

Eisenhower Basketball League Rules and Regulations

5th and 6th Grade



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A. League Goals, Participation and Rules

The goals of this League are to teach and improve basic individual basketball skills, to teach the fundamentals of team offense and defense, and to provide players with an environment that emphasizes FUN, good sportsmanship and full participation for all skill levels. Since all players attend Eisenhower, the league is a great way for players to get to know their classmates.

The League conducts real games, playoffs, with winners and losers, so there is a certain level of competition. Winning a game is a great experience, but in this League, winning is secondary to equal support, equal enthusiasm, and above all, equal playing time for each participant. We like to save the competitive aspect of the league for the playoffs. The winning team of the playoffs are awarded special Eisenhower shirts that display “Champs”.

Any coach, parent, spectator, official or player who by their actions does not understand and respect these League goals will be asked to leave the program. This rarely takes place but all participants should remember this League is sponsored by the Eisenhower PTO, who has jurisdiction over ensuring the safety and the quality of the experience for all participants.

All school children, including those who participate on a school and/or a traveling basketball team, are invited to participate. Kids that participate on an AAU, CYO, JCC or other traveling team are eligible as well as any child regardless of skill, physical ability or any limitation as long as the League can accommodate.

In general, the rules governing play are the rules published by the National Federation of State High School Associations. The League Rules reflect modifications to the National Federation rules which are considered appropriate in view of the goals of the League.

The Commissioner, Scoring Table or the Referee will make the final decision about any interpretation of the rules during the course of a game. Hopefully no issues or disputes will arise on game day, but if they do, the coaches are expected to raise issues and accept decisions with quiet respect. The League will consider if any adjustments or clarifications to the written rules are required based on issues which arise. The League does not allow appeals or protests of games under any circumstances.

Parents or Coaches that have concerns or suggestions about the league should approach the League Commissioner or contact the PTO President. We welcome any opportunity to improve the League!

B. Parent/Guardian Responsibilities

Parents/Guardians have a very significant impact on the success of the League. This is an all-inclusive league that is designed to allow kids from the same school to share experiences and create memories. It is not designed to be an ultra-competitive league. Remember this is consider a school event as it takes place on school property and is sponsored by the PTO.

1. Parents/Guardians should show respect to all players, coaches and officials associated with the League, and they are expected to instill in their children this same sense of respect for teammates, coaches and officials. This is a learning experience for your child so set a good example and encourage them to show their best sportsmanship and camaraderie.
2. Parents/Guardians are expected to inform coaches and League commissioner of any mental or physical conditions or medication that their child may be taking which could affect their performance or behavior at practices or games.
3. Parents/Guardians have primary responsibility for communicating to their Coach as soon as they determine that a player is going to miss a game or a practice. This communication is very important in support of proper preparation for a practice or game by their Coach.
4. Parents/Guardians are encouraged to attend practices and games.
5. Parents/Guardians will deliver and pick-up their children on-time for all practices and games. If arrangements are made with a neighbor or friend to pick-up a child the parents/guardians will notify their Coach. Parents/Guardians are ultimately responsible for the well being of their child if they are late picking them up after practice or a game. Players who consistently arrive late or do not attend the majority of games and practices will not be eligible for the playoffs. Parents are busy, so if you are having trouble getting your child to the gym, please contact the coach and/or Commissioner to see if alternate travel arrangements can be made.
6. Any indication that a Parent/Guardian is under the influence of drugs or alcohol at a practice or game is grounds for immediate removal from the gym and potential exclusion from future practices and games.
7. Parents/Guardians are strongly encouraged to limit their verbal expression to positive statements (e.g., - "nice shot," "good try", "great defense," etc.). Booing or other disruptive verbal expression, or verbal or physical abuse of any player, spectator, coach, official or administrator is grounds for immediate removal from the gym and potential exclusion from all future games and practices. The use of foul and abusive language is strictly prohibited. Please do not coach your

child from the stands during a game. Leave the coaching to their Coach. Encouragement is welcome but do not place your child in a situation where they do not know who to listen to.

8. Parents/Guardians are responsible for their other children and guests at the gym during a practice or game. *Other children and guests should remain in the gym to enjoy watching the game. If they are found in unauthorized areas of the school (such as but not limited to being beyond gated off hallways) they along with the parent/guardian may be asked to immediately leave the gym.*
9. Parents/Guardians should not permit any player to wear any equipment or apparel that is potentially dangerous or inappropriate for basketball. Examples of potentially dangerous items include, but are not limited to: a guard, cast or brace made of a hard and unyielding substance - even if it is covered with soft padding, any head decorations and jewelry, etc. In the extreme, length of fingernails or hairstyle may also create a legitimate safety concern. The Referee will determine if a safety concern exists, and will exclude the player from the game unless and until a safety concern is adequately addressed.
10. Parents/Guardians should first direct any complaints or concerns about the League to their Coach. In the event that the issue cannot be resolved satisfactorily by their Coach, the Parent/Guardian will then be referred to the League Commissioner.
11. Please park in designated parking lots and do not park in front of the school. This area is still a fire zone and is required for access in case of emergencies. Bridgewater Police may ticket cars illegally parked in the fire zone.

C. Coaches' Responsibilities

The League relies on volunteer Coaches to achieve its goals.

1. The selection of Coaches is done on a season-by-season basis by the League Commissioner. Coaching in a prior year does not guarantee the right to coach in the current or subsequent years. Many factors make this rule necessary, including the fact that the number of teams in a particular age group may change from season to season based upon the number of player registrations. In addition, the League wants to reserve the right to assess a coach's performance as related to the goals of the League, and also wants the flexibility to allow new volunteers the opportunity to enjoy the youth basketball coaching experience. Volunteer coaches serve at the sole discretion of the League Commissioner and PTO, and coaches can be dismissed for any reason, with or without cause, at any time.
2. Each Coach is strongly encouraged, but not required, to select an assistant coach. If no assistant coach is identified, then the Coach must have a plan for another certified coach to substitute in case of emergency. At least one certified coach will attend each practice and game.
3. For the safety of the players, Coaches are expected to be on time for all practices and games. In the event of an unforeseen circumstance that will cause the Coach to be late, it is the Coach's responsibility to provide for adequate, alternate supervision of the players.
4. Coaches will run a well-prepared practice session. At least part of each practice should be dedicated to skill development, and part should be dedicated to executing offense and defense as a team. The remainder of the practice can be used for scrimmages or other supervised play.

5. Coaches are ultimately responsible for their teams' conduct at all practices and games, including the conduct of related Parent/Guardians and/or spectators. Coaches should insure that players treat their teammates, their opponents, the Referees and other officials with respect.
6. Coaches are expected to behave appropriately at all practices and games, in full consideration of the goals of the League. Verbal or physical abuse of any player, parent, spectator or official is grounds for immediate dismissal from the program. Use of foul/abusive language is prohibited.
7. During games, Coaches are role models for good sportsmanship, and they are strongly encouraged to limit their verbal expression to positive statements for both teams (e.g. "Nice shot", "good try", "great defense", etc.). The Referees and Commissioner are authorized to ask a Coach to leave the gym for recurring instances of physically or verbally abusive behavior.
8. Coaches are expected to remain seated on the bench during the game. Walking the sidelines, and/or constantly shouting instructions to the team and/or frequently commenting about Referee calls is not considered appropriate behavior for this level of competition. Of course, there are many situations during the game (e.g. calling a time-out, responding to an injured player, conferring with bench players, checking the clock, spontaneously reacting to a great play, etc.) when a coach may be standing, but generally, coaches should be seated. Assistant coaches must be seated at all times except during time outs, to attend to an injured player, or spontaneously reacting to a great play.
9. Coaches are expected to emphasize the positive aspects of game performance, while also pointing out aspects of performance that need improvement, which will receive attention at practice. Blaming a loss on the Referees or on opposing coaches or players is not acceptable behavior.
10. During the game, coaches and their players should refrain from officiating. Recurring instances of complaints/objections to the Referees may result in suspension or dismissal of the Coach.
11. Any indication that a Coach is under the influence of drugs or alcohol at a clinic, practice or game is grounds for immediate dismissal from the program. This includes Coaches who smell of alcohol or drugs, even if their behavior is otherwise acceptable.

D. Players' Responsibilities

1. By joining the League, players are making a significant commitment. This commitment should carry equal weight with other recreational activities, including other basketball leagues. Considering the substantial effort that goes into creating competitively-balanced teams, attendance is the largest variable factor in determining the competitiveness of any particular game. All players are expected to attend the vast majority of practices and games. Any scheduling conflicts that may lead to a player not making a game must be brought to the attention of the Commissioner and the Coach.
2. Players who do not attend the majority of games and practices, *with exception for absences due to injuries*, will not be eligible for the playoffs.

3. Players will show respect to all teammates, opponents, coaches and officials associated with the League during all practices and games.
4. Players will arrive for all practices and games prepared to play at the scheduled time.
5. Disruptive behavior at practices or games, including verbal or physical abuse of any coach, teammate, opponent or official is grounds for immediate dismissal from the gym and termination from the program. The use of foul/abusive language or taunting of opposing players is strictly prohibited.
6. A player will not be permitted to wear any equipment or apparel that is considered dangerous or inappropriate for basketball or good sportsmanship, as determined by the Coach and/or the Referee.

E. Pre-Season Administration and Team Formation

1. Players attend “evaluation sessions” in order for the League to understand their skill level. This information is used to establish teams that are as balanced as possible. The evaluation will include a series of drills that illustrate competence in shooting, dribbling, rebounding and defensive ability. All evaluation information is confidential and will not be shared under any circumstances.
2. Team formation is decided by the coaches and League Commissioner. Information from the evaluation as well as other factors form the basis for placing kids on teams. This includes in no particular order:
 - The child of a coach will automatically be placed on their team.
 - Transportation considerations (players that need to ride together).
 - Friend requests – if players express an interest to be on the same team.
 - Equal amount of 5th, 6th graders.
 - Equal amount of gender.
 - Height.
 - Participation in outside leagues, such as AAU, Travel, etc.
 - Coach familiarity with a player.
3. After teams are formed and before the season starts, the coaches will coordinate practices. They will be held at the IKE gym on Tuesdays and Thursdays. Practices are optional for players and attendance will not impact playing time. Practices will be used to teach offensive and defensive philosophy and set plays such as jump balls, inbounding the ball and lining up for free throws.
4. Coaches and their team will select a jersey color and nickname for the team. Players are allowed to request specific numbers for their jersey at the evaluations. If a player does not select a number, a number will be assigned when jerseys are made. If a jersey is lost, the parents or coach should inform the Commissioner right away so a replacement can be made. The cost of the new jersey must be paid by the parents.

F. Game Scheduling

IKE Basketball League

1. The game schedule will be issued by the League shortly after team formation. There are 4 games played each week; at 6:30 and 7:30 on Tuesdays and Thursdays. Each team will play 1-2 games a week. No team will play 2 games the same night. Ideally, each team will play an equal amount of games throughout the season. The League may adjust the schedule during the season to accommodate cancellations due to weather. The schedule, standings and league information are posted to the league website which is off of the PTO webpage.
2. Coaches may become aware of conflicts or major attendance problems for a particular game after the schedule is issued. The League will make a reasonable effort to adjust the schedule as requested by a Coach. Changes to the schedule cannot be agreed by coaches without authorization from the League. If a coach knows they will not be able to field a team, they must inform the League as soon as possible so parents, scorekeepers and the referee can be informed.
3. Games are canceled whenever the school district cancels school and/or after school activities. Parents should check the PTO IKE League website if not sure. Coaches should have a specific communication plan with their team (phone chain, phone calls, email, etc.) to inform them about the status of games.

G. Game Rules

1. Coaches are expected to encourage all players to attend all games. Coaches are also expected to treat each player the same and not show favoritism. Coaches are to ensure all players have their jerseys and proper attire in order to play.
2. The game will consist of four (4), ten (10) minute quarters with a running clock for the first 3 ½ quarters. The running clock will only be stopped for timeouts, injury timeouts & shooting fouls. The last 5 minutes of the game will have the clock stopped when the ball is not in play.
3. Coaches will use a rotation sheet (same as used by Bridgewater Recreation League) to guarantee equal play for all players. Coaches will fill out 2 rotation sheets, one for themselves and one provided to the scorer's table. At approximately half way through the quarter (at or near the 5-minute mark) play will be stopped at the discretion of the scorer's table for substitution of players. Players must report to the scorer's table to be recorded and substituted into the game. The scorer's table will ensure the rotation sheets are followed properly. The referee will expedite the substitutions and has the authority to start the game even if a team is not ready.
4. There will be an opening tip to determine initial possession; possession at the start of subsequent quarters will be determined by the possession arrow. There will be a one-minute time out between quarters. Half time intermission will be three minutes. In the case of a tie at the end of regulation, an additional five-minute overtime period will be played, with a tip at the beginning to determine possession. If the score is still tied when the first overtime period ends, the referee will decide if there is enough time for a 2nd overtime. Coaches will determine who plays in overtime. Any player that does not play in the first overtime must play the entire second overtime.
5. Each team is permitted three (3) full time outs (one minute) and two (2) 30-second time outs per game, with one full time out for an overtime period. Coaches should ask the scorer's table if they are unsure of remaining timeouts.

4. Five players per side are required to be in attendance to have an official game. If five or six players are in attendance, the quarters will be shortened to eight minutes. If a seventh player arrives, the subsequent quarters will revert back to ten minutes. Coaches can also agree to shorten the game at their discretion and with agreement from the Commissioner if one team has eight players or less.
5. Players may not wear any equipment or apparel that is potentially dangerous or inappropriate for basketball or good sportsmanship. Examples of potentially dangerous items include, but are not limited to: a guard, cast or brace made of a hard and unyielding substance - even if covered with soft padding, any head decorations and jewelry, etc. except when used to control their hair such as a head band. The Referee will determine if a safety concern exists, and will exclude the player from the game unless and until a safety concern is adequately addressed.
6. Only one Coach and one Assistant Coach may be on the bench during a game. Any other Assistant Coaches must sit in the stands with parents/guardians and other spectators. An exception will be made for any child that requires additional supervision or help.
7. Running up the score is in direct conflict with the goals of the League. A Coach enjoying a healthy lead (a judgment call depending on the game situation, but usually an 11-point lead should be considered "healthy") is expected to make a noticeable effort to keep the score differential within reason. When a team is leading by 20 points or greater the winning team should bring their defensive back within the three-point line. On offense they shall run plays to maximize passing and better players or top scorers should not shoot but pass to lesser skilled players to shoot. No three point shots, no fast breaks. The score clock will not reflect any points beyond the 20 point lead, but all points will continue to be officially recorded in the scorebook. The fourth quarter will be changed to have a running clock the entire quarter.

The League recognizes and accepts that some circumstances (e.g., all the better players for one team, and lesser players for the opposing team are in attendance) will result in lopsided scores despite best efforts by the winning team to control the score differential, as long as the winning team has made a noticeable effort to limit their scoring. A Coach may be removed from the program if she/he is overseeing repeated incidents of lopsided victories.

9. If an unforeseen event causes a significant delay in the start or continuation of a game, the Referee and/or Commissioner may shorten the current and subsequent game so that all games can be played within the allocated time.
10. A Team may play man-to-man defense, or zone defense, as their Coach chooses, at any time during the game. Defensive players may not play defense beyond half court.
11. Coaches and Players will be seated on one side of the gym and Parents/Guardians and other spectators will sit across from the Players during a game. No Parents/Guardians, children or other spectators are allowed to stand along the sidelines behind each basket during a game (except if space across from the Players is unavailable).
12. Three point shots are allowed, and successful shots score three points. Teams leading by 15 points or more that make a three-point shot will only receive 2 points.
13. It is the intent of the league that the offensive team attempts to set-up and execute plays; plays which involve picks, passes and multiple players. Coaches should encourage participation by all players on offense. Teams that allow one or two players to take all shots will be warned by the

referee or Commissioner. If the behavior is not corrected, the referee will call a time out and discuss the situation with the coach. Players may be removed at the referee or Commissioner discretion and will be required to skip a player rotation.

14. The offensive team must be allowed to establish position in the front court. The defense must allow the offense to cross mid court before playing defense. If back court defense is committed the referee stops play, will issue a warning to the offending team and inbounds the ball to the offensive team. After the referee gives a warning for back court defense it is within their discretion to call a technical foul which would count against the player and team, but would not remove the player from the game similar to a technical foul for sportsmanship as in section K.1. (Unless it was their fifth foul). Once the offense crosses mid-court defense can be played.
15. A Player fouls out of the game upon committing her/his fifth personal foul. Technical fouls count as personal fouls. When a player commits their 4th foul, the coach can substitute for the player for the rest of the current rotation.

H. The Game...Playing Time and Substitutions

1. Substitution Rule...It is the intent of the League that all attending players receive equal playing time in each game. If ten or eight (or sadly, five) players are in attendance, equal playing time for all players on that team is achievable, and is required. If some other number of players is in attendance, some players will play extra segments during that game.
2. All players will be numbered 1 to 10 or by the number of players in attendance. Players will be listed on the **rotation sheet** by name and number, which will be given to the scorekeeper prior to the start of the game. Players will play in sequence as listed on the grid for the first 3 quarters. The fourth quarter is up to Coach's discretion as long as all kids play at least 2 minutes. Coaches are expected to substitute at will in the fourth quarter so all kids feel they are contributing in the final period. No player is allowed to play the entire 4th quarter. If a player has not been substituted, the scorekeepers will stop the clock with 2 minutes left and the player will be removed from the game.
3. Injured player – if an injured player leaves the game, the next player in the sequence takes his/her place. If the injured player is able to return in the same segment he/she stays in the normal sequence and must report to the scorer's table to be substituted back into the game, plus the substituted player does not miss their next scheduled rotation (the rotation snake remains unchanged). If an injured player is unable to return in the same segment they are removed from the rotation snake, and if they are able to return later to the game in a different segment but they have missed a rotation slot they are added to the end of the rotation snake.
3. The No Substitutes rule...No substitutions are permitted, except if a player is injured, or if a player receives a technical foul, or if a player fouls out. Substitution for injury will not change the pre-determined player rotation in subsequent segments, except if the injured player is unable to return to the game (or except if a player has fouled out), in which case the **next player in the sequence** will play.
4. If a player arrives late, they must check in with the scorer's table and not eligible to play until the scorers have adjusted the rotation sheet. Every effort will be made to update the sheet in time for the next rotation.

5. At the beginning of each segment players need to report to the scorer's table so their number is recorded to enter the game.
6. If a player that has a physical condition that requires amendment to the rules, such as substitution, the coach, referee and Commissioner will establish the parameters before the game and inform the opposing coach. Players SHOULD NOT play if they are sick and could potentially spread sickness to the other players. They are allowed to sit on the bench with their teammates.
7. Players can lean/fall over the foul line after a foul shot before the shot hits the rim of the basket, as long as, in the judgment of the Referee, are just trying to reach the basket with their shot, and they do not gain a rebounding advantage by crossing the line early. The referee has the discretion of allowing certain players to shoot free throws closer to the basket to assist with reaching the rim.

K. Technical Fouls

The following procedure will be followed.

1. Player – excessive or aggressive play or unsportsmanlike play will lead to a technical foul, at the discretion of the Referee. The player will leave the game and miss the rest of the current rotation. If it is committed in the 4th quarter, the player must sit for 5 minutes and then is allowed to return to the game. A second technical foul (same game or subsequent game): The player will sit out the remainder of that game and ½ of the next played game on the team's schedule. Third technical foul in a season: The player will be asked to leave the program. This action is not taken lightly, but player safety must be made a priority so repeated aggressive play that places other players in jeopardy will not be tolerated.

Team – situations in a game that require the referee to call technical but is not directly related to aggressive play will not require any players to sit. This would include calling a timeout when the team has none left or repeated defense past half court.

2. Coach - First technical foul: The coach must remain seated and is only allowed to stand during a time out and to make substitutions. Second technical foul (same game or subsequent game): The Coach will be ejected from that game and will be suspended for the next game on the team's schedule. The Coach will send a sincere, no-excuses apology email/letter to each of the families of players on her/his team (copies to the PTO President and League Commissioner) as a result of providing a very poor example of sportsmanship to the players. Third technical foul during a season: The coach will be removed from the program.

The Referee or Commissioner will warn a coach if they feel a player is starting to lose control for the coach to speak with and calm down the player while they are not playing in the game, or the coach may call a charged time out,

A coach who feels a player is losing control, and in order to help prevent a technical foul from being committed by the player may ask the Commissioner or Referee for an uncharged time out. If the requesting coach and site supervisor are in agreement with the request, an uncharged, 30 second time out will be called by the site supervisor at the next dead ball, the player will be removed from the game for the remainder of that segment and be replaced by the next scheduled player in rotation (similar to an injured player the replacement player is eligible for their next scheduled rotation). The purpose of the

time out is to calm down the removed player off court while play resumes for that segment. Should the same, removed player once he/she returns to the game in a later segment commit a technical foul after this warning and cooling down, they will sit out the remainder of the game.