

MY GOAL FOR PARENTS

1. **PLEASE DON'T COACH FROM THE SIDELINE.** Let your child play and begin to understand and learn that if they want to play basketball throughout middle school and high school they must be obedient to listen to only one voice during games and that is the coaches.
2. **LET THE OFFICIALS OFFICIATE!!** Very rarely does officiating every beat you so instead of complaining and yelling at the officials, observe how your child reacts to "bad calls". As a player, complaining, whining and arguing WILL NEVER help you. Instead work with your child on how to respond to bad calls. Most of the time players are called for fouls because of poor defense.

LEAGUE RULES

- Everyone plays about the same amount of time during games.
 - The last two minutes of each game the coaches can play who they want based upon the game situation.
 - Players can foul out. If a team only has 5 players for a game and a player fouls out, that player will be allowed to continue to play. If that player fouls again the other team will get two free throws and the ball back.
 - When playing man to man defense, the defense must stay inside the 3pt line. If not the team will receive a warning the first time and each time after that they will be assessed a technical foul. The other team will get two free throws and the ball back. The last two minutes, of the game, they can come out and pick up at half court. They still must play the right way!
 - The following leagues will be allowed to press after made free throws:
11 – 14 yr old girls / 12 – 13 yr old boys / 14 – 15 yr old boys
 - Teams must play zone when the ball is brought in under their basket
 - Every team in the league runs the same offense and defensively each team does the same thing.
 - Teams get two timeouts per half, if you don't use them you lose them.
 - All games will be a running clock. The clock will stop, on each whistle, the last minute of the 1st half and the last two minutes of the 2nd half. Half time for each game will be 3 minutes
-