



BASKETBALL

PROGRAM GUIDE

Rev. October 2024

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Table of Contents– *Hyperlinked for easy browsing!*

SYC BASKETBALL COMMITTEE	iii
Basketball Commissioner	iii
Deputy Commissioner (County Program).....	iii
Deputy Commissioner (Recreational Program)	iii
Referee Coordinator (Non-Voting).....	iii
INTRODUCTION	4
PROGRAM OBJECTIVES AND ORGANIZATION	4
PARTICIPATION RULE	5
NEED FOR VOLUNTEERS	5
FEES AND REFUNDS	5
DISCIPLINARY PROCEDURES	6
SCHEDULE OF EVENTS	7
WINTER REC BASKETBALL	7
SUMMER BASKETBALL	7
LATE REGISTRATION AND WAIT LIST	7
COUNTY (TRAVEL) BASKETBALL	7
MANAGEMENT OF BASKETBALL PROGRAM	8
BASKETBALL COMMISSIONER	8
DEPUTY COMMISSIONER FOR REC BASKETBALL	8
DEPUTY COMMISSIONER FOR COUNTY BASKETBALL	8
DIRECTOR OF REFEREES	8
LEAGUE DIRECTORS	9
COACHES	100

TEAM PARENT (OPTIONAL).....	122
COUNTY (TRAVEL) PROGRAM	133
COUNTY TEAM TRYOUT INFORMATION.....	133
COUNTY TEAM COMPOSITION.....	133
REC BASKETBALL PROGRAM	144
OVERVIEW OF PROGRAMS	144
TEAM FORMATION	177
UNIFORMS AND EQUIPMENT	19
SYC REC BASKETBALL RULES OF PLAY	20
TEAM COMPOSITION.....	200
TEAM MEETINGS	210
GAME OFFICIALS.....	210
COACHES AND ASSISTANT COACHES	210
PLAYER PARTICIPATION	221
METHOD OF PLAY.....	232
GAME TIME LIMIT.....	254
BASKET HEIGHT.....	26
GAME SCHEDULES AND LOCATIONS.....	26
FORFEITURES.....	27
SUSPENSIONS	276
PROTESTS	276
SUMMER BASKETBALL PROCEDURES	277
SYC BASKETBALL REFEREE PROGRAM	288
PROGRAM OBJECTIVES AND PHILOSOPHY.....	288
ELIGIBILITY REQUIREMENTS AND GENERAL INFORMATION.....	298
INSTRUCTIONS TO TIMEKEEPERS AND SCOREKEEPERS	3029

GAME ROUTINE FOR TIMEKEEPERS	309
GAME ROUTINE FOR SCOREKEEPERS.....	31

SYC BASKETBALL COMMITTEE

Basketball Commissioner

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INTRODUCTION

The SYC Basketball Program Guide provides information and guidelines for players, coaches, and parents on the objectives, structure, rules, and operations of the basketball program. Many questions you may have about our program can be answered by referring to this guide. Please read it carefully. Comments or suggestions about any aspect of the basketball program are welcome. Please contact the Basketball Commissioner at:

basketball@sycva.com

The basketball program is staffed, operated, managed, and coached by VOLUNTEERS. The success of the program depends on those volunteers. Volunteering is not part of the program; it is the core of the program. Please consider stepping forward to volunteer; it is the best way to ensure the success of the program and the best experience for your children.

PROGRAM OBJECTIVES/ORGANIZATION

The SYC Basketball Program is designed to teach basketball skills and teamwork in a positive environment, while promoting good sportsmanship and exemplary behavior. The program is divided into Rec and Travel (“County”) programs. The Rec program is open to all youths in grades 1 through 12 and is divided into separate leagues for boys and girls. Rec games are played generally between SYC teams comprised of players of similar age. The Rec leagues for the youngest players, 1st-3rd grades, focus on skill development for players, coaches, and referees.

Players on travel or high school basketball teams (Freshman, JV, or Varsity) are not eligible to play in SYC winter Rec basketball.

The County (travel) program is for those who desire to play basketball at a higher competitive level, with boys and girls in grades 5 through 8 participating in the Fairfax County Youth Basketball League (FCYBL). All interested players are eligible to compete for positions on SYC County teams through open tryouts.

PARTICIPATION RULE

In all Rec league games, each player on teams with 7 or more players present **MUST PLAY AT LEAST TWO FULL, UNINTERRUPTED QUARTERS, AND ALL PLAYERS MUST SIT OUT 1 FULL QUARTER.** More information on the participation rule can be found in Chapter 5 – Rec Basketball Rules of Play.

The Participation Rule does not apply to the County program; however maximum participation by all players on SYC County teams is encouraged.

NEED FOR VOLUNTEERS

SYC depends on its volunteers and there are quite a few volunteer roles that need to be filled to ensure the success of the SYC Basketball program. You may volunteer as a coach, assistant coach, League Director, or score/time keeper when you register online, or you may e-mail the Basketball Commissioner directly to offer your assistance. To assist you in your consideration of these volunteer opportunities, descriptions for the different volunteer positions, including coach, are included later in this Guide. Please consider volunteering – SYC Basketball can only be as good as our volunteers make it!

FEES AND REFUNDS

Registration fees are payable upon registration for the upcoming season in accordance with SYC policy. The fee structure can be found on the SYC website at sycva.com. All County team players must pay an additional fee due to the higher costs associated with that program.

The Late Registration Fee will be waived for those players who tried out for their high school team and as a result did not make the scheduled SYC registrations. However, those players run the risk of not being assigned to a team and being put on a waiting list if the league has reached its maximum capacity. Players who register and then make a high school team will receive a full refund. High school basketball players (Freshman, JV, or Varsity) are not eligible to participate in the SYC basketball program.

To qualify for a full or partial refund of activity fees, participants will be required to fill out the online refund request form. Refunds are granted within

the guidelines and time frames listed below:

- Participants will receive a full refund of activity fees, minus a \$15.00 administrative cost, of all fees prior to the close of online on-time registration.
- Participants will receive a 50% refund of activity fees during the late registration period and prior to the first game. NO refunds will be issued after the first game.
- For County league registrants, there are NO refunds of any County fees under any circumstances.

DISCIPLINARY PROCEDURES

SYC expects the highest order of sportsmanship and fair play in all practices, games, and related activities. The SYC Board of Directors has adopted a Code of Conduct for Players, Coaches, and Spectators, which each registrant signed when registering to play. All participants and their families are expected to adhere to the Code.

Misconduct and/or abuse (physical or verbal) by coaches, players, officials and spectators will not be tolerated. Coaches are responsible for the behavior of their teams' sidelines and responsible for the behavior of their teams' parents during the game.

Misconduct by a Rec player, coach or spectator will be referred to the League Director for resolution. The League Director has the option of resolving the issue at the league level or forwarding to the Rec Deputy Commissioner or Commissioner. Should the offense possibly involve sanction or removal of an individual from any future game or practice, the League Director must refer the issue to the Commissioner or Rec Deputy Commissioner.

Misconduct by a County player, coach, or spectator will be referred to the SYC County Deputy Commissioner for resolution. The County Deputy has the option of resolving the issue at his/her level or forwarding to the Basketball Commissioner. Sanctions for misconduct by a County player will be consistent with the rules of FCYBL, as appropriate.

SYC has the authority to suspend or expel any coach, parent, or child for a

violation of the Club's Code of Conduct, Equal Opportunity Policy, or Child Protection Policy. SYC also reserves the right to suspend any coach, parent, or child who poses a threat to children or other people, or for conduct detrimental to the Club (including but not limited to illegal drug use, alcohol abuse, or conviction of a felony involving violence).

SCHEDULE OF EVENTS

WINTER REC BASKETBALL

Registration for Winter Rec basketball begins in September, with player evaluations (for grades 4 and up) and team drafts typically held in mid- to late-November. Rec practices begin in early December with games typically beginning in early January (some leagues may begin games in December), running until the first or second week of March.

SUMMER REC BASKETBALL

Registration for Summer basketball begins in May, with practices in late June and games starting shortly after the July 4th holiday, running for about 5 weeks. There are no player evaluations or drafts for the summer league.

LATE REGISTRATION AND WAIT LIST

A late charge will be charged for registration after the posted on-time registration period. Players who register late will be placed on teams on a space available basis and may be placed on a wait list if space is not immediately available.

COUNTY (TRAVEL) BASKETBALL

Registrations for County (Travel) teams and players follow the policies, procedures, and timelines of the Fairfax County Youth Basketball League (FCYBL). Registration for County basketball typically opens in late-September/early-October and tryouts begin in early- to mid-October.

MANAGEMENT OF BASKETBALL PROGRAM

BASKETBALL COMMISSIONER

The Basketball Commissioner is charged with the overall responsibility and authority to organize and operate the SYC basketball program in accordance with the general policies of SYC. The Basketball Commissioner may appoint Deputy Commissioners to assist with these responsibilities. Specifically, the Basketball Commissioner will:

1. Provide overall direction to and work with the Deputy Commissioners and League Directors to ensure the program is running in accordance with established policies and procedures.
2. Develop and manage the basketball program budget, submitting it to the SYC Board of Directors (BOD) for approval.
3. Serve as the Basketball Program's point of contact with the SYC BOD and office staff.

DEPUTY COMMISSIONER FOR REC BASKETBALL

The Rec Deputy Commissioner is responsible for the operation of the Rec Program, to include recruiting and selecting League Directors for each age group, providing guidance and direction to League Directors, and ensuring the Rec program is operating in accordance with SYC policies and procedures.

DEPUTY COMMISSIONER FOR COUNTY BASKETBALL

The County Deputy Commissioner is responsible for the operation of SYC's County basketball program, to include recruiting and selecting coaches for each age group, providing guidance and direction to coaches, serving as the SYC representative to FCYBL, and ensuring the County program is operating in accordance with SYC and FCYBL policies and procedures.

DIRECTOR OF REFEREES

The Director of Referees organizes and manages the SYC referee program. More details on the responsibilities of the Director of Referees can be found in the Referee Program section later in this Guide.

LEAGUE DIRECTORS

The League Directors (LDs) are appointed by the Rec Deputy Commissioner to manage the day-to-day operation of each of the Rec leagues. The general vision is that the LDs manage the leagues, while the coaches manage the parents, players, and games. Specifically, LDs will:

1. Assist the Commissioner and/or Rec Deputy Commissioner with the preseason evaluation and draft of the league players.
2. Run league drafts for the formation of teams. Assign late registrants to fill vacancies on teams according to the order of the draft.
3. Provide team rosters to coaches upon completion of the draft (or upon making player assignments for the summer league).
4. Call general meetings of coaches and assistants upon the SYC Commissioner's request and whenever he or she deems it necessary to resolve league problems.
5. Prepare and publish practice and game schedules for their league. (Note: Coaches' preferences may be considered but should only be secondary to a fair and equitable distribution of the available practice periods.)
6. Notify each coach of changes in practice schedules due to preemption and unavailability of practice facilities due to inclement weather or school events.
7. Meet and develop cordial relations with the administrators and assigned custodians of the school facilities to which his/her league is regularly assigned. League Directors should acquaint themselves with any special requirements the school may have, communicate these requirements to coaches, parents, and players, and ensure compliance with them.
8. Ensure all coaches, players and parents meet the requirements of SYC's Concussion Education and Training Program.
9. Enforce SYC's basketball rules and Codes of Conduct and resolve to the best of their ability any conflicts between coaches, officials, parents, or school officials. The League Director should do whatever is necessary to prevent such conflicts, but when occurring, intercede with a cool head and

with intention to defuse the situation.

10. Resolve problems resulting from reported game protests, player participation, discipline, and non-attendance. All such incidents should be reported to the SYC Basketball Commissioner and/or Rec Deputy Commissioner in writing. Incidents involving game protests must be delivered to the League Director within 24 hours.
11. Attend or be properly represented by his or her designated representatives (coaches) at all scheduled league games. The League Director represents SYC management. It is the League Director's responsibility to ensure proper utilization of the school facilities, the proper conduct of the game, and the deportment of the players and spectators. The League Director shall do whatever possible to maintain order and to prevent destruction of public property.
12. The League Directors shall ensure that coaches have access to equipment required for practices and games, to include balls, clocks, scorebooks and first aid kits.
13. Publicize to coaches, parents and players instructions concerning the rules for the use of the gyms, including: all coaches, players, and spectators must remain in the gym and not go into hallways or other school spaces; no smoking in schools; no food or drink (other than water) in the gym; no moving of school equipment in the gym (e.g., mats).
14. Coordinate with coaches for the pickup of equipment at the beginning of the season and for their orderly retrieval at the end of the season.
15. Work with the SYC administrative staff to administer the registration database of players and team assignments.

COACHES

SYC Basketball coaches are responsible for:

1. Teaching the fundamentals of the sport.
2. Providing maximum participation of players in games and practices, including accordance with SYC's participation rule.
3. Ensuring that all criticism is constructive, and that discipline is maintained

without degrading a player.

4. Motivating and instructing each player to develop to the full extent of their ability, for the less accomplished player as well as the more skilled.
5. Teaching teamwork and instilling a personal sense of responsibility on the part of the player to the team.
6. Instilling a winning spirit and the ability to gracefully accept both victory and defeat.
7. Setting an example of good sportsmanship and integrity.
8. Encouraging a spirit of close cooperation with the players' parents.
9. Ensuring that parents and spectators along the sidelines follow the rules of good conduct and sportsmanship.

In addition to the general responsibilities above, SYC basketball coaches shall:

1. Attend the pre-season meeting(s) called by the League Director, Rec Deputy Commissioner, or SYC Basketball Commissioner or to include the players evaluations and the draft, if applicable.
2. Recruit from among the team's parents an assistant coach, practice coaches, if desired, and, if applicable, a scorekeeper/ timekeeper for scheduled games. The coach may also recruit a team parent, if desired.
3. Pick up uniforms and basketballs, issue uniforms to players, and recover and return any applicable equipment in accordance with instructions and schedules issued by the League Director.
4. Distribute copies of practice and game schedules provided to each member listed on the team roster.
5. Notify each team member of each change made in the team's practice and game schedules.
6. Assume full responsibility for the deportment of assigned players when in school facilities for scheduled practices and games. Coaches must ensure that players and their families or guests do not enter hallways or other closed or forbidden spaces in the school.

7. Maintain cordial relations with school officials and custodians. Any conflicts in a team's schedule discussed with school officials and custodians should be reported to the League Director.
8. Ensure that injured players are properly and adequately attended to and provided for. Report the circumstances surrounding injuries to the League Director.
9. Teach and abide by SYC's game and player participation rules.
10. To the best of their abilities and in the spirit and objectives of SYC, resolve team members' problems in the very best interest of the individual(s) concerned. Habitual absenteeism from practices or games or any apparent physical, mental, or emotional problems should be discussed with the parents in a manner so as not to alienate, but to show interest in the youngsters' development and effective participation. The case shall be referred to the League Director if the coach considers the problem to be too difficult or sensitive to handle.
11. A coach should notify the League Director when a player repeatedly fails to appear for a scheduled game or practice without prior notification.
12. A coach should notify the League Director of a player's misconduct and unsportsmanlike behavior, if the coach considers it to be cause for warning, suspension, or both. The League Director will document the circumstances and present each case to the SYC Basketball Commissioner for appropriate disposition.

TEAM PARENT (OPTIONAL)

The coach may choose to recruit a team parent. A team parent's duties may include:

1. Distributing roster/contact list to team members and parents.
2. Coordinating team transportation/carpool plan.
3. Notifying players of changes in game and practice schedules.
4. Distributing materials related to team pictures.
5. Establish schedule for team clock operator/scorekeeper responsibilities.

6. Coordinating team social functions/activities.
7. Other duties as requested by the coach.

COUNTY (TRAVEL) PROGRAM

In addition to our Rec Program, SYC participates in the Fairfax County Youth Basketball League (“FCYBL”). This league is for select teams from participating youth clubs throughout Northern Virginia and is for more skilled players in 5th through 8th grades wishing a higher level of competition. SYC enters teams in those age groups for both boys and girls, subject to the availability of enough skilled players and qualified coaches.

This program involves more games, more time, and additional expense than the regular SYC Rec program. County team players will be issued, and may keep, SYC jerseys and shorts, plus any other uniform/shooting shirt/sweats/shoes that may be issued by SYC. Should any County team decide to enter a tournament or participate in activities outside of the FCYBL, the cost of these events is borne by the individual teams, not SYC.

COUNTY TEAM TRYOUT INFORMATION

County team tryouts are held in October, generally over the course of several nights. Players are chosen on a competitive basis and some players may be cut. The number of County teams each participating program may field is limited by FCYBL. Players not selected for the County League teams may attend Rec league evaluations and participate on a Rec team. No player may participate on both a County League team and an SYC Rec league team.

COUNTY TEAM COMPOSITION

- 5th Grade – must be in 5th grade (or lower) and under 12 years old as of September 1
- 6th Grade – must be in 6th grade (or lower) and under 13 years old as of September 1
- 7th Grade – must be in 7th grade (or lower) and under 14 years old as of September 1
- 8th Grade – must be in 8th grade (or lower) and under 15 years old as of

September 1

SYC County teams are restricted to players residing in certain zip codes assigned by the FCYBL; only two zip code exceptions are allowed per team.

REC BASKETBALL PROGRAM

OVERVIEW OF PROGRAMS

The SYC Rec Basketball Program is divided into separate, grade-based leagues for boys and girls in 1st through 12th grades as follows:

BOYS	GIRLS
1 st grade (clinic)	1 st grade (clinic)
2 nd grade (clinic)	2 nd -3 rd grade
3 rd grade	4 th -5 th grade
4 th grade	6 th -7 th grade
5 th grade	8 th -12 th grade
6 th grade	
7 th grade	
8 th grade	
9 th -10 th grade	
11 th -12 th grade	

Note: These groupings are subject to change depending on the number of players and coaches in each grade.

Rec teams start practice in December and meet twice per week – once on a weeknight and once on Saturday. Until games begin, teams will use both of those times for practices. Once games begin, teams will practice one weeknight each week and play a game on Saturdays (on occasion, make-up games may be scheduled on a weeknight). The program will generally run until the first or second week of March. **Players who are members of a travel or high school basketball team (Freshman, JV, or Varsity) are not eligible to participate in the SYC Rec program.**

SKILLS CLINICS FOR 1st AND 2nd Grades

SYC offers Skills Clinics for boys and girls who are in 1st grade as of September

1st of the current year. The Skills Clinic emphasizes teaching individual skills and developing each child's interest in and knowledge of the game.

The 1st grade Skills Clinic meets once per week on Saturdays starting in January and runs through early March. Each player receives a basketball, SYC T-shirt and season-end commemorative award. The Skills Clinics includes sessions conducted by professional basketball trainers, as well as opportunities to participate in drills and scrimmages with each team's volunteer coaches. Accordingly, getting enough volunteers to work in this program is especially important.

The 2nd grade clinic is for boys in 2nd grade as of September 1st of the current year. The 2nd grade program still emphasizes teaching individual skills and developing each child's interest in and knowledge of the game but builds to game play at different levels (3-on-3, 4-on-4 and 5-on- 5) over the course of the program. No scores are kept in any of these games. The 2nd grade program meets once per week on Saturdays, starting in December, running through early March. Each player will receive an SYC basketball jersey and a season-end commemorative award. The 2nd grade program also includes sessions conducted by professional basketball trainers, as well as opportunities to participate in drills and scrimmages with each team's volunteer coaches and against other "teams". Accordingly, getting enough volunteers to work in this program is especially important.

Due to the lower number of girls who participate in these age groups, there is no 2nd grade clinic for girls. 2nd and 3rd grade girls are combined into one league and participate in the 3rd grade program described below.

3rd GRADE PROGRAM

SYC offers a separate program for boys in 3rd grade and girls in 2nd-3rd grade. Like the older Rec leagues, these teams start practice in December. Each team meets twice per week – once on a weeknight and once on Saturday – until school ends for the winter holidays.

When school resumes in January, teams will continue to meet twice per week, with a practice on a weeknight and a "game" on Saturday. The program will generally run until the first or second week of March. Although the teams in this program play "games" in a 5-on-5 format, no score is kept and coaches act as officials for the first half of the season. As this is the first time that most

players are participating in full-court basketball games, coaches are expected to do as much instruction as they do officiating.

In the second half of the season, the league partners with SYC's youth referee training program. Youth referees in training, with adult referee trainers acting as supervisors, are assigned to officiate 3rd grade games. This partnering helps train youth officials and helps the players get ready for the next season, when they will participate in games with officials.

Whether coaches or referees officiate the game, no score is kept, and no standings are maintained. This is a training program, not a competitive league, and the emphasis remains on teaching individual and team skills and developing each child's interest in and knowledge of the game.

Each player receives an SYC basketball jersey and season-end commemorative award.

NEED FOR COACHES

We usually start the season without a full complement of coaches, which has had an unsettling effect on the program. To eliminate this problem, SYC Basketball has a policy that teams will be drafted even if there are an insufficient number of coaches. Thereafter, the parents of participants on any team drafted or formed without a coach will be contacted and asked to be volunteer coaches. A team may be dropped from the program, and the League Director will place the players on a waiting list in random order, if a volunteer is not found.

Coaching multiple teams is permitted; however, a coach may serve as the head coach for only one team (the primary team), with any additional teams being coached as an assistant coach.

SYC has introduced a youth coaching program allowing individuals aged 16 and older to coach a team alongside an adult chaperone. The adult chaperone must be at least 18 years old and have a personal connection, such as being a parent, grandparent, or sibling of a player. If the designated adult chaperone is unavailable, another adult, who has been cleared by SYC, must be present while the youth coach is performing their duties.

REFEREE PROGRAM

SYC Basketball maintains an excellent Rec basketball referee program, which we utilize to officiate most of our games in the Rec programs that require officials (3rd grade and above). We compensate our officials. If you are interested, please contact the Referee Coordinator at bballref@sycva.com and sign up to referee. Pre-season training sessions are held to go over the duties and responsibilities of the referees. Knowledge of the game is, of course, desirable, but a willingness to learn is equally important. We feel that our SYC Rec referee program is one of the best in the Northern Virginia area.

In addition, for 12- to 14-year-olds interested in learning how to officiate, SYC offers its youth referee training program. Beginning officials are provided with several training sessions and then officiate with adult supervisors in our 3rd grade Rec program during February and March. Score is not kept in this league, so it is a lower pressure environment in which to learn to officiate.

END OF SEASON AWARDS

For 4th grade and above, trophies (or plaques) will be awarded to the champion of each league. The method of determining the champion for each age group (e.g., best regular season record, playoff winner) will be determined by the League Director. First place trophies are NOT provided for the 1st-3rd grade programs since records are not kept in those leagues, but the league does provide a small season-end commemorative award to all participants in these younger age groups.

TEAM FORMATION

SYC Basketball has roughly 1,000 participants and all leagues are organized/administered by volunteers. We CANNOT honor requests for team placement. This includes requests to play with a coach, friends, or for convenience of carpools. Teams for 4th grade and above are formed by a player draft to ensure competitive balance. Teams for ages 3rd grade and under are formed by League Directors.

Team sessions total approximately 2 to 2.5 hours per week for 3rd grade and above, with one 60 to 90-minute weeknight practice and one Saturday game. The 1st and 2nd grade programs meet on Saturdays for approximately 70 minutes.

PLAYER EVALUATIONS

For each winter basketball season, SYC conducts player evaluations in all rec leagues for 4th grade and above. No evaluations are held for the 1st-3rd grade programs; players are placed on these teams by the league director. The evaluations are used to form balanced teams by giving coaches an opportunity to assess all of the players in their league, preparing them to make player selections during the draft.

Player evaluations are normally held in mid-November. The dates, time and locations of the various age group evaluations will be sent via e-mail and will be posted on the Basketball page of the SYC web site (www.sycva.com).

DRAFT ELIGIBILITY

For leagues 4th grade and above, a player MUST attend the scheduled evaluations for their age group to be eligible to be selected in the draft. Players who do not attend the evaluations may not be drafted, but will be placed on a team by means of a random lottery draw upon completion of the draft. All registered players will be assigned to a team. Late registrations may be placed on a waiting list. If space becomes available, waitlisted players will be assigned in the order they registered. League directors have the discretion to adjust the waitlisted player distribution process with approval from the Commissioner or Rec Deputy Commissioner.

REQUESTS TO PLAY UP

Players who wish to play up one age group must request so from the Rec Deputy Commissioner or Commissioner. The player must attend the evaluation for the older age group; otherwise, they will be placed in their natural age group. However, attending the evaluation does not guarantee a player being granted permission to play up in age. The League Director will determine whether the player has the skills and physical ability to compete fairly and safely with older players, and then will only allow a player to move up if there is space available in the older league. Given that SYC is often in need of volunteers, a parent's willingness to coach in that player's desired age group can be a factor in the approval decision. Players cannot play up more than one age group without approval from the Basketball Commissioner or Rec Deputy Commissioner.

PLAYER DRAFTS

Each rec league basketball draft is held after player evaluations have been concluded. Drafts are open only to SYC Basketball officials, coaches, and their assistants. Players will be notified of their team assignments as soon as practicable after the draft; usually by the end of November or early December.

To be drafted, a player must attend the regular scheduled evaluation for his or her age group. Those who do not attend an evaluation will not be drafted, but will be assigned to teams based on a blind draw at the completion of the draft. In the interest of achieving competitive balance, the League Director may independently rate those players not appearing for evaluations based on previous knowledge of the player's skill level for the purpose of assigning a draft position for that player.

If the head coach and assistant coach's child(ren) receive the same rankings, one will be placed in the first-round draft and the other will be placed in the second-round draft. For example, the head coach's child is ranking 4th and assistant coach's child is ranking 6th for a 6 teams league, the 4th rank child will be placed in the 1st round draft and the 6th rank child will be automatically placed in the 2nd round draft.

If the coach's child did not participate in the evaluation, the child will be automatically placed in the first-round draft. If an assistant coach's child did not show up for the evaluation, the child will be automatically placed in the highest-ranking round.

GUARANTEED PLAYERS

Each team is guaranteed only one player, usually the coach's own child. These players must attend the player evaluation where they will be independently rated and assigned a draft position by the league director. Failure to attend player evaluations may result in the guaranteed player being assigned a first-round draft position.

Any exceptions to this rule must be approved by the Commissioner or Rec Deputy Commissioner.

DRAFT RULES

League Directors will notify coaches of the date, time and location of the draft after evaluations have been completed. Rules governing the order of the draft

and its actual mechanics will be developed by each League Director, approved by the Basketball Commissioner. League Directors will communicate the rules of the draft to all coaches prior to the start of the draft.

PLAYER NOTIFICATION

Players in 2nd grade and above will be notified by late November or early December as to which team they are assigned. At that time, coaches will inform players of the date and time of the first practice session, which will typically be held during the first week of December. Any player not so notified by December 1 should contact the Basketball Commissioner or the Rec Deputy Commissioner. Players in the 1st grade Skills Clinic will be notified by mid-to-late December, with their first session held in early January.

UNIFORMS AND EQUIPMENT

All boys Rec league games for 6th grade and above shall be played with official 29.5" basketballs. The 1st through 5th grade boys and all girl's leagues will use reduced circumference 28.5" basketballs.

All players 2nd grade and up will be issued an SYC basketball jersey, which they may keep. All players shall wear the SYC jersey for games. Players shall not wear shoes that leave marks on the gymnasium floor and playing shoes should not be worn from out of doors into the gymnasium. Players shall not wear street clothing, clothing with pockets, watches, or jewelry during a game. Players who wear glasses shall have shatterproof lenses or eyeglass protectors.

SYC REC BASKETBALL RULES OF PLAY

SYC Basketball is played in accordance with the National Federation of State High School Association's Rules for Basketball except as provided in the SYC Basketball Rules. Where these two sets of rules conflict, the SYC Basketball Rules shall apply.

TEAM COMPOSITION

An SYC Rec basketball team shall not exceed ten players for the Winter season. Every effort will be made to keep teams to eight players to maximize playing time for each player; however, actual team sizes are based on the number of players and coaches in each league. Summer league teams may have more

than ten players to account for a higher rate of player absences due to family vacations and other conflicts.

TEAM MEETINGS

All teams in the Rec program are limited to two (2) meetings per calendar week. That is, each team is limited to one practice and one game per week, or two practices if no game is scheduled that week. Non-SYC scheduled practices are included in this rule. Violations of this rule will be cause for game forfeiture and warning or suspension of coach, or both.

GAME OFFICIALS

REFEREES

Scheduled games for 4th grade and above shall be officiated by referees accredited and approved by SYC. Each game shall be officiated by at least two referees. When, due to circumstances, only one referee is available, the League Director may permit the game to be played with only one official.

SCOREKEEPER AND TIMEKEEPER

Each team shall provide an adult scorekeeper and an adult timekeeper for scheduled games. The Home team is responsible for providing the scorekeeper and the Visiting team is responsible for providing the timekeeper.

COACHES AND ASSISTANT COACHES

Each team shall have one head coach and no more than one assistant coach during games. Teams may have additional coaches who assist at practices, but only one assistant coach may occupy the bench area during games. Additional coaches will not be assigned to a team until all teams have a head coach.

League Directors, with approval from the Commissioner, select coaches based on maturity, judgment, and character appropriate to guide our youth, and an adequate knowledge of basketball skills. Only one coach (either the Head Coach or Assistant) may be standing at a time while coaching during games.

REPLACEMENT OF COACHES

The League Director may replace a coach when an incumbent requests to be replaced or when the League Director considers that the incumbent no longer meets the spirit and requirements of these Rules or of the SYC Code of

Conduct. Replacement of a coach in the latter instance can only occur after approval of the SYC Basketball Commissioner or his designee. In the case of a coach of an SYC County team, the SYC Basketball Commissioner or County Deputy Commissioner will make the final decision. Coaches are selected on a yearly basis; there are no rollover provisions to guarantee a coaching position the following year.

PLAYER PARTICIPATION

Each player shall play a **minimum of two uninterrupted quarters** in each game (i.e., he or she must start, play through, and complete two different quarters). **Each player on teams with 7 or more players must sit out 1 full, uninterrupted quarter.** Free substitutions will be allowed only in the fourth quarter, and are encouraged to provide more equitable playing time. At no time may substitutions violate the participation rule (for example, any player in the fourth quarter who is playing his second full quarter cannot be substituted for except in case of illness/injury or disqualification).

- Each player shall play at least TWO FULL, UNINTERRUPTED QUARTERS
- Each player shall sit out at least ONE FULL, UNINTERRUPTED QUARTER
- For teams with only six players present after the start of the second quarter, the requirement that each player sit out one full quarter does not apply, as it is not possible to meet this requirement with six players. Instead, the rule is modified such that four players must sit out for 5 consecutive minutes of one quarter, one player sits out 5 consecutive minutes of two separate quarters, and one player sits out one full quarter. The result is that four players play 3 1/2 quarters and two players play 3 quarters of playing time.
- A player replacing an injured or disqualified player is considered to have played in that quarter if they play for more than two minutes. This counts toward the three-quarter maximum, but that player must still play two other full, uninterrupted quarters.
- If the player replacing the injured/disqualified player plays two minutes or less, that time does not count as a quarter played. If the injured/disqualified player cannot return, the coach may substitute a different player every two minutes for the remainder of the quarter and

it will not count as a quarter played for any of those players.

- **Substitutions are permitted only during the break between quarters or at the stoppage of play during the 4th quarter** (except for those substitutions required due to illness/injury or player disqualification). Substitutions are not allowed for any player who has not yet completed two full quarters unless that player is sick, has been injured, has been disqualified due to fouls, or poses a safety threat to other players on the court.

No additional expansion of the participation rule is allowed. Coaches may reduce or eliminate playing time for disciplinary reasons including chronic missing of practice, but only with the prior notification and concurrence of the League Director. Failure to receive prior approval will be considered a violation of the participation rule.

Teams violating the participation rule may be required to forfeit the game in which the violation occurred.

METHOD OF PLAY

ZONE DEFENSE

Zone defenses will only be allowed in the 6th grade and older leagues. It is the philosophy of SYC Basketball to promote and encourage the teaching of man-to-man defense and offense in the younger age groups. Therefore, the use of zone defense in the 3rd-5th grade Rec leagues is prohibited. Referees will issue one warning regarding zone play, and then each subsequent violation shall result in the assessment of a technical foul on the offending team. NOTE: One player's violation of the man-to-man rule may constitute a violation of this rule; it does not have to be the entire team. Accordingly, one player standing in the lane playing the ball, rather than his or her man, constitutes a violation of this rule just as much as a zone played by all five players.

BACKCOURT OR PRESSING DEFENSE

Backcourt defense is not permitted in leagues 5th grade and younger.

In these leagues, guarding in the backcourt is not allowed by the defensive team after a change of possession and the offensive team has gained control of the ball in their backcourt. Change of possession may occur following a

rebound or a turnover. Change of possession and control shall be determined by the referees and will occur when an offensive player clearly possesses and controls the ball after the rebound or turnover. All defensive players must retreat to the offensive team's front court after the offensive team has gained control of the ball in their backcourt. In addition, on an inbound pass in the backcourt, all defensive players must retreat to the front court prior to the ball being inbounded and no defense will be allowed until the offensive team advances the ball across the half court line.

Whenever guarding in the backcourt is not allowed, the following rules apply:

- After a change of possession and the offensive team has gained control of the ball in their backcourt, all defensive players must retreat to the offensive team's front court
- No defensive player in the offensive team's backcourt will interfere with nor actively play the ball and/or offensive player
- If the offensive team is dribbling the ball from their backcourt to their front court, the defensive team must allow the offensive dribbler to obtain uncontested front court status before engaging the offensive player with the ball. The defensive player must be an arm's length away from the offensive player with the ball at the time the offensive player with the ball establishes front court status

In leagues for 6th grade and older, pressing defenses of any form, including full court presses, are allowed, so long as the pressing team is not leading by 15 points or more. Once a team obtains a lead of 15 points or more, that team may not press. 4th and 5th grade leagues are permitted to use a man-to-man press (the prohibition against zones and double teams remains) in the backcourt only in the last 2 minutes of the game. Zone or trapping presses are prohibited at these younger age groups. No back-court defense or zone of any kind, at any time, is allowed in the 3rd grade program.

MAN-TO-MAN DEFENSE

Each defensive player must guard a different offensive player. The distance between the defensive guarding player and the offensive guarded player will be dependent on whether the guarded player has the ball or not and the position of the guarded player to the ball, as well as the guarded players

position on the floor. The defensive player must move with the man he or she is guarding, rather than simply occupying an area of the court. If a player does not move with his or her man, this constitutes a violation of the prohibition against zone defenses in the 5th grade and younger leagues.

DOUBLE TEAMING

Double-teaming occurs when two defensive players guard the same offensive player, whether he or she has the ball or not. In the 3rd-5th grade leagues, double-teaming is only permitted in the free-throw lane on a player with the ball. In the 6th-12th grade leagues, double-teaming is permitted at any time.

SPREAD OFFENSES

Spread offenses and clear-outs designed to isolate an offensive player to take advantage of man-to-man defenses are prohibited in the 5th grade and under leagues.

SWITCHING OR HELP DEFENSE

Defensive players may switch in the event of a screen or a pick. Furthermore, a player may leave the player he or she is guarding to switch to or help on a player with the ball who has beaten the player who was guarding him or her.

GAME TIME LIMIT

All leagues will use a "running clock" -- clock stops only on foul shots and time outs except for the last two (2) minutes of the game when the clock stops on all fouls, timeouts and other "dead ball" situations. Time limit between scheduled games shall be at least five minutes. Playing time limits for all leagues grades 3 through 12 shall be:

- 10-minute quarters
- Time between quarters: 1 minute
- Time between halves: 3 minutes

TIME OUTS

Each team is allowed two 30-second timeouts per half. These timeouts are non-cumulative; if not used in the first half, the first half time-outs do NOT carry over to the second half.

OVERTIME

Games tied at the end of regulation play shall be continued in overtime for 3-minute periods, with one additional time out per team. Successive overtime periods shall be played until a team has won. The game clock stops at all dead ball situations during overtime.

BASKET HEIGHT

Basket height for the 1st-3rd grade programs will be eight (8) feet.

Basket height for the 4th and 5th grade leagues will be nine (9) feet.

All other age groups will play with a 10-foot basket.

Free throws for all leagues 4th grade and younger will be taken from 12 feet, or 3 feet inside the regulation free throw line. 5th grade and older will shoot free throws from the regulation line.

GAME SCHEDULES AND LOCATIONS

The SYC Basketball Commissioner or Rec Deputy Commissioner must approve all game schedules and locations of play. Games will normally be played at schools in the Springfield/South County area. Gym allocation is controlled by Fairfax County's Neighborhood and Community Services, and SYC has very little flexibility in the selection of the schools we are assigned.

Games or practices may be postponed when the school facilities are closed because of inclement weather or when school functions conflict with SYC use of the facilities. In the event of questionable weather, call the Fairfax County Inclement Weather Hotline at 703-324-5264 or monitor the Fairfax County Public Schools website at fcps.edu. As soon as SYC officials have information on school closures, League Directors and coaches will be notified, the SYC website will be updated, and an email will be sent to all basketball families if circumstances permit. **If no announcement is made, SYC basketball will go forward as scheduled.**

FOOD AND BEVERAGES

Fairfax County regulations prohibit food or beverages, other than water, from being brought into or consumed in school facilities. This prohibition includes sports drinks such as Gatorade, Powerade, etc. Violations may result in SYC

losing access to school facilities. Please help us in maintaining a good relationship with the schools by complying with these rules and keeping the gyms clean.

FORFEITURES

A game shall be declared forfeited when:

- A team is not ready to play within five minutes after a scheduled start time. Teams must have four players to start a game and three players to continue a game once it has started.
- A team plays an ineligible player.
- A team fails to comply with the player participation rule.
- A team receives three technical fouls in any one game (not counting those for illegal defense).

SUSPENSIONS

Any player or coach who is ordered out of a game by a referee for misconduct, is automatically suspended and is ineligible to play the next game.

Any player, coach, or spectator hitting, shoving, or causing verbal abuse to another player, referee, coach, or spectator shall be suspended for the remainder of the season and may be banned from attending future SYC activities.

PROTESTS

A coach may protest the eligibility of a player or the participation rule only. Protests must be written and filed with the League Director and SYC Basketball Commissioner within forty-eight hours after the completion of the game being protested.

SUMMER BASKETBALL PROCEDURES

Summer league game rules are modified from the winter league rules as follows:

- A. All games in all age groups will be played in two halves of 24 minutes

in duration.

- B. Clock will run with limited stoppage for the entire first half – CLOCK DOES NOT STOP for dead balls or shooting fouls, etc. – However, clock will stop on time outs.
- C. During the last two minutes of the second half, clock will stop on all dead ball situations.
- D. Overtime periods will be three minutes and clock will stop on all dead ball situations.
- E. The game officials may stop the clock at their discretion to deal with game administration or player injury issues.
- F. Each team is allowed two 30-second time outs per half. The 30 second time limit will be strictly enforced by game officials. The game clock will stop during all time outs.
- G. **Each player in attendance for each team must play 10 consecutive minutes per half, unless the team has more than 10 rostered players present, in which case each player must play 8 consecutive minutes per half.** This participation rule may be modified by the head coach based upon late arrival by player or health/injury concerns.
- H. There are no restrictions on the type of defense played, except there is to be no back court defense played by a team with a lead of 15 points or more.
- I. All other applicable rules set forth in the National Federation of State High School Association’s rules for basketball, as modified in the SYC Basketball Program Guide, apply.

SYC BASKETBALL REFEREE PROGRAM

PROGRAM OBJECTIVES AND PHILOSOPHY

The SYC Basketball Referee Program gives training and experience to persons interested in refereeing and provides qualified referees to the Basketball Program. Providing the best available officiating improves the overall quality of basketball. Ideally, we would like to have all games refereed by professional

high school certified adult referees. As a practical matter, we realize that we cannot achieve this ideal. Consequently, we must develop, train and utilize our own cadre of paid referees to officiate Rec league games. With adult referees in short supply, we encourage those age 13 and older to fill the void. The opportunity to learn and apply the rules of the game and make instant decisions provides our youth (and adults) with excellent skills, which will serve them well outside of basketball.

ELIGIBILITY REQUIREMENTS AND GENERAL INFORMATION

Any SYC member 13 years old or older is eligible for the program. All persons must register with the Director of Referees. Every potential referee, regardless of age or experience, must attend classroom training and an on-court clinic on the rules and principles of refereeing, and, if required, pass the SYC written test prior to being scheduled for any games.

SYC Referees are members of a select group striving to enhance the level of SYC basketball play. Because they are paid for their services, they are expected to perform their duties and responsibilities as referees whenever they are on the floor acting in that capacity. Referees who fail to perform their duties in a professional manner will be dismissed from the program.

UNIFORMS AND EQUIPMENT

All referees are required to wear the black and white striped referee uniform. Referees are expected to report to the game in uniform with whistle and other equipment, which may be required. SYC provides each referee a black and white striped shirt, a whistle, a lanyard and a rulebook.

REPORTING AND DUTY

Referees are expected to report to their game location at least 15 minutes prior to game time.

CHANGING ASSIGNED GAMES

Once a referee has agreed to officiate a game, the assignment is considered final. Referees who must make changes are responsible for finding their own replacement, and they will notify and clear the change with the Director of Referees. Failure to show up for games or obtain replacements may result in being dropped from the program.

INSTRUCTIONS TO TIMEKEEPERS AND SCOREKEEPERS

GAME ROUTINE FOR TIMEKEEPERS

- Consult Officials as to signals used to indicate a time-out and resumption of time.
- Keep eyes on the officials throughout the game,
- Check on the duration of time outs, substitutions, time of periods, etc.
- Check on duration of time between periods. Notify teams, officials and scorers the required number of minutes before the start of each half
- It is strongly recommended that the operator of the official clock be an adult.

WHEN TO START THE CLOCK

- When ball is legally tapped on all jump balls.
- When ball is touched in bounds, if resumption of play is by a throw-in after clock has been stopped.
- When ball is legally touched after a missed free throw and ball is to remain live.
- Be aware that in SYC Rec games, clock is running except on time outs, shooting fouls and during last two minutes of game and during overtime, when clock stops on all dead ball situations.

WHEN TO STOP THE CLOCK

- When time expires at the end of a period.
- When an official signals a shooting foul. (Clock stops on non-shooting fouls only during the last two minutes of game.)
- When an official grants a timeout.
- When on official stops play for injury, equipment repair, or other

emergency.

- During the last two minutes of the game, the clock will stop on every dead ball (i.e., whenever an official blows the whistle to stop play for foul, violation, out-of-bounds, etc.
- When a violation occurs. (Last 2 minutes of game only.)
- When an official orders time-out.
- To avoid unusual delay
- To repair or adjust equipment
- For an injury or other emergency
- Upon request of a player whose team has player control or when ball is dead
- If Timekeeper's signal is not heard the timekeeper shall go on the court and notify the official -- noting the position of the ball when time expires. Timekeepers are to remain impartial.

GAME ROUTINE FOR SCOREKEEPERS

- Scorekeepers should be adults.
- Seek designation from Referee as to who is the official scorer, and which is official scorebook and consult with him as to signals used to designate fouls and time-outs
- Obtain names and numbers of all players who may participate in the game at least ten (10) minutes before the start of the game. At least three (3) minutes before scheduled starting time have each team designate its five starting players.
- Record field goals made, free throws made, running summary of points scored, personal and technical fouls on each player, team personal fouls per half, time-outs and held ball possession. Score keeper is NOT required to keep individual player point totals; game score is priority.
- Designate each goal and each foul in the manner provided in the scorebook.

Any questions regarding the format of the scorebook should be discussed and resolved with the game referees prior to the game.

- Notify official (a) when team has taken the legal time-outs, (b) when a player has five personal fouls, (c) after a team has been charged with five personal fouls in a quarter, and (d) when a team has used timeouts in excess of the legal number. In (b), (c) and (d), if play is in progress at time of discovery, withhold whistle until ball is dead or in control of offending team. Scorekeeper must also advise referee of who is entitled to possession in alternating possession held ball situations.
- Check with clock/scoreboard operator regarding display of score, bonus situation, possession arrow, etc. If any discrepancy occurs, notify referee for resolution once next dead ball situation occurs.
- Blow horn to stop game only when ball is dead.
- When a substitute reports (must be ready and entitled to enter game) signal when ball is dead and before change of status of ball is about to occur. Allow substitute to go on court only when referee beckons. Do not signal after ball has been placed at the disposal of a free thrower; if ball is dead after a free throw attempt, a substitution may be made. If a thrower is to be replaced, be sure that it is legal for another player to attempt that throw. A substitute cannot replace a player designated to jump or designated to attempt a free throw; he/she must wait until the next dead ball, time-out situation.
- Scorebook is official score.