start of the game.

- 1) Coaches & Assistant Coaches Responsibility
 - a) The coach must ensure that all players have a safe, positive experience from their participation in HVAA sports.
 - (1) Ensure all players participate in games and practices in an inclusionary, positive atmosphere.
 - (2) Offer encouragement and positive reinforcement to players at all times
 - (3) Provide instruction and support in a way the child understands
 - (4) Ensure practices are organized, structured and safe
 - b) Coaches must act as a role model for the children participating in HVAA programs. This behavior extends to children beyond their respective teams as well as parents and siblings.

- c) Coaches must not allow parents or spectators to interfere with the game. Cursing, yelling, screaming or any abusive language directed at a player, coach or referee will result in a technical foul against the team represented by this person. A second infraction by the same person will result in the spectator being asked to leave the gym. If they refuse, the game will be forfeited.

(a) "Players play, coaches coach, officials officiate, spectators cheer".

2) Parent's Responsibility

- a) Parent's responsibility is to encourage their child(ren) to participate. This includes ensuring players attend practices and games and that they arrive and leave at the scheduled times.
- b) Parent's responsibility during games and practices is to encourage all children to do their best.
- c) Proper sideline etiquette includes:
 - (a) Let the coaches' coach. If you are telling your son or daughter - or any other player for that matter - to do something different from what their coach is telling them, you create distraction and confusion.
 - (b) Respect the referees. Outbursts from parents on the sideline made toward the referees only signal to our on children that they can blame the refs for anything that goes wrong. Blaming others is not a formula for success in sports.
 - (c) It is very unnerving for many players when parents are yelling at them from the sidelines. Let the kids play. If they make a mistake, chances are they will learn from it;
 - (d) Do not discuss the play of specific young players in front of other parents;
 - (e) Make positive comments from the sideline. Be encouraging. You will see a young player make that extra effort when they hear encouraging words from the sideline about their hustle.
 - (f) Do not make any negative comments about players on the other team. Besides being tasteless and classless, these kinds of comments can be hurtful to the young person involved and to their family as well.
 - (g) Keep interaction with parents on the other team as healthy and positive as possible.
 - (h) Parents and players on the 'other' team are not the enemy. Check any negative feelings at the door.
 - (i) When the game is over, the game is over. If you need to discuss something with your coach, allow a 24 hour grace period to collect your thoughts and allow the coach to decompress from the game.
 - (j) At no time is a parent to address a referee after the game.

3) General Rules

- (a) Unless otherwise stated, PIAA rules will apply:
- (b) Games must start at their scheduled times. Warm-up time is allowed only where time permits. Referees will keep games moving along.
- (c) The referees have complete control of the game once it begins. Their decisions are final.
 - 1. Protests are not allowed and the referee's decisions cannot be appealed.
 - 2. Any disputes over non-game issues should be communicated to the league commissioner, If the commissioner cannot resolve the issue, the sport director will make the final determination.
- (d) Teams must have a minimum of FOUR (4) players to start. The opposing team will play with the normal five players. The team playing short-handed may insert an additional rostered player during normal stoppage of play.
 - a. Coaches may not allow non-registered children to play.
- (e) After the game starts, teams must maintain the minimum of four eligible players to continue. If less than four become available due to injury or fouling out, the game is forfeited.
- (f) The home team will provide the scorers book. The person maintaining the scorers book must sit at the scorer's table.
 - 1. In addition to the score, the official book will record
 - a. player participation
 - b. Number of team and individual fouls
 - c. Time outs used
- (g) Any discrepancy with the official book will be as follows:
 - 1. The game official will be notified
 - 2. The official will meet with both (and only) head coaches at the scorer's table to discuss the matter
 - 3. The official will make a decision
- (h) Sportsmanship:
 - 1. Only one coach and one assistant is allowed on the bench during games
 - 2. Coaches must remain on their half of the court. Violations will get one warning from the referee. Each subsequent violation will result in a technical foul.
 - 3. Only one coach is permitted to stand during the game.

- a. Traditionally, the role of the assistant coach in basketball is to instruct the payers on the bench and to keep track of timeouts, fouls, etc.
4. Coaches, except as noted below, may not be on the court during play and must remain at their respective benches.
 - i. Bantams coaches are expected to be on the court providing immediate instruction and feedback to the players. However, only one from each team may be on the court at any time.
 - ii. Star Coaches may place an assistant at the opposite end (from their bench) on the floor. The placement must not
 - 1) must not interfere with the opposing team
 - 2) must be completely separate from the spectators
 - 3) may not be along the end line
5. It is the responsibility of each coach to keep players under control at all times
6. Player must be seated on the bench or be ready at the scorer's table.

(i) Uniform.

1. No jewelry of any kind can be worn during a game.
2. All players must have the HVAA team jersey to play.
3. Undershirts must be white or closely match the players uniform
4. Players with casts will not be permitted to play.

1) Length of a Game:

- a) All games will consist of four (4), eight (8) minute quarters with a one minute break between quarters and 5 minute break at halftime. For overtime games, a two minute break before the first overtime and one minute break thereafter.
 - (a) Bantam games will consist of 30 minute skill development session and a 30 minute continuous game.

b) The clock will stop for:

- (a) every whistle during the last 10 seconds of the first three quarters.
- (b) every whistle during the last 2 minutes of the game and last minute of overtimes.
- (c) while free throws are being taken
- (d) during time-outs (coach or referee called) or injury time-outs
- (e) during substitutions at approximately 4 minute mark of each quarter or injuries

2) Time-outs:

- a) Each team has 4 time outs per game. Timeouts can be taken at any time during the game.

- b) Each team has time out per overtime period.
- c) Time-outs do not carry over to overtime periods.

3) Overtime:

- a) A two-minute overtime period will be played if the game is tied after regulation.
- b) During the regular season, if the game is still tied after one overtime period, the game is recorded as a tie and each team gets a point in the standings.
- c) During playoffs, teams will play as many overtime periods as necessary to declare a winner. The first minute of an overtime period will be played with a running clock. During the second minute of overtime, the clock will stop on each whistle.

4) Player Participation and Substitution:

- a) Each player must play at least 1/2 of each game (four 4 minute segments). Players do NOT have to play in each quarter. It is up to the coach to determine when players will play as long as they meet their minimum playing requirement.
- b) The game will be stopped at approximately the 4 minute mark of each quarter to allow substitutions. Player jersey numbers for both teams for each quarter will be recorded by marking an "X" or other mark in the scorebook.
 - 1. ***Coaches may not use this break as a time out***, Substituting players must enter/leave the court immediately at the break. Coaches will have 15 seconds to arrange defensive (i.e., "man up") assignments.
- c) If there is a question about player participation, either team can ask the referee for a decision.
- d) Injured players are not required to meet the minimum playing time.
- e) Players arriving late to the start of a game (the start of a game is AFTER opening tip-off) forfeit one 4 minute playing period for each quarter they miss.
- f) If it is determined that a team did not comply with the player participation rule (all players must play 4 the game) after reviewing the player participation record, the game is forfeited and the offending team gets a loss regardless of the score.
- g) Substitute players should report to the scorers table and wait for the referee to signal them to enter the game.
- h) Each player MUST sit out at least one four minute section of a game if there are 6 or more players available.

5) Fouling Out:

- a. A player fouls out on their 6th foul (combination of personal and technical)
 - b. A player fouls out on their 2nd technical foul.
 - c. A team has one minute to replace a player who fouled out.
 - d. Any player exhibiting unsportsmanlike conduct (fighting, taunting, cursing) or who has recorded two technical fouls in a game will be removed from the game and the gym. The player(s) and parents will then have to meet with the HVAA disciplinary board to review their status in the league.
- 6) Technical Fouls
- (a) Any coach who receives two technical fouls during a game will be asked to leave the gym and will be suspended for the following game. The situation will be reported to the league commissioner/Director of Basketball for review and discussion.
 - a. Any coach who receives two game ejections during the season will be required have to meet with the HVAA disciplinary board to review their status in the league.
 - (b) All technical fouls by a team result in TWO foul shots AND ball possession at half-court by the opposing team. Technical fouls count toward a player's personal foul total.
- 7) Three point shots count when a shot is made from behind the arc. There are NO three point goals for Bantam and Stars leagues.
- 8) Free Throws:
- a. One-and-one free throws begin with the 7 team foul committed by the opposing team
 - b. Two free throws begin with the 10th team foul committed in each half.
 - c. Star League players will be allowed to shoot fouls from approximately one foot inside the foul line (about 14 ft). Junior League players will be allowed to step (not run) over the line after foul shots from regulation foul line after releasing the ball.
- 9) Defense:
- (1) The defense must play three feet from the half-court line to allow the offense to bring the ball across half-court. There will be ONE team warning per game for blatant infractions. A team technical foul will be assessed on subsequent infractions.
 - (i) In Bantams, if an offensive player retreats to the back-court *after crossing half court*, the defense can follow.
 - (2) Mercy Rule: when a team is ahead by 20 points or more, their defense must play within the 3-point arc. For Star league games, if a team is ahead by 15 points or more, their defense MUST play within the foul lane.

(3) The following defenses are permissible

- a. Bantams and Stars – man to man; a player may play “help” defense against an offensive player moving unabated towards the basket.
- b. Stars – man to man inside the three point arc; a player may play “help” defense against an offensive player moving towards the basket
- c. Juniors & Intermediates – man to man outside the three point line (no trapping), any defense within the three point line and during a full court press.
- d. Seniors – any defense

(4) Full Court Press:

- a. Junior Leagues and Intermediate League — last two minutes of a game and overtimes.
- b. Senior Leagues 4 quarter and overtimes.
- c. Any team leading by 10 or more points cannot press.

(5) Violations

- a. There will be ONE team warning per game for blatant infractions. A team technical foul will be assessed on subsequent infractions.

10) League Specific Rules

(1) Bantam leagues

- a. Four v. Four
- b. 27' ball
- c. 8 foot baskets
- d. No scores or standing are kept

(2) Stars Leagues

- a. Five v. Five
- b. 27' ball
- c. 10 foot baskets
- d. Scores are kept but no standings are maintained
- e. A parent from each team will be required to keep the official scorebook and run the scoreboard.

(3) Junior Leagues

- a. 5 v 5. Teams with only 4 players may play using four. A coach with 5 or more players may choose to play with only 4 if the opposing team has only 4 players.
- b. 28.5” ball
- c. 10 foot baskets
- d. Scores and standings are kept

e. Winning team reports score within 72 hours from the end of the game.

(4) Intermediate Leagues

- a. 5 v 5. Team with at least five players *must* use five on the court. Teams with only 4 players may play using four.
- b. Girls will use a 28.5" ball, Boys will use a full size ball
- c. 10 foot baskets
- d. Scores and standings are kept
- e. Winning team reports score within 72 hours from the end of the game

(5) Senior Leagues

- a. 5 v 5. Team with at least five players *must* use five on the court. Teams with only 4 players may play using four.
- b. Girls will use a 28" ball, Boys will use a full size ball
- c. 10 foot baskets
- d. Scores and standings are kept
- e. Winning team reports score within 72 hours from the end of the game

11) Playoffs

(1) Where playoffs apply, all teams make the playoffs.

(2) During the payoffs, the home team **MUST** provide a player participation matrix to the official scorer prior to the game. This matrix must be updated by each team at the end of each quarter to insure player participation rules are followed.

(3) All players must play at least 50 percent of the games to be eligible to play in the playoffs. Injury exceptions must be discussed with the league commissioner and basketball director.

(4) Standings (for leagues with playoffs) will be determined as follows:

- 1. WIN = 2 points TIE = 1 point LOSS = 0 points
- 2. For standings determination, in case of a tie between teams, the following format will apply:
 - a. Most wins
 - b. Record against each other
 - c. Director meets with coaches and commissioner to determine