

SD 42 Elementary Basketball Rules (2023/2024)

Here are the rules for basketball for this year. It is expected that all coaches will have read this document. If you have any questions, please contact the league co-ordinators. Our main goal is that students have fun playing sport and have a good chance to challenge themselves through sport. Please keep that in mind throughout the year, even when the score is tied with 20 seconds left.

Coaching:

If your team has a parent volunteer coach, you need to have a sponsor staff member sitting on the bench for the entire game. If the sponsor staff member can't attend the game and no suitable replacement can be arranged, you will need to reschedule the game or have the team forfeit the game. Most parent volunteer coaches are very solid. Unfortunately, there are some that have had problems to the point that we need to have this rule in place. Please make sure that your parent coach signs the Parent Coach Code of Conduct sheet and email a photo of the signed document to the league co-ordinator so that we have those documents on file.

Please ensure that you have control of your students, parents, and game officials. Letting the students play without distractions is the goal.

All SD42 Elementary Coaches must read and agree to the following:

Coaches Code of Conduct:

1. I will be reasonable when scheduling games and practices, remembering that young athletes have other interests and obligations.
2. I will teach my athletes to play fairly and to respect the rules, officials, and opponents.
3. I will ensure that all athletes get equal instruction, support and playing time.
4. I will not ridicule or yell at my athletes, or players on other teams, for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the athlete's ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.
8. I will remember that winning is not everything – that encouraging my players to have fun, helping them to improve their skills, and encouraging them to do their best are my main job as a coach.

In recent years we have had several issues with coaches failing to follow this code of conduct, resulting in negative experiences for our student athletes. Please let league co-ordinators know if you observe a possible coaches code of conduct issue. We will do our best to fairly investigate, issue warnings where warranted, and hand out consequences when needed. Possible consequences could include coaches being suspended and/or teams being removed from competition.

Special Game Play Rules for all Tiers and Divisions

Half-court defense- No Pressing before the offence crosses center. Pressing is only allowed in Tier 1, **in the last two minutes (stop time) of a game IF the teams are within 10 points of each other at that two-minute mark.**

Players can aggressively rebound & only have to return to defensive end when the ball is securely controlled by the defender. They can take a loose ball that is accidentally passed into them, or lost by an offensive player while returning to play defense. They may not actively check the other team.

Man to man defense only. No Zones. You should be within about 5 feet of your check on defense. Help defense is allowed. This means that as the ball is being moved towards the hoop by passing or dribbling it is acceptable to leave your check and play the threat. At times this may result in two or even three players defending the ball momentarily. Please teach your players that if there are two people checking you while you dribble it means that one of your teammates is open.

Double-teaming is not allowed. There is a difference between helping as there is a threat to the hoop and just sending two players to check one player.

Running up the score!

In all tiers, the score should not be the experience. If the score becomes imbalanced, it should allow teams to focus on moving the ball, finding space, setting picks and discovering other aspects of the game.

All coaches need to avoid situations where one team is running up the score on their opponent.

If it is obvious that the two teams are mis-matched (a score differential of 20+ points for example), the leading team's coach needs to take steps to avoid the situation continuing. These steps can include, but are not limited to:

1. Increasing passing plays.
2. Limiting the number of points that specific players can score (spreading out the scoring more evenly).
3. Giving less experienced players more playing time and resting your stars.
4. Backing up the defense to allow the opposition easier access to the offensive zone (both the man-to-man defense and the half-court defense) at both the half court line and out of bounds line.
5. Turning off the scoreboard.

Timing

Home teams must provide a competent timer, scorer, and ref. There are to be four ten-minute quarters running time (doing two 5-minute shifts per quarter is the common way to run shifts). The time clock is to stop for whistles in the last two minutes if the game is within ten points. If possible, the timer should be available for all to see.

Officiating

Please try to find competent refs! Use teachers or contact your nearest high school if applicable. We would not recommend using grade 7's for competitive games, but for tier 2/3 that's your discretion. Home team needs to supply at least one referee.

Visiting team has the option of supplying a referee also for two total refs at a game. Visiting team needs to communicate if they are bringing a ref.

Tier Specific Rules:

Tier 1 - Competitive

1. The basketball should be - Size 5 or 6: circumference 28.5 to 29 inches, weight 20 ounces – can be rubber or leather (try to have a nice ball). The hoop should be at 10ft.
2. All teams need a minimum of 9 players at each game. Please call coaches ahead of time if you don't have 9 players available. Please do all you can to get 9 players first. Then try to reschedule. If this doesn't work then you will forfeit.
3. All players on a team must be rotated equally for the first three quarters of a game. The fourth quarter is the coach's discretion. This rule is in place for both regular season and playoff games.
4. **Children who are on the competitive teams should not play for recreational teams also.** It is okay for recreational players to play some games on the competitive team if that team is short players or wants to reward them.
5. Follow all the regular rules of basketball. This would include playing overtime. In the event of a tie, please play extra 2-minute overtime periods until a team wins.
6. **Schools are asked to keep an official score sheet and track fouls.**
7. **Players are disqualified after 5 fouls.**
8. **Teams get 3 timeouts per half.**
9. Bonus - 2 foul shots are awarded for every foul after 5 team fouls in a quarter. Reset every quarter.
10. **Score reporting – Competitive winning teams will need to report WINS** to Robert Prince (boys) and Kelli Bazett/Shawna Thirkell (girls) ASAP on the documents provided. Do not submit scores. The coordinator will update the standings regularly.

Tiebreakers

1. Any ties in the standings between two teams will be broken at the end of the season based on the head-to-head results between the teams.
2. If there is a 3-way tie or more where the record among the teams is the same and the tie is circular where 1 beat 2, 2 beat 3 and 3 beat 1, their records against teams finishing ahead of them will be considered first. If one has beaten a team ahead of the teams that tied, that team will be placed ahead of the others.

If none of these tiebreakers break the circular tie will be broken by a random draw of the teams involved or a flip of a coin.

Tier 2/3 - Recreational

1. The basketball should be - Size 5 or 6: circumference 28.5 to 29 inches, weight 20 ounces – can be rubber or leather (try to have a nice ball)
2. Don't need to report scores
3. Can have any size roster
4. Follow all the regular rules of basketball
5. Tier 3 is for schools who already have a Tier 1 or 2 team. Schools that have only one team must enter Tier 1 or 2.
6. If your school would be interested in entering a co-ed team, please let us know. If there is enough interest, we will make a new division. If there is not enough interest in a co-ed division, we will do our best to find a suitable league for any co-ed teams that are entered.

Coaches can decide together what aspects of the game they want the refs to watch more carefully (such as fouling) while only calling the other real obvious infractions. The following violations should be called when they are obvious - we don't want too many whistles, the players are developing, and some errors are expected but big mistakes should be called:

1. 3 seconds in the key (it's more like 5 seconds in the key)
2. Travelling (obvious steps, not sliding on the floor)
3. Double dribbling

Parent/Spectator Code of Conduct:

We are also asking that every parent/guardian sign a copy of the code of conduct for parents and spectators. This will be included on the new permission forms. Please ensure that these signatures are present on all permission forms and keep them on file for the season. If there is an incident at a game, please refer to this document. We have had many issues with spectators in recent years, with numerous reports of verbal abuse directed at players, coaches, and officials. Please send us detailed reports of any issues with spectators so that we can investigate. We will be issuing warnings and consequences up to and including a ban on attending games in our school district. We want all players, coaches, officials, and spectators to feel safe in our facilities.

For more details on the district Fair Play Code of Conduct, please see our athletics website:

https://elementary.sd42.ca/athletics/basketball_main/

Please consider speaking to the audience and participants, before the game begins, to remind everyone of appropriate behaviour expectations. This seems to noticeably reduce incidents. There is a script available on the Athletics website if you would find it helpful.

Any questions please contact:

Basketball Coordinators – Boys – Rob Prince – robert_prince@sd42.ca

Girls – Kelli Bazett – kelli_bazett@sd42.ca

Shawna Thirkell – shawna_thirkell@sd42.ca