

SYC BASKETBALL PROGRAM GUIDE – 2007/2008

TO PARENTS AND PLAYERS:

With thanks to all who helped last season.

Basketball is one of the longest running programs offered by the Springfield/South County Youth Club. Over the years it has grown to include over 1800 boys and girls spread over 200 teams, in both our house program and in the Fairfax County Youth Basketball League. SYC's program produced two FCYBL age group champions in 2005-2006, but more importantly, provided an opportunity for the children from our community to enjoy a positive athletic experience.

This Program Guide serves to introduce the SYC basketball program and sets forth the rules under which we operate. Many questions that are asked about our program can be answered by referring to this guide. Please read it carefully. We look forward to your participation this season.

The basketball program is run, staffed, operated, controlled, managed, coached, equipped (and almost anything else you can imagine) 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.

PLEASE VOLUNTEER!

The program is run for the players. If you have any suggestions on how the program could be improved, please email:

Chris Spera, SYC BASKETBALL COMMISSIONER
At CSpera@mindspring.com

TABLE OF CONTENTS

BASKETBALL PROGRAM GUIDE TABLE OF CONTENTS

GENERAL INFORMATION

SYC HOUSE LEAGUE

BOYS LEAGUES

GIRLS LEAGUES

TRYOUT INFORMATION -- SYC INTRAMURAL PROGRAM (HOUSE LEAGUE)

DRAFT PROCEDURE -- HOUSE LEAGUE

SUMMER HOUSE LEAGUE

VOLUNTEER REQUIREMENTS

SYC BASKETBALL RULES

DUTIES, RESPONSIBILITIES, & PROCEDURES

SYC BASKETBALL REFEREE PROGRAM

INSTRUCTIONS TO TIMEKEEPERS

INSTRUCTIONS TO SCORERS

SYC BASKETBALL COMMITTEE

Basketball Commissioner:

[Chris Spera](#)

Deputy Commissioner (County Program):

[Rob Barnard](#)

Deputy Commissioner (House Program):

TBD

Referee Coordinator: (Non-Voting)

TBD

GENERAL INFORMATION

Objectives:

"The Purpose of the Springfield/South County Youth Club shall be to provide an athletic program for boys and girls which promotes character development, good sportsmanship and exemplary behavior-." This quote is taken from the SYC Constitution. It represents the objective of our basketball program, as well as all of SYC's other programs. Our goal is to develop these attributes. There is no place in the program for misconduct or poor sportsmanship, and we strive to promote good behavior among players, coaches and fans.

Participation Rule:

All house teams are subject to SYC's Participation Rule. We try to limit house teams to rosters with no more than 8 players. Sometimes rosters can be larger, especially if a shortage of volunteers limits the number of teams we can field in particular age group. In addition, in unique situations, and only with the basketball commissioner's and league director's approval, a team may be given permission to have a larger roster than the preferred eight-player size. Such requests are handled on a case-by-case basis and are the exception, not the rule. Boys and Girls 8-10 will play 10-minute quarters with a running clock. Boys and Girls 11-18 will play 20-minute halves with a running clock. **IN ALL HOUSE LEAGUE GAMES, EACH PLAYER ON TEAMS WITH 7 OR MORE PLAYERS MUST SIT OUT 5 MINUTES PER HALF (Ages 11-18) or 1 FULL QUARTER (AGES 8-10). IN ADDITION, EACH PLAYER MUST PLAY NOT LESS THAN HALF OF THE GAME.** This Participation Rule is set forth with greater particularity in the House Basketball section of this Program Guide. 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:

As with any organization, PEOPLE make ours work, and there are quite a few 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 elsewhere herein. Please consider volunteering – SYC Basketball can only be as good as our volunteers make it!

Fees, Refunds and Deposits:

All County team players must pay the County Player fee as well as the house fee due to the higher costs associated with that program.

The first child in a family playing in the same sport during the same season will pay the full house or clinic fee; each additional family member will receive a \$10 discount from the regular house or clinic fee.

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 registrations. However, those players run the risk of not being assigned to a team and being put on a waiting list. Players who register and then make a high school team will receive a full refund.

Springfield/South County Youth Club Refund Policy (Effective May 9, 2002)

The following is the refund policy of Springfield/South County Youth Club for all sports, including SYC Basketball:

The volunteer initiation fee is non-refundable.

Upon written request via US mail or email to either the SYC office or the applicable sport commissioner, participants will receive a full refund of the activity fee(s) prior to the final in-person registration or at the close of online registration, whichever concludes last.

Upon written request via US mail or email, 50% of the activity fee will be refunded during try-outs, drafts, clinics or uniform distribution.

No refunds will be issued after the official draft (football) and/or first game (remaining sports).

Requests for refund may be sent to:

BabetteJensen@sycva.com

Or

Springfield/South County Youth Club
7075-G Newington Road
Lorton, VA 22079

*Under extenuating circumstances, individual sport commissioners and/or members of the Executive Committee may approve any deviations to the official SYC refund policy.

THERE ARE NO REFUNDS OF COUNTY FEES UNDER ANY CIRCUMSTANCES.

Overview of Programs

House Program: SYC Basketball offers house programs or leagues in the following age groups:

<u>BOYS</u>	<u>GIRLS</u>
<u>6 and Under</u>	<u>6 and Under</u>
<u>7 and Under</u>	<u>7 and Under</u>
<u>8 and Under</u>	<u>8 and Under</u>
<u>9 and Under</u>	<u>10 and Under (9 and 10 combined)</u>
<u>10 and Under</u>	
<u>11 and Under</u>	<u>12 and Under (11 and 12 combined)</u>
<u>12 and Under</u>	
<u>13 and Under</u>	<u>18 and Under (13 through 18 combined)</u>
<u>15 and Under</u>	
<u>(14 and 15 combined)</u>	
<u>18 and Under</u>	
<u>(16 through 18 combined)</u>	

SYC conducts evaluations in all house league age groups 9u and above. (There are no evaluations held for the 6u clinic or the 7u and 8u programs; players are placed on these teams by the league director.) The purpose of the evaluations is to form balanced teams. The evaluations take a relatively short time and give participating coaches the opportunity to see all the children signed up for their leagues. In this way they are better prepared to make player selections on the night of the draft.

House teams start practice in December and meet twice per week – once on a weeknight and once on Saturday – until school ends for the Christmas holidays. When school resumes in January, house 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. Players who are members of a high school basketball team are not eligible to participate in the SYC House program.

County League Programs: In addition to our SYC House 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 wishing a higher level of competition. For the FCYBL, SYC plans to enter the following divisions, subject to the availability of enough skilled players and qualified coaches:

<u>BOYS</u>	<u>GIRLS</u>
<u>10 and Under</u>	<u>10 and Under</u>
<u>11 and Under</u>	<u>11 and Under</u>

<u>12 and Under</u>	<u>12 and Under</u>
<u>13 and Under</u>	<u>14 and Under</u>
<u>15 and Under</u>	

County Tryouts will be held before House evaluations, typically in October. The specific dates will vary depending on limitations set by the FCYBL. County team tryouts are generally held over the course of several nights, and players are chosen on a competitive basis. Players will be cut. The number of county teams each participating program may field is limited by FCYBL; SYC does not typically have the option of adding additional County teams even if a large number of skilled players attend a particular age group's tryout. Players not selected for the County League teams may then attend House evaluations and be drafted for a SYC house team. No house league player may participate on both a County League team and a house league team.

6u Skills Clinic: SYC offers a Skills Clinic for boys and girls who turn 6 years old before October 1, 2007. There are separate programs for boys and girls. The Skills Clinic emphasizes teaching individual skills and developing each child's interest in and knowledge of the game. The Skills Clinic meets once per week on Saturdays starting in January and runs through early March, for a total of 10 weeks. Each player receives a basketball, SYC T-shirt and season-end commemorative award. 6u Skills Clinic 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 a sufficient number of volunteers to work in this program is especially important.

7u Program: SYC offers a separate program for boys and girls who turn 7 years old before October 1, 2007. There are separate programs for boys and girls. The 7u 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 7u Program, like the 6u Skills Clinic, meets once per week on Saturdays, but starts in December, running through early March, for a total of 13 weeks. Like the 6u Skills Clinic, each player receives a basketball and season-end commemorative award. The 7u Program participants also receive a reversible SYC jersey. The 7U 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 7u Program "teams". Accordingly, getting a sufficient number of volunteers to work in this program is especially important.

8u Program: SYC offers a separate program for boys and girls who turn 8 years old before October 1, 2007. There are separate programs for boys and girls. The 8u Program, like the older house leagues, starts practice in December. Each team meets twice per week – once on a weeknight and once on Saturday – until school ends for the Christmas holidays. When school resumes in January, 8u Program 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 8u Program has "games" in a 5 on 5 format, coaches act as officials for the first half of the

season and are expected to do as much instructing as they do officiating over the course of the game. In the second half of the season, the 8u league partners with SYC's youth referee training program. Youth referees in training, with adult referee trainers acting as supervisors, are assigned to officiate 8u Saturday games. This partnering helps train youth officials and helps the 8u 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 league, 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 reversible jersey and season-end commemorative award. Each 8u Program team will get one session conducted by professional basketball trainers in December.

Need for Coaches: In most seasons we start the season without a full complement of coaches, which has had an unsettling effect on the program and youngsters. 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.

Referee Program: SYC Basketball maintains an excellent House referee program, which we utilize to officiate the majority of our games in the House programs that require officials (9u and above). We compensate our officials. If you are interested, please contact the Referee Coordinator and sign up to referee. Pre-season training sessions are held to go over the duties, etc. of the referees. Knowledge of the game is, of course, desirable, but a willingness to learn is equally important. We feel that our SYC House referee program is one of the best in the Northern Virginia area.

In addition, for 12-14 year olds interested in learning how to officiate, SYC offers its youth referee training program. Beginning officials are provided with several training sessions in January, and then officiate with adult supervisors in our 8u house 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.

Cheerleading Program: Cheerleading is also offered by SYC. SYC Cheerleading gives the participants the opportunity to develop coordination, teamwork, self-confidence and a positive attitude. Many house basketball coaches avail themselves of the opportunity to associate their teams with an SYC cheerleading squad. Such an association encourages goodwill, team spirit and fan support to the young athletes participating in basketball. We encourage all coaches to utilize the cheerleading squads to further the Objectives of the Springfield/South County Youth Club.

Trophies: In ages 9u and above, trophies (or plaques) will only be awarded to the first place teams in the regular season's standings. In the case of ties, playoffs will be scheduled when possible. First place trophies are NOT provided to 8u Program, 7u Program and 6u Skills Clinic participants, 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 PLACEMENT: SYC Basketball has over 1800 participants each season and all leagues are organized/administered by volunteers. We CANNOT honor, respond or consider requests for team placement. This includes carpool, coach request, friends etc. Your child will be placed in their peer group. Sessions total approximately 2.5 hours per week (for most programs, one weeknight practice and one Saturday game), and the kids have fun, learn about basketball and meet new friends.

EVALUATION INFORMATION -- SYC HOUSE PROGRAM

Every year, SYC Basketball holds skill evaluations and drafts for its house basketball program in all age groups age 9 and above. No evaluations are held in the 6u Skills Clinic, the 7u Program or the 8u Program, where teams are formed by the league director based primarily on where the children attend school. SYC **CANNOT** facilitate requests for specific team placement or link players together for carpool purposes, etc.

Player Eligibility: For leagues age 9u and above, in order to be eligible to be picked by a Coach in the player draft, a player **MUST** attend the scheduled evaluations for their age group. If a player does not attend the regular evaluations, he or she will be placed on a team by means of a lottery draw (i.e. name picked out of a hat). All registered players will be assigned to a team and will play in accordance with the Program's Participation Rule. Late registrations may be placed on a waiting list; if space is available in a particular league, waiting list players will be assigned in the order they appear on the waiting list to teams in the order in which they drafted. League directors have the discretion to adjust the waiting list player distribution process with approval from the Commissioner or his designee.

Players who wish to play up one age division must attend the evaluation for the older age group or they will be placed in their natural age group. Playing up is not guaranteed unless the player's parent has volunteered to and qualified as a coach in that player's desired age group. Players cannot play up more than one age group without approval from the Basketball Commissioner.

Evaluations Dates: 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).

Notification of Players:

Players in the House leagues 9u and up, plus in the 7u and 8u Programs, will be notified by late November or early December as to which team, league and division they are assigned. Coaches will inform players when and where the first practice session will be held. Practices will typically begin during the first week of December. Any player not so notified by December 1 should contact the Basketball Commissioner or the Deputy Commissioner for House Basketball. Players in the 6u Skills Clinic will be notified by mid- to late December.

Schedule:

Practices typically start the first week of December. During December, teams will practice twice per week (one weeknight and one Saturday practice) until schools close for the Christmas holidays. When schools reopen in January, teams will practice once per week on a weeknight and play one game on Saturday. The 7u Program will start in December like the older leagues, but only meet on Saturdays. The 6u Skills Clinic will not start until January and will meet only on Saturdays. The season will run until the first or second weekend in March. Schedules for each league will be posted on the SYC web site (www.sycva.com).

RULES FOR HOUSE DRAFTS:

1. Each house league basketball draft is held in closed session after the County League teams are picked and all house 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; notification usually takes place before Thanksgiving.
2. In order to be drafted, a child **must** attend the regular scheduled evaluation for his or her age group. Those who do not attend an evaluation will be selected (assigned) by blind draw at the completion of the draft. (Comment -- In the interest of achieving balance, those players not appearing for evaluations may be independently rated (if known) and a draft position assigned by the league director.)
3. There will only be one option player per team. An option player is an individual whose selection is guaranteed to a particular team. This is usually the coach's own son or daughter. He or she is the only player frozen on the team's roster. These option players must attend a regular evaluation where they will be independently rated and assigned a draft position for the night of the draft by the league director. No exceptions to this rule are permitted. Each league director must have his or her option player policy approved by the Basketball Commissioner or his designee. (Comment -- In the event more than one son/daughter is participating in the same age group, they will be treated as a brother/sister option and paired for play on the same team.)

4. Additional rules governing the order of the draft and its actual mechanics will be developed by each league director, approved by the Basketball Commissioner or his designee and covered with the coaches the night of the scheduled drafts.
5. House League directors will notify coaches of the place and time of their draft after evaluations have been completed.

COUNTY LEAGUE TRY OUT INFORMATION

General: SYC will participate in the Fairfax County Youth Basketball League, which offers a more advanced level of competition among teams from other youth clubs in Northern Virginia. This league is for more skilled players at various age groups and involves more games and more time, travel and expense (although not unduly burdensome) than the regular SYC House program. Due to the extra costs associated with participating in the FCYBL, individuals who are selected for SYC's County teams are assessed an extra surcharge of approximately \$110.00 (depending on County activity fees) to defray the added expenses. Additionally, county players will be issued, and may keep, SYC jerseys and shorts, plus any other uniform/shooting shirt/sweats that may be issued by SYC. Should any County team decide to enter a tournament, other than the season-ending tournaments, the cost of these events is borne by the individual teams, not SYC.

COUNTY LEAGUE COMPOSITION:

BOYS

10 & Under; may not be 11 prior to October 1, 2005

11 & Under; may not be 12 prior to October 1, 2005

12 & Under; may not be 13 prior to October 1, 2005

13 & Under; may not be 14 prior to October 1, 2005

15 & Under; may not be 16 prior to October 1, 2005

GIRLS

10 & Under; may not be 11 prior to October 1, 2005

11 & Under; may not be 12 prior to October 1, 2005

12 & Under; may not be 13 prior to October 1, 2005

14 & Under; may not be 15 prior to October 1, 2005

Note that 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. In addition, even if a player is older than the age groups set forth above, FCYBL allows two "grade exceptions" per team. For example, FCYBL 11u is considered a 6th grade league, so a 12 year old who is in 6th grade can play FCYBL 11u as a grade exception.

NOTE: the grade exception policy is limited to County teams ONLY; it DOES NOT APPLY in SYC house leagues.

TRYOUT SCHEDULE: County League tryouts are open to all players. The tryouts are more intensive than the House evaluations and will take place over the course of several nights.

COUNTY TRYOUTS ARE HELD BEFORE HOUSE EVALUATIONS. COUNTY TRYOUT SCHEDULES WILL BE POSTED ON THE SYC BASKETBALL WEB SITE at www.sycva.com.

HOUSE VOLUNTEER REQUIREMENTS

In SYC Basketball, you may volunteer as:

League Directors

Assistant League Directors (If League Director opts to have one)

Timekeepers

Coaches

Assistant Coaches

Practice Coaches

Scorekeepers

Note: Team scorekeeper and timekeeper will count only if you are the scorekeeper/timekeeper for at least 4 of your team's games.

The foregoing positions qualify for satisfaction of SYC's annual volunteer participation requirement, and if you participate, SYC will waive a volunteer fee payment for the next activity year registered.

SYC BASKETBALL RULES

SYC Basketball shall be played in accordance with the National Federation of State High School Association's RULES for Basketball except as hereinafter provided in the SYC Basketball Rules, as approved by the SYC Board of Directors. Where these two sets of rules conflict, the SYC Basketball Rules shall apply.

I TEAM COMPOSITION

An SYC house basketball team shall not exceed ten players. Every effort will be made to keep teams to eight players.

II TEAM MEETINGS

All teams in the house program are limited to two (2) meetings per calendar week. That is, each team is limited to two practices or, as the house schedule may provide, one practice and one game per week. Non-SYC scheduled practices are not excluded from this rule. Violations of this rule will be cause for game forfeiture and warning, suspension, or both.

III GAME OFFICIALS

Scheduled games for league age 9u and above shall be officiated by referees accredited and approved by the SYC. Each game shall be officiated by two referees. When, due to circumstances, only one referee is available, the League Director may, at his discretion, permit the game to be played with only one official.

IV SCOREKEEPER - TIMEKEEPER

Each team shall provide an ADULT scorekeeper and an ADULT Timekeeper for scheduled games as follows:

When Home Team -- a scorekeeper

When Visiting Team -- a timekeeper

V COACHES AND ASSISTANT COACHES

Each Team shall have one coach and no more than one assistant coach at games. Teams may have additional coaches who assist at practices, but only one assistant coach may occupy the bench area during games. The League Directors, with approval from the Commissioner, select all the coaches on the basis of maturity, judgment, and character appropriate to guide our youth, and an adequate knowledge of basketball skills. Only the coach and his designated assistant shall sit along side the players on the bench or seats provided during a regularly scheduled game. Only one coach (either the Head Coach or Assistant) should remain standing at a time while coaching during games (of course, both coaches can sit 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. 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 his designee will make the final decision. Coaches are selected on a yearly basis. There are no rollover provisions. Each year coaches are considered and appointed.

VI PLAYER PARTICIPATION

All house leagues 8 and above will use a "running clock" for games -- the clock will be stopped only on shooting fouls and timeouts taken either by one of the teams or the officials -- except for the final 2 minutes of the game. During the final two minutes of the game, the clock will be stopped on all fouls, timeouts and in all "dead ball" situations.

Each player in the 8, 9 and 10 Year Old Leagues shall play a minimum of two uninterrupted quarters in each regular season 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 quarter. No additional expansion of the participation rule will be 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.

For the 11, 12, 13, 15- and 18-&-Under leagues, each player shall play a minimum of one-half of each game, or 20 minutes of actual playing time as determined by the game clock. On teams with 7 or more players present, each player will be required to sit out a minimum of **5 consecutive minutes of each half**, for a total of 10 minutes per game. When a team only has six players present, each player must sit out a minimum of **3 consecutive minutes per half**, for a total of 6 minutes for the game.

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

VII METHOD OF PLAY

ZONE DEFENSE: Zone defenses will only be allowed in age groups 11u and older. It is the philosophy of SYC Basketball to promote and encourage the teaching of man-to-man defense (see the following) and offense in the younger age groups. Therefore the use of zone defense in the Boys and Girls 8u Program and the 9u and 10u house 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 one-two-two zone played by all five players.

PRESSING DEFENSE: In age groups 11u 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. Boys and Girls 9 and 10 Year Old 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 is allowed in the 8u Program.

NOTE: Players in the Boys and Girls 8, 9 and 10 Year Old Leagues can always defend in the Backcourt against a pass for an attempted fast break or against dribbling for an attempted breakaway. "Pressing Defense" means extending defensive pressure to the back court in an attempt to defend against a player/team that is advancing the ball normally.

MAN-TO-MAN DEFENSE: Over the years various definitions of man-to-man defense have been used, cited, and debated in the house program. This has caused substantial confusion for coaches, players, referees, and fans. In order to bring some consistency to this subject the following Rules are the only guidelines to be used by the referees:

1. **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. There is no requirement that the 2 best players guard each other.
2. **DOUBLE-TEAMING:** Double-teaming occurs when two defensive players guard the same offensive player whether he has the ball or not. Double-teaming at any time is permitted in the Boys 11, 12, 13, 14-15 and 18&Under Leagues and Girls 11-12, and 13-18 leagues. In the Boys 8 & 9 year old and 10 year old leagues and the Girls 8 & 9-10 year old league, double-teaming is permitted in the key area on a player with the ball.
3. **SPREAD OFFENSES:** Spread offenses and clear outs designed to isolate a team's best player to take advantage of the requirement of man-to-man defenses in the younger leagues (10 & Under), and which emphasize one-on-one basketball at the expense of team basketball, are prohibited. The defensive players may establish positions to be able to assist the defensive player guarding the player with the ball.
4. **DISTANCE:** There is no requirement that at all times a defensive player be within any set distance of the offensive player he is guarding. However, 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 10u and younger leagues.

5. 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.

VIII. GAME TIME LIMIT

All leagues will use a "running clock" -- clock stops only on foul shots and time outs except for the last 2 minutes of the game when the clock stops on all out-of-bounds, fouls and timeouts. Time limit between scheduled games shall be at least five minutes. Playing time limits for regular games shall be as follows:

8, 9, 10 Year Old Leagues	11, 12, 13, 15- and 18-&-Under Leagues
Quarters: 10 Min.	Halves: 20 Min.
Between Qtr: 1 Min. Half: 3 Min	Between Halves: 3 Min.
Time Outs: 30 seconds.	Time Outs: 30 seconds

IX TIME OUTS

In house leagues 9u and above, each team will have 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.

X OVERTIME

Tie game after two halves (four quarters for 8-, 9- and 10-&-Under Leagues) of 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 in overtime.

XI GAME SCHEDULES AND LOCATIONS

The SYC Basketball Commissioner or his designee must approve all SYC basketball game schedules and locations of play.

XII GAME POSTPONEMENTS

Agreements between coaches to postpone a scheduled game shall be effected only with the approval of the League Director concerned and with the approval of the SYC Basketball Commissioner or his designee. Gym use is controlled by the individual schools through Fairfax County Recreational Services. Games or practices may be postponed when the school facilities are closed because of inclement weather and when SYC use interferes with school functions. In the event of questionable weather, call the Fairfax County Inclement Weather Hotline at 703-324-5264 or monitor Cox Cable Channel 21. If no announcement is made, SYC use will go forward as scheduled. The

SYC basketball website will also be updated as soon as any information is received from County Recreational Services.

XIII FORFEITURES

A game shall be declared forfeited when:

- A team is not ready to play within five minutes after a scheduled time or after the termination of a preceding game as the case may be (e.g., not having five players to start a game or not having three players to continue a game).
- 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 illegal defense).

XIV SUSPENSIONS

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

Any participant: coach, assistant coach, or player hitting, shoving, or causing verbal abuse to a referee, SYC or League Official, shall be suspended for the remainder of the season.

Any parent or guardian of a participant hitting, shoving, or causing verbal abuse to a referee, SYC or League Official, will be banned from attending SYC sponsored activities. In addition, the participant may also be suspended for the remainder of the season.

XV 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.

XVI BASKET HEIGHT

Basket height for the 6u Skills Clinic & 7u and 8u Programs will be 8 feet. Basket height for the 9u and 10u house leagues will be 9 feet. All other age groups will play with a 10-foot basket.

XVII UNIFORMS AND EQUIPMENT

All boys' house league games for ages 11u and older shall be played with official 30' basketballs. 6U Clinic, the 7u and 8u programs, boys' 9u and 10u house leagues and all girls' leagues will use official reduced circumference 28.5' basketballs.

All players age 7u and up will be issued a reversible SYC jersey, which they may keep. All players shall wear the SYC jersey and gym shorts for games. Players shall not wear shoes that leave marks on the gymnasium floor, and playing shoes shall 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. (Referees may charge a team with a time out if these items are removed during a game.) Players who wear glasses shall have shatterproof lenses or eyeglass protectors.

XVIII FOOD AND BEVERAGES

Fairfax County regulations state that food or beverages shall not be brought into or consumed in school facilities. Violations may result in loss of access to school facilities. Please help us in maintaining a good relationship with the Fairfax County Recreational Services Department and our schools by complying with these rules and keeping the gyms clean.

DUTIES, RESPONSIBILITIES, & PROCEDURES

The SYC Basketball League Directors

An SYC Basketball League Director's duties shall include:

1. Assist the SYC Commissioner of Basketball with the preseason evaluation and draft of the league players.
2. Assign late registrants assigned to his league to fill vacancies on teams according to the order of the draft. (Comment -- Each coach must accept assignments made by the League Director. However, a coach may consent, with the approval of the League Director, to yield a late registrant assignment to a succeeding team in the order of the draft.)
3. Call general meetings of coaches and assistants upon the SYC Commissioner's request and whenever he deems it necessary to resolve league problems.
4. Prepare and publish practice and game schedules for his league. (Comment -- Coaches' preferences may be considered but should only be secondary to a fair and equitable distribution of the available practice periods.
5. Notify each coach of changes in practice schedules due to preemption and unavailability of practice facilities due to inclement weather.
6. Represent the SYC as League Director and meet and develop cordial relations with the Athletic Directors and assigned custodians of the school facilities to which his league is regularly assigned. (Comment -- The League Director should acquaint himself with the school's requirements and communicate these requirements to all who should know for compliance. He should ensure compliance with these requirements.)
7. Obtain completed team rosters from his coaches as early as possible after the formation of the teams. (Comment -- The SYC is required to submit the Program rosters to the Fairfax County Department of Recreation.)
8. To the very best of his/her ability and in the spirit and Objectives of SYC resolve, when occurring, conflicts between coaches, coaches and parents, officials and parents, coaches and officials, and coaches and school custodians. The League Director should do whatever is necessary to prevent such conflicts, but when occurring, he/she should intercede with a cool head and with intention to defuse and never to infuse. (Comment -- The League Director may advise basketball officials of SYC league rules but shall never attempt to overrule or interfere with an official's decisions. Each such incident should be reported to the SYC Commissioner.)
9. To the very best of his/her ability and in keeping with the spirit and Objectives of the SYC, the League Director will resolve problems resulting from reported game protests, player participation, discipline, and non-attendance. (Comment -- All such incidents

should be reported to the League Commissioner in writing. Incidents involving game protests must be delivered to the League Director within 24 hours.)

10. Record all actions taken to resolve the problems of 8 and 9 above. Keep the SYC Commissioner informed of incidents of 8 and 9 above, of actions being taken, and progress.

11. Attend or be properly represented by his or her designated representatives (coaches) at all scheduled league games. (Comment -- The League Director and, in his absence, the Deputy League Director, represents SYC management. It is his or her responsibility to ensure proper utilization of the school facilities, the proper conduct of the game, and the deportment of the players and spectators. He or she should do whatever possible to maintain order and to prevent destruction of public property. The League Director should know how to quickly get in touch with the local fire and police authorities in case of need. The League Director should also make available at all games an SYC first aid kit.)

12. Publicize to coaches, parents and players instructions concerning the non-bouncing of basketballs in school hallways at any time, or on the gym floors by spectators during the progress of a game, smoking within the facilities, the controlling of young children, etc.

13. Publish schedules for the pickup of equipment at the beginning of the season and for their orderly retrieval at the end of the season. (Comment -- The League Director will maintain a record of equipment issued and recovered from each team.)

14. Work with the SYC administrative staff to administer the AGC database of players and team assignments. This is a mandatory requirement in support of our player safety efforts.

The Coach

Responsibilities - General

1. Teach the fundamentals of the sport.
2. Ensure adequate warm-up, stretching and physical conditioning of his or her players.
3. Provide maximum participation of players in games and mandatory participation of each player in all practices and scrimmages.
4. Ensure that all criticism is constructive and that discipline is maintained without degrading a player.
5. Motivate and instruct each player to develop to the full extent of his or her ability, for the less accomplished player as well as the more skilled.
6. Teach teamwork and instill a personal sense of responsibility on the part of the player to the team.
7. Instill a winning spirit and the ability to gracefully accept both victory and defeat.
8. By his or her leadership set an example of good sportsmanship and integrity.
9. Encourage a spirit of close cooperation with the players' parents.
10. Ensure that parents and spectators along the sidelines follow the rules of good conduct and sportsmanship.
11. Obtain signed Codes of Conduct from all players and player parents/guardians prior to allowing players to participate in games.

Prerogatives -- General

A coach should notify his or her League Director when a player fails to appear for a scheduled game or practice without prior notification. Such a player shall be subject to a warning, a suspension, or both.

A coach should notify his League Director of a player's misconduct and unsportsmanlike behavior, which he considers is cause for warning, suspension, or both. The League Director will document the circumstances and present each case to the SYC Commissioner of Basketball for appropriate disposition.

The following are specific responsibilities of an SYC Basketball Coach. In addition to the general responsibilities mentioned above, the SYC Basketball Coach shall:

1. Attend the pre-season meeting(s) called by the SYC Commissioner of Basketball or league director, the players' evaluation, and the draft, if applicable.

2. Recruit from among his players' 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. Prepare and submit as early as possible after the formation of his team a team roster to his League Director. (Comment – This is usually handled by the league director at player assignment or draft, so it may not be an issue in many instances. Also, rosters of the SYC Basketball program must be submitted to the Fairfax County Department of Recreation.)
4. Pick up uniforms and basketballs, issue uniforms to his players, and recover and return any applicable equipment in accordance with instructions and schedules issued by the League Director.
5. Distribute copies of practice and game schedules provided to each member listed on his team roster.
6. Notify each member on his team roster of each change made in the team's practice and game schedules.
7. Assume full responsibility for the deportment of his players when in school facilities for scheduled practices and games. (Comment -- The Coach must restrain his players or his player's families or guests from running and from bouncing basketballs in hallways and from going or roaming into closed or otherwise forbidden areas of the school.)
8. Maintain cordial relations with school officials and custodians. (Comment -- Conflicts in a team's schedule(s) discussed with school officials and custodians should be reported to the League Director.)
9. Ensure that injured players are properly and adequately attended to and provided for. (Comment -- The Coach must report the circumstances surrounding injuries to the SYC Basketball Commissioner and to the League Director.)
10. Prepare and submit team news for publication in accordance with instruction issued by the League Director.
11. Teach and abide by the game and player participation rules as approved by the SYC Board of Directors and published by the SYC Commissioner of Basketball.
12. To the very 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. (Comment -- Nonattendance, physical, mental, and 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. When a Coach considers a problem to be beyond his/her scope of rectification, the case shall be referred to the League Director for appropriate action and disposition.)

13. Will record in the official score book and report to the League Director or the Deputy League Director present the name(s) of the player(s) participating in a scheduled game.

The Basketball Team Parent (Optional)

The SYC Basketball Coach may at his or her option choose to recruit a team parent. Normally, a team parent's duties shall consist of any or all of the following:

1. Coordinating team transportation requirements.
2. Notifying players of changes in game and practice schedules.
3. Distributing materials related to team pictures.
4. Function as the team timekeeper/scorekeeper or practice coach. (See Part IV, SYC Basketball Rules.)

SYC BASKETBALL REFEREE PROGRAM

PROGRAM OBJECTIVES

The SYC Basketball Referee Program gives training and experience to persons interested in refereeing and provides qualified referees to the Basketball Program.

PHILOSOPHY

Providing the best available refereeing 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 group of paid officials to referee house 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

1. Any SYC member 13 years old or older is eligible for the program. All persons must register with the Director of Referees.
2. Every potential referee (irrespective of experience) must attend a clinic on the rules and principles of refereeing and pass the SYC written test prior to being scheduled for any games.

ORGANIZATION AND RESPONSIBILITIES

1. General

The Basketball Commissioner or his designee is responsible for arranging training for the SYC Basketball program, as well as in-season evaluation of referees. The Director of Referees is responsible for administration and scheduling.

2. Director of Referees

- a. Enforces the policies for the SYC Referee Program, as established by and subject to approval by the SYC Basketball Commissioner.
- b. Organizes and manages the referee staff to conduct the program in accordance with approved policies.
- c. Operates the Referee Program and resolves all conflicts within the program, subject to the approval of the Basketball Commissioner.

- d. Ensures that all referees are appropriately compensated for their services and that all payouts are submitted timely to the SYC Office Manager.
- e. Evaluates referee performance and makes recommendations for moving referees along in the program.
- f. Develops a list of qualified referees by level to ensure referees are qualified for the games for which they are scheduled.
- g. Handles all referee reports and works with the League Directors and appropriate SYC officials to resolve all incidents reported. Further action is left to the SYC Basketball Commissioner.
- h. Ensures that all referee reports have an adequate record of any incident, including names of referees and coaches, date and time of game, league, names and numbers of the player(s) involved, and the action taken.
- i. Establishes procedures for reporting and certifying games worked.
- j. Posts games appropriately to ensure payment for all.
- k. Ensures that payouts are submitted promptly to the Commissioner. Payout will be at the end of each season. Payout is only made for games sanctioned by the SYC.
- l. Coordinates with League Directors to identify location and time of scheduled games.
- m. Maintains a list of referees broken down by referee skill level.
- m. Ensures that all games are assigned with fairness and equality.

With respect to the SYC Referee Program, the SYC Basketball Commissioner shall have the following responsibilities:

- a. Schedule and conduct a general referee meeting at the start of the season to cover the referee program and procedures for the coming season.
- b. Ensure that the Training Clinics are scheduled and conducted and that referees' performance is evaluated.
- c. Assist in formulating the policies and budget for the Referee Program.
- d. Organize, schedule and conduct SYC referee training clinics.
- e. Organize and schedule coaching clinics as necessary prior to the start of each basketball season.
- f. Coordinate all clinic dates and places.

g. Devise and manage a system for obtaining feedback on referee performance from coaches through their respective League Directors.

Referees are paid by SYC funds derived from participation fees; therefore, all referees must have an equal opportunity to earn fees commensurate with their level of qualification.

2. Referee Responsibilities

a. General

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.

b. Uniforms and Equipment

(1) All referees are required to wear the black and white striped referee uniform. If the uniform is not worn, appropriate penalties can be levied including monetary fines. Referees are expected to report to the game in uniform with whistle and other equipment, which may be required.

(2) SYC provides each referee a black and white striped shirt, a whistle, a lanyard and a rulebook.

c. Reporting and Duty

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

d. 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 will result in monetary fines and, where appropriate, being dropped from the program. If a referee is unable to find a replacement, he/she should contact the league scheduler for possible assistance.

e. Game Report

(1) Referees must sign (legibly) the official game book and any other form provided for recording their participation. Failure to do so will result in the presumption that they did not work the game, and no game fee will be paid.

(2) Any ejection of a player, coach, or fan will be reported to the Director of Referees via e-mail and copied to the SYC Basketball Commissioner. An additional written report may be required at a later date.

f. Attendance at Clinics and Referee Meetings

(1) Referees are required to attend the SYC Referee Clinic and pass any SYC-required test prior to being scheduled for any SYC games. This is an annual requirement.

(2) Referees are encouraged to attend all general meetings to start the season.

INSTRUCTIONS TO TIMEKEEPERS

Game Routine

- 1) Consult Officials as to signals used to indicate a time-out and resumption of time.
- 2) Keep eyes on the officials throughout the game
- 3) Check on the duration of time outs, substitutions, time of periods, etc.
- 4) Note the position of ball when you signal and of any period or extra period. Timekeeper's signal ends these periods.
- 5) Check on duration of time between 1st and 2nd, 3d and 4th periods (8, 9 and 10 Year Old Leagues) and between halves (All leagues). Notify teams, Officials and Scorers the required number of minutes before the start of each half
- 6) It is strongly recommended that the operator of the official clock be an adult.
- 7) When an electric clock is used, have a manual clock on hand in the event of a failure.

When to Start Clock

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

When to Stop Clock

- 1) When time expires at the end of a period.
- 2) When an official signals a shooting foul. (Clock stops on non-shooting fouls only during the last two minutes of game.)
- 3) When an official signals a held ball (Last 2 minutes of game only.)
- 4) When a violation occurs. (Last 2 minutes of game only.)
- 5) When an official orders time-out.
 - a) To avoid unusual delay
 - b) To repair or adjust equipment
 - c) For an injury or other emergency
 - d) Upon request of a player whose team has player control or when ball is dead

General Comments:

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.

INSTRUCTIONS TO SCORER/KEEPERS

- 1) 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
- 2) 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.
- 3) 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 first priority.
- 4) 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.
- 5) Notify official (a) when team has taken the legal time-outs, (b) when a player has had five personal fouls, (c) after a team has been charged with seven personal fouls (also when a team has been assessed 10 personal fouls in a half resulting in a "double bonus" situation) in either half of a game played in halves, and (d) when a team has used time-outs 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.
- 6) 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.
- 7) Blow horn to stop game only when ball is dead.
- 8) 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 Official 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 thrower is to be replaced, be sure that it is legal for another player to attempt that particular throw. A substitute cannot replace a player designated to jump or designated to attempt a free throw; he must wait until the next dead ball, time-out situation. Score Book of home team is official. Scorers should be adults.

PLAYERS CODE OF CONDUCT

Each player will ensure that his/her playing conduct is that of a young lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the player is expected to:

1. Know the rules and abide by them.
2. Respect the game officials and refrain from addressing them or commenting on their decisions during the play of the game. The game captain or designate may address the officials during the game but only within the provisions of the rules and in a courteous, respectful manner.
3. Maintain control of his/her emotions, avoiding the use of abusive language or profanity, humiliating remarks, and/or gestures of ill temper, and physical assault upon another player at any time.
4. Respect the coaches and players of the opposing team and demonstrate appropriate gestures of sportsmanship at game the conclusion of the game – be humble and generous in victory and proud and courteous in defeat.
5. Follow all building and facility rules and regulations, respecting at all times the property of others.
6. Realize, accept and practice the principle that a team's reputation is built not only on its playing ability but also on sportsmanship, courtesy and manners of each individual player.

Coaches Code of Conduct

Each coach will ensure that his/her playing conduct is that of a lady or gentleman fairly competing to the limit of his/her ability. To satisfactorily meet these responsibilities, the coach is expected to:

1. Know the rules and abide by them.
2. Instruct team members in the rules and coach his/her team in such a way as to motivate each player to compete according to the rules at all times.
3. Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner.
4. Ensure that the players and spectators follow all building and facility rules and regulations.
5. Ensure that the fans of his/her team conduct themselves with sportsmanship and maturity at all times while in attendance at game sites; assist game officials in maintaining control of spectators during the games.
6. Respect the coaches and players of the opposing team both during the play of the game and at its conclusion, win or lose.
7. Teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
8. Maintain control of his/her emotions and avoid actions, language and/or gestures that may be interpreted as hostile and humiliating.
9. Instruct team support personnel (e.g., assistant coaches, line persons, scorekeepers, and timekeepers) in their responsibilities in accordance with established rules and procedures.
10. Not consume or allow the consumption of alcoholic beverages at SYC activities or be in an inebriated state during practices, games or in the presence of my players.
11. Never encourage, tolerate or indulge in substance abuse.
12. Never smoke or use tobacco products in front of players during practices or games.

13. 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.

SPECTATORS CODE OF CONDUCT

Each spectator will ensure that his/her conduct is that of a lady or gentleman while observing the competition and after its conclusion. To satisfactorily meet these responsibilities, the spectator is expected to:

1. Respect the rules of the game.
2. Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner.
3. Cheer for their team in a positive, supportive manner, refraining at all times from making hostile, negative, or abusive remarks about the opposing team.
4. Refrain at all times from coming onto the playing surfaces or from throwing objects or other foreign materials onto the playing surfaces. Exit in an orderly manner at the conclusion of the activity. If an indoor activity, enter the facility quietly and remain seated during the conduct of the activity.
5. Follow all building and facility rules and regulations, respecting at all times the property of others at all times.
6. Demonstrate appropriate gestures of sportsmanship at the conclusion of the game, win or lose.
7. Realize, accept and practice the principle that a team's reputation is built not only on its playing ability but also on sportsmanship, courtesy and citizenship of its fans.