



AHPD Spring Youth Basketball Program Manual

Thank you for participating in Arlington Heights Park District youth basketball!

Everyone involved in this program, coaches, referees, parents, and the AHPD staff, should strive to uphold the basic tenets included in the **“Statement of Philosophy”**. As adults, all that we say or do becomes the model for the young people in our community. It is our responsibility to create a fun environment for our players to develop physically, emotionally, psychologically, and socially. If you have any questions about the program, please contact Nick Wirth, Athletic Supervisor, at nwirth@ahpd.org or 847.506.7132.

Facility Locations

- **Pioneer Park**
500 S. Fernandez Avenue, Arlington Heights
847.577.3035
- **Camelot Park**
1005 E. Suffield Drive, Arlington Heights
847.577.3010

Registration, Rosters, and Eligibility

- One player on the team registers for the entire team.
- **The team roster/waiver is due before the start of your first game.** You may download the roster from the youth basketball page at ahpd.org. The coach will also receive a blank roster/waiver along with schedules and season information prior to the start of the season
 - The roster/waiver must list a minimum of six and a maximum of ten players.
 - All players must have a parent or legal guardian sign the waiver.
 - Teams that begin the season with fewer than ten players may add new players, up to ten players total, to the team roster. New players must have a parent or legal guardian sign the waiver before playing in a game.
- Coaches are expected play all players for at least half of the game.
- Teams must have a minimum of five players to start a game and have up to five minutes from the scheduled start time of the game to field a team or forfeit.
- If you know you will have fewer than six players for a game, you may borrow players from other teams in the league, including the team you are scheduled to play. **You may not play with any players who are not registered in the current spring season of AHPD basketball.**

AHPD Youth Sports Program Objectives

Arlington Heights Park District sports programs strive to achieve the following:

1. Programs will be designed to promote positive learning experiences that enhance athletes to develop physically, psychologically, and socially.
2. Programs will emphasize fun, developing new skills, fair play, and sporting behavior.
3. Programs will be conducted with the safety of the participants and spectators in mind.
4. Programs will be designed to promote positive self-esteem and self-confidence of the participants.

5. Programs will be comprehensive in nature and offer a variety of levels that match available resources. If resources or facilities are limited, accommodating the needs and interest of the majority of the participants will take priority.

Programs will first serve the need of the Arlington Heights Park District residents. Non-residents may participate if openings still exist after the residents have been served. Youth sports programs are competitive on both a team and individual level. However, it is the desire of the Park Board of Commissioners to keep the intensity of the competition at a recreational level, which stresses fun, learning, and the concept that everyone plays.

Code of Ethics for Coaches:

- I will place the emotional and physical well-being of the players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for all players.
- I will promise to review and practice the basic first aid principles needed to treat player injuries.
- I will not allow a youth to play in a game, or continue to play in a game, if there is any doubt as to the seriousness of his/her injury.
- I will do my best to organize practices that are fun and challenging, providing growth opportunities in skills for all players.
- I will lead by example in demonstrating fair play and sporting behavior.
- I will be knowledgeable in the rules of basketball, and I will teach these rules to my players.
- I will use coaching techniques appropriate for the skills I am teaching and the level of development of each player.
- I will remember that I am a youth sports coach and that the game is for children and not adults.
- I will provide opportunities for all players to participate in both practice and game situations, allowing the players to apply new skills and demonstrate their abilities.

AHPD Youth Sports Philosophy

The AHPD recognizes that competition in and of itself is a part of life and if placed in the proper perspective something that an individual learns from. Competition should encourage participants to strive to be the best they can be. The AHPD basketball program strongly supports the concept that competition must always be channeled into positive and educational experiences, never into degrading or harmful behavior patterns. Practice sessions should emphasize skills-building and be fun. In games, **winning and losing will be de-emphasized whenever possible**, with emphasis placed on participation, learning, and enjoyment. No one should ridicule or punish a player when correcting technique or behavior. We must remember that we are teaching skills, not recruiting or drafting players with superior skills.

In an effort to keep the recreational philosophy and to serve the greatest number of residents, athletic programs will be designed to encourage participation for the beginner and mid-level athlete. Although the AHPD may offer traveling programs in certain sports in which the competition intensity increases, the overall focus should still remain on fun and learning. For certain participants, their skill level and competitive needs may exceed the capabilities of the AHPD program or resources and they may need to seek outside or private clubs and organizations.

Practices and Games

Teams practice once a week. Day, time, and location of practices are determined by coach and gym space availability.

Teams will have two games per weekend. We attempt to schedule back-to-back games. If we are unable to

schedule all games back-to-back, we will not leave more than a one game gap between games.

Games are scheduled on Saturdays and possibly Sundays. You will receive your game schedule prior to the start of the season and are responsible for communicating team information to parents. You can also find schedules on the AHPD website.

Inclement weather

Please check the AHPD website or call the weather hotline, 847.577.300, extension 6. Practices or games may be cancelled because of unsafe conditions at a facility or on the roads. However, just because we have snow, does not mean games will be cancelled.

Rules

The AHPD reserves the right to change rules or update this document at any point during the season. All coaches and players will be advised of any rule changes prior to game time.

IHSA rules apply with the following exceptions:

1. Games may be played on full courts or half courts.
2. Games will consist of four 10-minute quarters.
3. We do not keep game standings.
4. If a team is up by more than 30 points in the second half, we will stop updating the scoreboard.
5. Quarters will have a running clock, stopping only for time outs and injuries.
6. In the last minute of the 2nd and 4th quarters, the clock will revert to official time and the clock will stop on all whistles.
7. There will be a one minute break at quarters and a three minute break at half-time.
8. All players must play at least half of a game unless the player fouls out.
9. Substitutes must report to the scorer's table before entering the game.
10. The scorekeeper will whistle or buzz substitutes into the game.
11. Each team is allowed two time outs per half.
12. Each team is allowed five minutes after the scheduled start time to field a team.
13. **No zone defense**, only 1v1 defense.
14. No double teaming above the free throw extended is allowed. The first offense is a warning. The second offense is a team foul.
15. **No press rule**: The offensive team may bring the ball down court across the center line without any defensive interference. The dribbler is not considered across until both feet and the ball cross the center line.
 - a. All opposing players must return to their defensive court when:
 - i. A basket is made
 - ii. A defensive player has gained possession of a rebound
 - iii. A defensive player is in-bounding the ball in the opponent's defensive court.
 - b. If players violate the no press rule, the first offense is a warning. The second offense is a team foul.
16. The offensive team will have ten seconds to bring the ball across half court.
17. Fouls committed in the act of shooting will result in two free throws for a missed shot and one free throw for a successful shot.
18. A bonus one and one free throw will be in effect on the 7th team foul per half, two bonus shots on the 10th team foul per half.
19. Two free throws and the ball will be awarded for all technical fouls.
20. Distance for free throws:
 - a. 4th grade – 12 feet

- b. 5th and 6th grade – 15 feet
21. Offensive lane violations:
 - a. 4th grade – 5 seconds
 - b. 5th and 6th grade – 4 seconds
 22. Any player or coach may be removed from a game for unsporting conduct. In severe cases, a player or coach may be removed from the league.
 23. Teams are responsible for the conduct of their players and fans. If an official finds that an individual's conduct is disruptive to the game:
 - a. First offense: a warning to the team coach
 - b. Second offense: a technical foul against the team
 - c. Third offense: forfeiture of the game
 24. If a team receives three technical fouls during a game, it will result in a forfeit.
 25. Any coach or player who is ejected from a game must leave the gym immediately. Failure to do so will result in a forfeit.
 26. Any player or coach who receives two technical fouls shall be ejected from the game, must leave the premises, and is ineligible for the next game.
 27. If your team is up by 30 points or more, please challenge your team to slow the play down and complete more passes before shooting or bring your defense back to the free throw line instead of half court. It is an excellent opportunity to teach your players how to win with class.
 28. Players must wear numbered jerseys and non-marking gym shoes.
 29. 4th graders will play with a 28.5" ball. 5th and 6th graders will use an Official sized ball (29.5").
 30. The basket height is 10 feet at all grades.
 31. Three point plays will be allowed in full court games..