



*Stillwater Girls*

**TRAVELING BASKETBALL**

**PROGRAM HANDBOOK**

# PROGRAM MISSION

Stillwater Girls Basketball Association has been organized to benefit the girls of our community by providing means for their athletic and social development through organized basketball.

The goal is to recognize the importance of all individuals and to conduct our program in a manner that provides the opportunity for the development of all participants.

Our programs are organized to provide girls an opportunity to participate in a competitive level of basketball and to prepare them for varsity-level play at Stillwater Area High School.

# **AGE LEVEL BREAKDOWN**

**3<sup>RD</sup> GRADE: \$425 (8 TOURNAMENTS MIN)**

**4<sup>TH</sup> GRADE: \$425 (9 TOURNAMENTS MIN)**

**5<sup>TH</sup> GRADE: \$475 (9 TOURNAMENTS MIN)**

**6<sup>TH</sup> GRADE: \$475 (9 TOURNAMENTS MIN)**

**7<sup>TH</sup> GRADE: \$550 (10 TOURNAMENTS MIN)**

**8<sup>TH</sup> GRADE: \$550 (10 TOURNAMENTS MIN)**

3RD GRADE WILL PLAY ON EQUAL TEAMS

4<sup>TH</sup> GRADE AND ABOVE WILL PARTICIPATE IN TRYOUTS AND WILL BE PLACED ON TEAMS ACCORDING TO ABILITY

7<sup>TH</sup> AND 8<sup>TH</sup> GRADE WILL PARTICIPATE IN AT LEAST 1 OUT OF TOWN TOURNAMENT PER SEASON

ALL TEAMS WILL HAVE THE OPPORTUNITY TO ADD ADDITIONAL TOURNAMENTS AT THE DISCRETION OF THE COACHES, FAMILIES AND BOARD APPROVAL

**2ND GRADE PLAYERS CAN TRY OUT, BUT WILL ONLY BE PLACED ON A TEAM IF THERE IS SPACE. IN THE CASE WHERE THEY ARE NOT PLACED ON A TEAM REGISTRATION FEES WILL BE REFUNDED**

# PLAYING TIME POLICY

Playing time may vary from game to game, but should be approximately equal over the course of each tournament (exceptions listed below):

- 7th and 8th grade will have a minimum playing time policy of 40% per tournament
- Teams of 10 or more will have a minimum playing time policy of 35% per tournament

Coaches can deviate from these guidelines under extenuating circumstances or situations:

- repeated absences
- behavior/attitude issues
- injuries
- code of conduct issues
- other issues impacting the team

If a player misses practices or games (no communication/invalid excuse), the coach is not required to abide by the fair and equal playing time guidelines

Unexcused Absences:

- Anything that is not communicated
- Coaches will use their judgment
- We are not trying to punish BUT attendance is important

# COACHING

The Stillwater Girls Basketball Association (SGBA) believes that coaches must provide a healthy, positive, and safe environment for everyone involved. Team activities must be conducted in a manner that values good sportsmanship while representing Stillwater as a first-class community.

Coaches have a significant impact on our players and all those they encounter during the traveling basketball experience. As a coach, you are responsible for teaching basketball skills and for the social, psychological, and physical development of all players in your care.

- All SGBA coaches must agree to the following:
- completion of Trusted Coaches requirements prior to the start of the season
  - attendance at the Annual Coaching Clinic presented by the SAHS Varsity head Coach
  - signing and abiding by the SGBA Coaches' Code of Conduct
  - full support of the SGBA mission, philosophy, bylaws, and policies
  - refraining from any negative communication (verbal, written, online, etc) about the SGBA or any of its members
  - open communication with the SGBA board regarding any concerns or issues that arise throughout the season

Anyone interested in coaching should fill out the application located @ [www.ponygb.com](http://www.ponygb.com)

# COACHES' CODE OF CONDUCT

- I will treat all players, coaches, parents, and officials with dignity and respect in language, attitude, and behavior.
- I will place the emotional and physical well-being of the players ahead of any personal desire to win by providing a broad range of experiences for every player on my team.
- I will treat each player as an individual and help them to reach full potential, remembering that different approaches will be needed for different individuals according to their needs and backgrounds, and keeping in mind that there may be a wide range of development among youth at this age
- I will know the rules of the sport and abide by them. I will instruct all team members in the rules of the game and motivate each player to compete according to the rules at all times.
- I will support the SGBA and board by following the rules and bylaws of the SGTB program and upholding its mission and philosophy, including the playing time policy
- I will ensure that the fans of my team conduct themselves with sportsmanship and maturity at all times while in attendance at game sites. I will assist game officials in maintaining control of spectators and players during the games if needed
- I will remember that coaches are educators, first and foremost. I will strive to learn new and different approaches and engage the players in the learning process. The learning goes beyond techniques and strategies to include teaching sportsmanship and effective communication
- I will realize, accept, and practice the principle that a team's reputation is built not only on its playing ability but also on its sportsmanship, courtesy, and manner.
- I will communicate with players and parents/guardians and handle grievances in a fair, consistent, and courteous manner
- I will do my best to make basketball a positive experience while also maintaining team discipline. When discipline is necessary, the player should be told the reason(s) for the punishment in private, if possible
- I will do my best to organize practices that are fun and challenging for all of my players
- I will avoid any form of harassment toward my players. This includes harassment based on gender, place of origin, race, sexual orientation, religion, political belief, economic status, and disability.
- I will support a sports environment that is free of alcohol, drugs, or tobacco and refrain from their use or influence at all youth sports events
- I will promote a positive team culture and will not tolerate bullying or disrespectful behavior by any member of the team
- I will treat all players fairly and avoid focusing solely on my own child, but on the team as a whole
- I will provide a safe environment by checking that equipment and facilities are safe and ensuring that training and competition are suitable for the age and fitness levels of my players
- I will respect the property and equipment used at any game or practice facility
- I will remember that this is about the kids and not me. I am a youth sports coach and will conduct myself accordingly
- I will teach and model the value of competition and how to handle success with grace and failure with dignity
- I will complete all required Trusted Coaches requirements prior to the start of the season
- I will attend the coaches' clinic that the SAHS Varsity Coaching Staff puts on
- I will refrain from speaking negatively about the SGBA (verbal, written, online). If I have concerns, I will address them with the board directly

# PLAYER EXPECTATIONS

The SGBA believes that players must conduct themselves both on and off the court in a way that exhibits respect for others and themselves.

Players are expected to conduct themselves with dignity as players, recognizing and accepting that they are always representing the Stillwater community

## Attendance:

- 100% attendance is expected at all practices
- We are willing to work with multi-sport athletes to a certain extent (please reach out to Allison Peper regarding this)
- If you are going to miss practice, you **MUST** communicate with your coach (ideally 24 hrs in advance whenever possible)
- Please be responsible and plan ahead for practice! Homework/Studying is not an excuse to miss practice.
- If there are planned school events coming up, please let your coach or Allison know ASAP so we can schedule around them if possible

## General Expectations:

- Do your best at all practices and games
- Listen to coaches while at practices and games
- Practice good sportsmanship by treating all players, coaches, parents, and officials with respect & kindness
- Accept the decisions of the coaches and referees without argument
- Work for the good of the team and honor your commitment to teammates and the program
- Understand this is an opportunity to compete, to learn, to improve, to be part of a team, and to have fun

# PLAYER EXPECTATIONS

## Game Expectations:

- Arrive 30-45 minutes before game time
- Bring all game uniforms/shorts/shoes
- Compete hard every play
- Enjoy the success of all players...celebrate together and improve together...You are not each other's competition.
- Be "in" the game even when you are on the bench
- Control the controllable: effort, enthusiasm, attitude, team play...don't worry about the uncontrollable: officials, other people
- Cheer for your teammates...every basket, every rebound, every steal
- Win with grace and lose with dignity
- Listen to your coaches, not your parents
- Treat coaches, officials, and players with respect

# PLAYER CODE OF CONDUCT

- I will treat all players, coaches, parents, and officials with dignity and respect in language, attitude, and behavior.
- I will accept accountability for my behavior and its outcomes
- I will honor my obligations and promises
- I will exercise self-control
- I will be willing to be fair and kind with others in my dealings on and off the playing court
- I will take pride in my accomplishments and myself, but never at the expense of demeaning another person or group
- I will respect the efforts of others
- I will be a good sport and acknowledge all good performances, including those of my teammates and my opponents
- I will treat all fellow teammates and my opponents as I would like to be treated
- I will abstain from the use of tobacco, alcohol, or drugs
- I will cooperate with coaches, officials, teammates, and opponents, for without them, I would not have an opportunity to participate in traveling basketball
- I will remember that winning isn't everything. Having fun, improving skills, making friends, and doing my best are also important
- I will learn and play by the rules of the game
- I will strive to make my community - whether that is the team on which I play or the community in which I live - better because of my contributions as a team member and as a citizen
- I will respect the property and equipment used at any game or practice facility
- I will refrain from speaking negatively about my coaches, teammates, or basketball association verbally, in writing, or via social media.
- I will promote a positive team culture and will not bully or disrespect any member of my team on or off the court
- I will avoid any form of harassment toward players, coaches, officials, and parents. This includes harassment based on gender, place of origin, race, sexual orientation, religion, political belief, economic status, and disability.

# PARENT EXPECTATIONS

The SGBA believes that parents must conduct themselves in a way that exhibits respect for their child, coaches, and others. Parents are expected to conduct themselves in a manner that recognizes and accepts that they are not only representing the Stillwater community but are modeling acceptable behavior for their children.

The biggest challenge for our coaches is to do what is best for his or her team as a whole, with the understanding that this will not necessarily be what is best for every individual player at that moment. Understanding this and supporting this is the #1 thing that parents can do to make this a positive experience for everyone involved. This is about the whole team, not just your child.

Traveling basketball is an extra level of commitment.

As parents, it is expected that you will:

- Make every effort to transport your daughter to 100% of practices and games. If you need help, reach out to other parents on the team
- Support your child and her teammates by cheering positively in the stands
- Refrain from coaching from the stands
- Volunteer to help with the book or clock at tournaments, ALL families are expected to do this throughout the season
- Fulfill your volunteer commitment for the Home Tournament, Home HS Game, and the MYAS State Boys Tournament (if hosted at SAHS)
- Support your daughter's coach in the decisions that he/she makes
- Encourage your daughter to talk with her coach about any issues before getting involved yourself.
- Respect the 24-hour rule, playing time policies, and the chain of communication

# PARENT CODE OF CONDUCT

- I will treat all players, coaches, parents, and officials with dignity and respect in language, attitude, and behavior
- I will place the emotional and physical well-being of ALL players ahead of any personal desire to win
- I will leave the coaching to the coaches, encouraging my player to play in a manner consistent with the team's strategy or plans
- I understand that coaches are volunteers, and I might not always agree with their decisions. I will not undermine the coaches' instructions or directions
- I will emphasize skill development and a serious approach to practices and explain how skill development will benefit my player.
- I will respect and follow all SGBA bylaws and policies
- I will do everything I can to make basketball fun for my child by remembering that this is about the kids and not me
- I will maintain control of my emotions, avoid the use of abusive language, profanity, and gestures of ill temper, and refrain at all times from making hostile or negative remarks about coaches, parents, players, board members, officials, etc.
- I will fulfill all volunteer obligations
- I will not engage in any form of bullying toward coaches, parents, players, board members, officials, etc. This includes cyberbullying (including but not limited to): harassing, teasing, intimidating, threatening, or terrorizing by way of any technological tool, such as sending or posting inappropriate or derogatory e-mail messages, instant messages, text messages, digital pictures or images, or website postings (including blogs)
- I will remain mindful that my conduct influences the respect that other athletes, coaches, parents, and the public hold for the Stillwater community and athletics
- I will teach my player to play by the rules and to resolve conflicts without resorting to hostility or violence
- I will inform the coach of any physical disability or ailment that may affect the safety of my player or the safety of others
- I will teach my player that doing one's best is as important as winning
- I will communicate all and any concerns regarding inappropriate behavior to the coach or grade rep

# **VIOLATIONS**

The SGBA takes the behavior of parents, players, and coaches very seriously.

In any situation where someone is found to be in violation of the standards set forth in the Codes of Conduct, the Grade Level Board Representative should be notified as soon as possible.

## **Disciplinary Process:**

All violations reported to the Board will be subject to an investigation by the Board and appropriate penalty

- Penalties will be based on the nature and severity of the violation.
- All decisions of the SGBA investigation are final and cannot be appealed.

## **Penalties:**

The SGBA will determine the appropriate penalty for violations of the Code of Conduct.

Penalties may include any one or more of the following:

- Verbal Warning
- Written Warning
- Suspension (for the parent):
  - One tournament suspension
  - Multiple tournament suspension
  - Indefinite suspension
- Expulsion from SGBA

## **Additional Considerations**

- If a Parent/Guardian or coach is expelled from the program, any child associated with that person is also expelled from the program.
- There are no refunds resulting from any person being removed from the program

# TRAVELING COMMITMENT

## Practice:

- 2 nights per week October-February (1.5 hrs)
- Locations throughout the district
- 3<sup>rd</sup>-6<sup>th</sup> typically 6:00-7:30 pm
- 7<sup>th</sup>-8<sup>th</sup> typically 7:30-9:00 pm

## Tournaments:

- 8-10 weekend tournaments throughout the season
- Most tournaments are 1 day with 3 games per tournament
- 7/8<sup>th</sup> grade have 1 out-of-town tournament each season

## Volunteering:

- Work 1 shift per child at our home tournament (head coaches' families are exempt from this)
- Help with concessions during JV or Varsity game on assigned team game night (should be families other than coaches)
- Work 1 shift per child during MYAS boys' state tournament if we host (weekend after girls season ends)
- Help with the book or clock as needed at tournaments

## Meetings:

- Attend the mandatory parent meeting during tryouts
- Attend SGBA annual meeting in August

## Other Opportunities To Get Involved (if needed):

- Coaching
- Board Positions
- Team Manager
- Various Board Committees

# VOLUNTEER COMMITMENT

As a non-profit organization, we rely on volunteers for the continued success of our program. We have minimal time required for volunteering. All families are expected to meet their minimum requirements for volunteering.

## Volunteer Expectations:

### Home Tournament:

- Each family will complete a MINIMUM of 1 shift for each child playing in the program
- These shifts must be covered by an ADULT
- Head Coaches' families are exempt from this requirement, but are welcome to help out

### Home Varsity Game Night:

- Each family will provide a volunteer to work the concession stand during one JV or Varsity home game
- The specific game night will be assigned at the beginning of the season
- An adult must be present, but players are welcome to help
- All Coaches' families are exempt from this requirement

### Tournament Clock/Book:

- Each family needs to take turns providing a volunteer to cover at each tournament
- Training can be provided as needed
- Team manager may assign rotation if needed

Other opportunities can be available on an as needed basis. Reach out to your grade level rep if you are not able to fulfill the above requirements for other options

# UNIFORMS AND GEAR

- Each player will be provided with one uniform and one backpack during her first season in our program
- Players will choose a number from a provided list during their first season
  - A player may not change this number without checking without approval from the board member in charge of uniforms and apparel
- Players will be able to order new uniforms as needed in subsequent seasons
  - Any additional uniforms are to be paid for by the family
  - This allows players to order new sizes as needed instead of ordering on a set cycle
- Players may receive special swag or gear during certain seasons
  - This is not guaranteed and will be determined by the board based on finances

# COMMUNICATION

We believe that communication is essential to the success of our program. We ask that families follow the procedure below when there is an issue during the season:

## Chain of Communication:

Step 1:

The player communicates with the coach first whenever possible

Step 2:

The parent schedules a time to talk with the coach, preferably with their child. Do not approach the coach at practice/games.

Step 3:

The parent reaches out to the Board grade level liaison (this person will be someone who does not have a child in the same grade)

\*\*\*if the issue is something that does not involve the team/coach, feel free to reach out to Board Rep right away

## 24 Hour Rule:

If your concern is related to a tournament/game situation we require a cooling off period.

Please refrain from reaching out to the coach until a minimum of 24 hours have passed since the conclusion of the tournament.

# TRYOUT PROCESS

The goal of tryouts is for each player to have the opportunity to demonstrate her basketball skills and ensure players are placed on a team where they can grow and develop their skills while being appropriately challenged. Ideally, all players will be placed on a team that aligns with their skillset and ability level. Players will be evaluated by independent evaluators on basic skills, game play, and intangibles, including but not limited to the following: coachability, hustle, toughness, teamwork, potential, intensity, and attitude.

# TRYOUT PROCESS

## General Tryout Information:

- Tryouts will be held over a minimum of 2 days
  - Exceptions include 3rd grade (1 day only if needed)
  - Any grade level where there are only enough kids for one team (1 day only if needed)
- Players must attend ALL tryout sessions for their grade
  - Exceptions may be granted by the Board in extenuating circumstances (see policy #5)
    - Must be communicated in advance of tryouts
- Parents are not allowed inside the gym during tryouts
- Players should check in for tryouts 15-30 minutes before the scheduled start time
- Players should bring the correct-sized basketball to tryouts
  - 3rd/4th grades 27.5-inch ball
  - 5th-8th grades 28.5-inch ball
- Players should wear shorts, a t-shirt, and basketball shoes to tryouts
  - Each player will be assigned a numbered tryout jersey at the registration table when checking in to tryouts.
  - This jersey should be returned at the end of each tryout session

# TRYOUT PROCESS

## Evaluators:

- The Evaluation team is chosen by the Board and may consist of coaches in the Stillwater Girls' High School Program, current/former HS/College coaches, and others with documented experience in high-level basketball evaluations
- Board members are not involved in the evaluation of players during tryouts
  - Board member(s) may be present if they are needed to assist with tryouts
- Potential traveling coaches are not involved in the formal evaluation of players during tryouts
  - Any coach who has applied for a coaching position is allowed to observe tryouts.
  - The coaches do not evaluate the players formally, and their input is not considered when scoring/ranking players
  - Coaches will not be allowed to communicate with players or evaluators during the tryout session.
- Each grade will be evaluated by 5-6 evaluators per session

# TRYOUT PROCESS

## Scoring Guidelines:

- Evaluators are to score the players on a 1-5 (decimals are allowed) scale in the categories set forth by the board.
  - 5: Player demonstrates exceptional abilities
  - 4: Player demonstrates proficient ability
  - 3: Player adequately completes the skill
  - 2: Player demonstrates emerging skills
  - 1: Player demonstrates limited ability in this area
- Evaluators will be asked to document player attributes that they find worth noting, both positive and negative in nature, for each player
- Evaluators will also be asked to pick out their top 5-7 players at each grade level and to rank the remaining players
  - The ranking is not based solely on the scores, but on the overall impression of the player's overall game and basketball IQ

# TRYOUT PROCESS

## Tryout Process:

- Each player's overall evaluation rating will be determined from their performance in basketball drills and scrimmage situations. These ratings, in addition to the coach feedback from the prior year (coachability, attendance, basketball IQ, etc.), are all factors used in making team selections
- Day 1: Part 1 will focus mostly on skills.
  - Players will complete drills to evaluate their skills and ability in areas including ball-handling, shooting, passing, rebounding, and layups
  - Players will be given an overall skills score on a scale of 1-5
- Day 1: Part 2 will focus on scrimmages
  - Players will rotate through a variety of scrimmage situations to evaluate skills and abilities related to offense and defense
  - Players will be scored in each area on a scale of 1-5
- Day 2 will consist of scrimmages
  - All players will be grouped and rotated based on results from the first day
  - Players will be evaluated on offensive and defensive skills, hustle, and team play
  - Players will be given an overall scrimmage score on a scale of 1-5
- Specific details related to each area are documented below
- Scores are tabulated after each tryout session and a ranking is established

# TRYOUT PROCESS

## Policy on Non-Participation in Tryouts:

- All players are expected to attend all tryout sessions for their grade
- If a player is unable to participate due to illness or injury, the parent or guardian of the player must contact the Board prior to the first tryout session
  - Players can be excused for that illness or injury upon submitting a doctor's note describing the player's limitations
- If a player is unable to participate for any other reason, the parent or guardian of the player must submit an excusal request to the Board prior to the start of tryouts
- The team placement of players in this situation will be determined on a case-by-case basis
  - Determination may consist of a variety of factors, including but not limited to: scores/ranking from prior year tryouts, information from the prior season's coach feedback, and input provided by individuals present at open gyms

# TRYOUT PROCESS

## Team Placement:

### Team Size

- The goal is to have 8-10 players on each team and to have every player who tries out placed on a team
- The number of players on each team will be determined by the number of players registered, the skills/abilities of bubble kids, coach preference, etc
- In certain situations where numbers are not optimal, the Board will implement other solutions

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# TRYOUT PROCESS

## Team Placement Continued:

### Black Team (Top Team)

- Depending on the size of the team, the players who rank in the top 4 (teams of 8), 5 (teams of 9), or 6 (teams of 10) places will automatically be placed on the team
- After the top-ranked players have been determined, the Coach Selection Committee will then name the coach of the top team
  - If a coaching candidate is affiliated with a player, that player needs to be ranked in the top 12 for the coach to be considered as a candidate for coaching the 1st team
  - If the player that is affiliated with the coach is not in the top 4-6 but is in the top 12, she will be added to the 1st team
  - The selected head coach will be given a list of bubble kids and will select the remaining players for the team from that list
  - In a situation where a head coach is not immediately selected, the team selection committee (Board and Lead Evaluator) will determine the remaining players
    - If a member of the committee is affiliated with this grade level, he/she will be excused from the selection process for this grade
    - The committee will choose the remaining players from the list of bubble kids
    - Consideration will be given to position needs, prior coach feedback, evaluator input, etc

# TRYOUT PROCESS

## Team Placement Continued:

### Red Team

- If there will only be 2 teams, all remaining players are placed on the red team
- If there are 3 or more teams:
  - Following the selection of the black team and depending on the size of the team, the next highest-ranked players will automatically be placed on the team
  - The remaining roster will be filled out according to the process used for the Black Team

### White Team

- The remaining players will be placed on the White team
- If there is a silver team, team placement for the White Team will follow the same process

# TRYOUT PROCESS

## Policy for Twins or Siblings in the Same Grade:

- Siblings in the same grade will be treated in the same manner as siblings in different grades. Namely, each sibling is evaluated and treated as an individual.
  - a. Siblings in the same grade will not automatically be placed on the same team.
  - b. If families want to keep twins/siblings on the same team, both players can play for the lowest level team that one sibling was placed on during the tryout process, with approval from the Board

# TRYOUT PROCESS

## Policy on Playing Up:

### 3rd Grade Teams

- 2nd graders are welcome to register/try out for a 3rd-grade team and be placed on a team as long as they do not displace an actual 3rd-grade player

### 4th-8th Grade Teams

- If a player wishes to try out for an older team, the parent or guardian must submit a request via email to the Board and obtain approval before the start of tryouts
- The player **MUST** try out for their own age group as well as the older age group
- The player will only be allowed to play up if she ranks in the top 3 of the older age group
  - If she is not ranked in the top 3 of the older grade, she will be placed on a team at her own level
  - A younger player will not be allowed to play up if it results in a team being over 10 players or in a grade-level player being displaced, regardless of rank
  - A younger player will not be allowed to play up if she is needed to make numbers work at her own age level

# TRYOUT PROCESS

## Tryout Results:

- Rosters will be posted on the website within 48 hours of the conclusion of tryouts
- All tryout results are final
- If a parent or guardian has a question about team placement, they may reach out to the Board with questions AFTER the results have been posted for at least 24 hours
  - No information concerning a player who is not your child will be provided
  - You can be given general feedback regarding your child's strengths and weaknesses during tryouts
  - Information on specific player rankings or scores will not be shared

## Refund Policy:

- No refunds will be provided once the 1<sup>st</sup> round of tryouts has begun

## Other Considerations:

- In certain situations, the Board may be required to make decisions regarding roster sizes based on grade-level registration numbers. All decisions are made in the best interest of all players.

# TRYOUT PROCESS

## Skills to be Evaluated Include the Following:

### Ball Handling:

- Uses both hands
- Eyes are up
- Turnovers
- Dribbling under pressure
- Controls the ball

### Shooting:

- Form
- Accuracy
- Shot Selection
- Range
- Squares Up
- Free throws

### Passing:

- Sees the floor
- Catches the ball
- Strength of pass

### Lay-ups:

- Finishes with both hands
- Accuracy
- Finishes in traffic

### Defense:

- Guarding on the ball
- Defensive stance
- Help position
- Ball pressure
- Communicates
- Doesn't take possessions off
- Anticipates
- Not afraid of contact

### Offense:

- Spacing
- Passing-Cutting
- Screens
- Takes open shots
- Shot selection
- Ball Handling
- Sees the court
- Communicates
- Not afraid of contact

### Rebounding:

- Boxes out
- Offensive rebounds
- Defensive rebounds
- Positioning

### Intangibles:

- Cheers on teammates
- Makes the extra pass
- Goes after loose balls and rebounds
- Hustles on both ends of the court/never walks
- Listens to instructions
- Positive attitude
- Team player
- Asks questions/Accepts coaching
- Not always asking for a foul
- Basketball IQ

# MYBA TEAM COMPOSITION

## Player Eligibility:

- Athletes are allowed to participate with only one MYBA member association or school for the winter community-based youth basketball season.
- Athletes must try out and compete with the travel basketball association where they attend school (some exceptions are made for students attending Private, Charter, or Magnet Schools)
- If a travel basketball opportunity does not exist in the youth athlete's school attendance area, or if the athlete has been cut or restricted from their home association, they may participate with a bordering association without the need to complete the Player Transfer process

## Determining an Athlete's Home Association

- Athletes who attend public school play where they attend school
- Athletes who attend a private school have the following options (none require completion of the Player Transfer process)
  - Play for the association at the school they attend
  - Play for the association where the school is located
  - Play for the association where they live
- Athletes who attend homeschool or online school
  - play for the association where they live

Additional Information Regarding Team Composition  
Can be Found At:

<https://www.myas.org/myba-team-composition>

# GAME RULES

Home Team	Away Team
<ul style="list-style-type: none"><li>• listed on the top of the bracket</li><li>• listed 2nd in pool play</li><li>• wears LIGHT colored jersey</li><li>• parent volunteer runs clock</li></ul>	<ul style="list-style-type: none"><li>• listed on the bottom of the bracket</li><li>• listed 1st in pool play</li><li>• wears DARK colored jersey</li><li>• parent volunteer does book</li></ul>

## TIMING:

- Games will consist of either:
  - two 20-minute, running-time halves
    - stop-time, the last 2 minutes of the 2<sup>nd</sup> half
  - two 14-minute, stop-time halves
- Halftime is 3 minutes unless adjusted by the Director
- Each team has three 60-second time-outs per game
- 3<sup>rd</sup>-5<sup>th</sup> Grade Stop-Time Games
  - If a team is up by 15+ points with 2 minutes or less remaining in the 2<sup>nd</sup> half, the rest of the game is played under running time (stops for timeouts)
- 6<sup>th</sup>-8<sup>th</sup> Grade Stop Time Games
  - If a team is up by 20+ points at any time within the last 7 minutes of the 2<sup>nd</sup> half, the game reverts to running time (stops for timeouts)
  - If the deficit is cut to 10 points or less, stop-time resumes
- Overtime Periods
  - Each team will be awarded one timeout for each overtime period, with no carryover of unused timeouts
  - There will be a 60-second intermission between overtime periods.
  - The 1st overtime period will be two minutes, stop-time.
  - The 2nd overtime period will be played until the tie is broken (sudden death).

# GAME RULES

## GENERAL RULES:

- Ball size:
  - 27.5 inches 3<sup>rd</sup>/4<sup>th</sup> Grade
  - 28.5 inches 6<sup>th</sup>-8<sup>th</sup>
- Free Throw (each half)
  - Bonus shots will be awarded on the 7th team foul
  - double bonus on the 10th team foul
  - shooters may not cross the free-throw line until the ball hits the rim
- Technical Fouls
  - Two points and the ball will be awarded to the opposing team (no free throws on technical fouls)
- NO teams may use a full-court press if they are ahead of their opponent by 20+ points
  - 1 warning will be given, followed by a technical foul
- Ejections
  - Any player, coach or spectator who has been ejected from a contest is declared to be ineligible for the remainder of that contest AND the next scheduled contest
  - Any player, coach or spectator ejected for flagrant unsportsmanlike conduct will be ejected for the remainder of the entire competition and may be subject to additional disciplinary action
- Jewelry:
  - must be removed before stepping onto the court
  - not allowed to tape over any kind of jewelry
  - Religious and medical alert medals are not considered jewelry
  - A religious medal must be taped and worn under the uniform
  - A medical-alert medal must be taped and may be visible
- High-School Players (changed by MSHSL 5/13/25)
  -

# GAME RULES

## PRESSING & ZONE DEFENSE RULES:

Grade	Half-Court Defense	Full-Court Defense
3-4	<ul style="list-style-type: none"><li>• Person-to-Person Only</li><li>• No Double Teaming or Trapping</li></ul>	<ul style="list-style-type: none"><li>• Not Allowed</li><li>• Must Drop Back to Half Court</li></ul>
5	<ul style="list-style-type: none"><li>• Person-to-Person Only</li><li>• No Double Teaming or Trapping</li></ul>	<ul style="list-style-type: none"><li>• Person-to-Person Only</li><li>• No Double Teaming or Trapping</li></ul>
6-8	<ul style="list-style-type: none"><li>• No Restrictions</li></ul>	<ul style="list-style-type: none"><li>• No Restrictions</li></ul>

## DEFINITIONS:

### Player-to-Player Defense:

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

Pressing Defense: Defensive guarding, either on or off the ball, within the backcourt

Double-Team: Two or more defensive players guarding a single offensive player

# GAME RULES

## ADDITIONAL DEFENSIVE POLICIES:

### 3rd & 4th Grade Backcourt Policy

*\*\*Applies only to the 2<sup>nd</sup> half with less than 30 seconds left to prevent the team that is winning the game from using timeouts to run out the clock in the backcourt*

- Defense must fall back after a change of possession or a rebound by the defense
- Teams have 10 seconds to get the ball past the midcourt line
- Timeouts called in the backcourt with 30 seconds or less left in the second half WILL NOT reset the 10-second count

### Help Defense is Encouraged in 3<sup>rd</sup> & 4<sup>th</sup> Grades

- Each defensive player must have a primary offensive player responsibility (can't just play defense in the lane)
- On defense, a player can switch on screens and take on a new offensive player as their primary defensive responsibility
- Helping is allowed in the lane ONLY
  - if an offensive player enters the lane, the defensive player may help create a double team
- Defensive players will not be required to guard offensive players everywhere on the court
  - e.g. If the offensive team lines up all players outside the 3-point line, the defense is not required to guard them there
  - e.g. If the offensive team lines up 4 players at half court and then sets up an ISO with 1 offensive player driving the lane, the defensive team would be able to have all defensive players inside the 3-point line
- Sagging on defense is allowed
  - if the ball is on the opposite side of the court, the defending player will be allowed to "sag" off their responsibility within reason
- Penalty
  - After the 1<sup>st</sup> warning, the penalty for all other violations of this rule will be a technical foul

# MSHSL RULES

## 7<sup>TH</sup>/8<sup>TH</sup> GRADE PLAYING IN THE HIGH SCHOOL

*\*\*\*These NEW changes to the MSHSL Bylaws were voted on and approved on 5/13/25 and are in effect for the 2025-26 School year*

### High School MSHSL Team or Squad Definition:

- includes all students who place themselves under the supervision, control, and instructions of the coach assigned to that sport
- Competition may be sponsored by an MSHSL school at such levels as varsity and sub-varsity

### Sub-Varsity Definition:

- includes JV, B-Squad, 10<sup>th</sup> Grade Team, C-Squad and/or 9<sup>th</sup> Grade

### Participation Definition:

- Participation is defined as practice, training, scrimmaging, tryouts, and competing
- Does not include preseason open gyms, captain's practices, or summer workouts

A student who is a member of an MSHSL team MAY NOT participate as an individual competitor or as a member of a non-MSHSL team IN THE SAME SPORT during the MSHSL season

- A student who is cut or who elects to drop from the MSHSL team shall be permitted to play on a non-MSHSL team in that sport

During the School Year, Prior To and Following the MSHSL Sports Season, A Student:

- may participate as an individual competitor or as a member of a non-MSHSL team, provided that the student's participation is voluntary and not influenced or directed by a salaried or non-salaried member of the student's MSHSL high school coaching staff in that sport
- may participate in open gyms, captain's practices, and summer workouts

Bylaws Can Be Found at  
<https://www.mshsl.org/about/proposed-rule-changes>