

PARENT/PLAYER HANDBOOK

WHITTIER AREA
COMMUNITY CHURCH
YOUTH HOOPS

www.youthhoops.org

Welcome to WACC Youth Hoops

INFORMATION FOR PARENTS AND PLAYERS

WACC Youth Hoops VISION

Our vision is to bring the local community into a relationship with God, to guide them into the community of WACC, and to foster the growth of that community through sports and recreation.

THE WAY HE WANTS YOU TO LIVE

And now, friends, we ask you to honor those leaders who work so hard over you, who have been given the responsibility of urging and guiding you along in your obedience. Overwhelm them with appreciation and love!

Get along, among yourselves, each of you doing your part. Be patient with each person, attentive to individual needs. And be careful that when you get on each other's nerves you don't snap at each other. Look for the best in each other, and always do your best to bring it out.

The Message

1 Thessalonians 5:12-18

Child Protection

WACC is committed to providing a "child safe" program, where children can develop in a safe, fair, and fun environment. All coaches must pass a background check.

ELIGIBILITY

All boys and girls, with birthdates between the ages of 12.2.1994 to 12.2.2002, shall be eligible to register for the program.

REGISTRATION

New players must submit a Registration Form, and the Registration Fee prior to any player being registered with Youth Hoops. Registration information and forms are available on the www.wacc.net website.

Scholarships are available if needed.

TEAM ASSIGNMENTS

Team assignments shall be made by the Sports and Recreation Department. Players are contacted by their coach after the coach meeting in December to advise them of practice day and time.

EQUIPMENT

UNIFORMS: A uniform consisting of shirt and shorts are provided by WACC. Players may not wear rings, watches, chains, necklaces, earrings, hard pony tail holders, or barrettes as these items may cause injury during play.

SHOES: Regular tennis shoes.

BALL: A player needs to practice with a ball to develop skill and coordination. Any time spent with the ball makes for a better player and active parent participation is greatly encouraged. Please put the player's name on the ball for identification (ball sizes below). Balls are not required. WACC has extra to practice with during team practices if you do not have one or forget yours.

Hoops Basketball Sizes

U-8	Pee-Wee	27.5
U-10	Minor	27.5
U-12	Major Boys	28.5
U-14	Senior Girls	28.5
U-14	Senior Boys	28.5

PRACTICE

Practices consist of weekly one hour practices in the Sports Center. It is the responsibility of the parents/guardian to make sure that their child attends practice. If a player is going to miss practice the coach or the team parent should be notified as soon as possible. If a player misses a practice, it is at the discretion of the coach to cut play time at the following game.

GAME SCHEDULE

Games are to be played according to the schedule. All games are scheduled on Friday evenings and Saturdays in the Sports Center. Game schedules are posted inside the Sports Center and are updated when needed. Game schedules are also posted on our [www.wacc.net /youthhoops](http://www.wacc.net/youthhoops) website.

PARENT PARTICIPATION

THE REGION AND PLAYERS NEED YOUR PARTICIPATION. Attend practices and games. PARENTAL SUPPORT IS CRUCIAL. Learn about the rules of the game by reading Game Rules included in this Handbook. Above all, show tolerance of the players' mistakes and weaknesses. When attending games, cheer for all players on both teams as well as your own child. Every parent is requested to volunteer in some area of the program and there are various jobs available. Before your team's meeting, read the section on Volunteering in this handbook and offer to help. Pray for your child, team, coaches, referees, scorekeepers and volunteers.

Volunteer/Committee Positions

Scorekeepers

Referees

Coaches

Snack Shack Workers

Pictures

Team Parent

Awards Night

Say Yes-Skid Row Fundraiser's

Barbeque & Bake Sales

Contact Chereen 945.4500 x176

chereen@wacc.net

WACC YOUTH HOOPS PHILOSOPHY

The goal of the WACC Youth Hoops is to encourage the growth of basketball and promote positive child development. Although everyone engaged in sporting competition should have a desire to win, this desire should not be pursued to the exclusion of good sportsmanship, fair play and participation. Youth Hoops is a parent based volunteer Christian organization providing a basketball program for all children regardless of experience or skill level. Registration of your child in our program implies responsibility to the team and adherence to the Five principles of Youth Hoops: **Everyone Plays, Balanced Teams, Positive Coaching, Good Sportsmanship, Relationship with God.**

EVERYONE PLAYS

Everyone plays. Each player must play at least half of each game. Each player may play more than half depending on the number of players on each team for that game. Please refer to the "Substitution Guidelines" sheet for specific amounts of playing time.

* A player who fails to call for practice cancellation; game cancellation or is routinely late needs only to be played 1/4 of the game.

PRAYER TIME

Each game there is an opening and closing prayer given by one of the players. Home team opens and visiting team closes. Please respect this time as "quiet" time. No talking, movement and dribbling. Thank you.

COACHES

As a parent, you can help your child's coach by introducing yourself and thanking them for their interest in coaching a team. Support the coach's request that your child be on time for practices and games. If you do not stay for the entire practice session, pick up your child promptly at the end of practice. Be positive with your comments and remember that a coach has a reason for his selection of player positions. Don't criticize the coach because you think your child should play a different position. Offer help at practices. Remember that coaches volunteer their time and energy to instruct and help your child, and they need your cooperation and support.

REFEREES

WACC Referees are entitled to the highest respect from coaches, players and spectators. A referee's call (and there will be calls) shall be accepted without complaint. Some of the referees do not have children playing in our league and all of them gladly give their time to help us. Please *show them the respect they deserve* - they are volunteers, and express your appreciation for their commitment to our basketball program. Youth Hoops is always in need of referees. If you are interested, contact Kelly Warner or Rudy Benavidez.

SAFETY

Safety of all the Youth Hoops program participants is always a primary objective. Basketball is a physical sport and minor injuries may result. Normal first aid practices (ice, bandages, etc.) should be utilized. Proper basketball techniques (dribbling, passing, shooting, etc.) will be taught by your team's coaches.

Player's should eat far enough ahead of basketball practices and games so that food doesn't upset their stomach. Eat a healthy meal about 3 or 4 hours before your practice or game. If you must snack, eat only a small quantity of complex carbohydrates—foods such as cereal, English muffins, pasta or a piece of toast.

Just make sure you don't eat less than an hour before the game! Thirty minutes after any competition, eat a meal high in complex carbohydrates to help restore your body's blood sugar (glycogen levels).

Three hours before any sport activity, drink a couple of glasses of water (12 oz. sized glass). Don't gulp! Sip the water slowly. One hour before game time, drink a little more water. During the game, drink a little water every 15 minutes or so.

Drinking fluids is important! After the game, drink more water.

SIDELINE ETIQUETTE

Youth Hoops basketball encourages positive self-esteem, discipline, personal responsibility, teamwork, acceptance of and learning from disappointment and success, as well as perseverance. It is also an enjoyable game to watch as well as play. We believe that quality basketball can and should be developed, and that it can and should be fun. Therefore, the emphasis of our program is not on who wins but how the players and teams develop, and most importantly, did they have fun in doing so? We want all participants to reach their full, *age-appropriate* potential and to enjoy themselves in the process.

As spectators, we must realize that the players are trying their very best and deserve *our very best* in the way of support and encouragement. Negative comments have no place on the field or sidelines. We need to recognize that the effort of each player is 100% well intended and encourage each player to maintain that effort. It is also important to recognize all good play being demonstrated, *regardless of which team the player is on*.

Allow the coach to be the sole source of coaching during the match, communicating tactical or technical adjustments to the players. As a coach, be sure that your coaching during the game is limited to positive, instructional or encouraging comments. Giving play-by-play instructions to all players thwarts their ability to put into effect the lessons you have stressed in practices and disallows them the opportunity to think on their feet.

Sportsmanship is a key component of the Youth Hoops program. Our children need to experience:

1. The fun of hard fought but fair competition
2. Winning graciously
3. Losing graciously
4. Improving one's abilities through practice
5. Learning the social skills involved in being a member of a team, *and*
6. Acknowledging good play by teammates as well as opponents

One of the ways in which our children can learn and continue to have these experiences is by our demonstration of good sideline behavior.

Our children learn by watching, and imitating our conduct. Keep a positive outlook and demonstrate it by supporting the coaches, players and referees, in spite of any mistakes they may make during the course of a game. Please pick up after yourselves as spectators and players.

PARENTS' PLEDGE

As a parent, you play a special role in contributing to the needs and development of youngsters. Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In Youth Kicks, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. Best of all, they have fun.

SUPPORT YOUR CHILD: Support your child by giving encouragement and showing interest in their team.

Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - that way your child will always be a winner despite the outcome of the game!

ALWAYS BE POSITIVE: Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team as well as good plays by the opposing team.

Support all efforts to remove verbal and physical abuse from youth sports activities.

REMEMBER—YOUR CHILD WANTS TO HAVE FUN: Remember that your child is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them.

Don't put too heavy a burden on your child to win games. Surveys reveal that 72% of children would rather play for a losing team than ride the bench for a winning team.

Children play for the fun of playing.

REINFORCE POSITIVE BEHAVIOR: Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes

to make mistakes. If your child does make one, remember its all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

VOLUNTEERING

Youth Kicks is a non-profit organization to teach the game of soccer and develop positive character traits in children through their participation in a quality sports program. Our Youth Kicks program strictly through the efforts of volunteers. In order to provide the quality program our kids deserve, we need YOU! Following is a list of opportunities for you to consider. All volunteers will receive instructions for selected jobs. Remember: **No Previous Experience Necessary!**

COACH: Must have a personal relationship with Christ. It can be one of the most rewarding opportunities. First time Youth Hoops coaches are strongly encouraged to attend clinic.

ASSISTANT COACH: Assists the team coach during practices. You will learn a lot about basketball and coaching, and enjoy working with the players.

REFEREE: Must attend Referee Training Class. Uniform provided by Youth Hoops. Contact Rudy or Chereen if you're interested. You will learn the rules of basketball and how to conduct the game, and enjoy participating in the game with the players. Referees are critical to providing 'fair play' games for our children.

TEAM PARENT: Administrative assistant to the coach. The Team Parent is the primary communicator between the coach and the parents. Oversees and coordinates other parents in several areas: game schedules, refreshments, parties, telephoning information and anything else that pertains to the specific team. A Team Parent Meeting provides pertinent information necessary to perform duties. Coaches greatly appreciate a committed volunteer to fill this position.

GAME DAY REFRESHMENTS: Generally, each family is assigned a specific game to bring refreshments. Also, coaches, referees and siblings appreciate being offered refreshments, so please bring a little extra.

LEAGUE RULES

WACC Youth Hoops Junior Basketball League rules are C.I.F. rules with the exception of the following "house rules":

PLAYING TIME:

- ◆ Each player must play at least half of each game. Each player may play more than half depending on the number of players on each team. Please refer to the "Substitution Guidelines" sheet for specific amounts of playing time. ***Substitutions are not to be made in the middle of a period unless there is an injury. In this case the sub NEEDS to be of equal caliber or close to. (Exception) If a player is a no-show to practice or game & didn't call to excuse their absence you will only be required to play them for ¼ of the game not ½. If a player shows up after the game has started you will only be required to play them for ¼ of the game (IF YOU CHOOSE TO USE THIS NEW RULE YOU NEED TO BE FAIR AND USE THIS RULE FOR ALL THE PLAYERS OF YOUR TEAM – EVEN YOUR KOBE BRYANTS). If you will not be fair with this rule and make it the same for everyone, then do not use it for anyone.....***

PRAYER:

- ◆ Each game will open and close with prayer. The home team (*listed first on the schedule*) is responsible for opening prayer and the visiting team (*listed second on the schedule*) is responsible for closing prayer.

GAME LENGTH:

- ◆ Each game will consist of two halves. Each half will consist of four periods for the purpose of substituting players.
 - ◆ **Pee Wee Division:** Each period will be four (4) minutes in length.
 - ◆ **Minor Coed Divisions:** Each period will be four (4) minutes in length.
 - ◆ **ALL OTHER DIVISIONS:** Each period will be five (5) minutes in length.

CLOCK:

- ◆ The clock will be a "running" clock stopping only for the following situations:
 - ◆ Injury time-out
 - ◆ Referee time-out
 - ◆ Team time-out
 - ◆ Technical foul
 - ◆ Anytime the ball is dead during the last two minutes of a game when the point spread ***is ten (10) points or less than.***

TIME-OUTS:

- ◆ Each team will have ***two time-outs per game.***
- ◆ Each time out is one minute in length.

JUMP BALLS/POSSESSION ARROWS:

- ◆ A jump ball will start each game.
- ◆ The team losing possession of the jump ball will be given the "possession arrow".
- ◆ The possession arrow will alternate teams, changing with each "jump ball" situation.
- ◆ Each new period will begin with the team showing the possession arrow bringing the ball in at half-court.

ILLEGAL DEFENSE: (Minor Division)

- ◆ A player or team may not press above the illegal defense line.
- ◆ A player may defend the opponent to stop a fast-break above the illegal defense line.
- ◆ Once a team gains control of the ball, the opposing team must get down court.
- ◆ A team may be called for an illegal defense violation twice without penalty. The third (and any further) violation will result in a ***Technical Foul***.
- ◆ ***The offensive player with the ball must break the plane of the illegal defense line within (5) five seconds after crossing half-court. Failure to do so will result in a turnover. You cannot run back behind the line to hide or stall, once the line has been crossed, the defense can press beyond that red line.***
- ◆ **There will be NO stealing on the dribble or possession in the Pee Wee coed division ALL SEASON.**

Stealing:

Senior girls (u-14) & Major Boys (u-12) division & Minor (u-10) coed division (new rule)

- ❖ Girls Division: No stealing on the dribble or possession for the 1st 1/3 of the season, then no stealing outside the 3 point line. No tying the ball up all season (stealing on possession). Major Boys Division: No stealing on possession (jump ball) all season. Minor coed Division: No Stealing for the 1st 3rd of the season, then no stealing outside of the "key". No stealing on possession ALL SEASON.
- ❖ No shot blocking (Pee Wee coed & Minor coed divisions only).
- ❖ Shooting fouls will result in 1 automatic point & 1 shot at the line (Minor coed; Major boys & Senior girls division).
- ❖ The only restrained rule for Senior boys is ...No Full Court press for the 1st 3rd of the season.

As for the shot blocking the kids at this level are still too uncoordinated to do this properly; the percentage of properly blocked shots pales to what it should be, this will make the games quicker & higher in scores. It will also be great for the still developing kids of these divisions to gain the confidence needed to develop their own style or technique in an offense as they continue to grow.

As for the 1 point + 1 shot, it's to negate all the time lost at the line for shooting fouls (we have a running clock & this sometimes takes 1 ¼ minutes to take 2 shots at the line).

PRESS:

- ◆ There is **NO FULL-COURT PRESS** in the **COED** Divisions.
- ◆ **Major BOYS Division, Senior GIRLS Div. and Senior BOYS Division:**
 - ◆ No team may press beyond half-court during the first four weeks of the season.
 - ◆ Beginning week #5, **Major BOYS Division and Senior GIRLS Div** are free to press up to red line beyond mid-court.
 - ◆ Beginning week #5, **Senior BOYS Division** are free to press full court.
 - ◆ No team may press beyond half-court when they have a lead of ten or more points. This will result in illegal defense.

FREE THROW LINE:

- ◆ Regulation fifteen (15) feet in all divisions except the COED Division.
- ◆ COED Division is set at twelve (12) feet.
- ◆ **Pee Wee COED** will not be shooting any free throws.

THREE POINT SHOTS:

- ◆ Legal in all divisions except for **Pee Wee COED**.
- ◆ Not encouraged in the **Minor division**.

BONUS SITUATIONS:

- ◆ Teams reach bonus on the seventh team foul. (*One + One Free throws*)
- ◆ Teams reach double-bonus on the tenth team foul. (*Two Free throws*)

TECHNICAL FOULS:

- ◆ A team will receive a technical foul when they are called for illegal defense three times (and every one after three) in one game.
- ◆ Any player or coach may receive a technical foul for unsportsmanlike conduct, arguing with the officials or scorekeepers, fighting, "trash-talking", foul language, ***or excessively physical play.***
- ◆ **All technical fouls will result in two free throws and possession of the ball for the shooting team.**
- ◆ If any player or coach receives two technical fouls during the course of one game, he/she will be expelled from that game and will be suspended from the following game.
- ◆ Any player or coach receiving a third technical foul over the course of the season will be reviewed for expulsion from the league.

RULES FOR EXPULSION FROM A GAME:

- ◆ **Players:** Must leave game if they curse; argue with the officials, coaches, scorekeepers, or players; or get into a fight.
- ◆ **Coaches:** Must leave the gym if they curse; argue with the officials, coaches, scorekeepers, or players; fight; or assign a player the task of doing something illegal to the detriment of the game.
- ◆ **Parents:** Must leave the gym if they argue in excess, publicly degrade anyone involved with the league (players, coaches, officials, scorekeepers, etc.); fight; or assign a player the task of doing something illegal to the detriment of the game.

Note: Any expulsions from a game will be reviewed by the Pastor of Sports and Recreation and the coach's board or review, an expulsion from the league may follow this review.

OVERTIME:

There is no overtime in Youth Hoops. Games ***can*** end in a tie.