

10. 3 time-outs will be allowed per game per team.

11. Game Schedules can be found at www.burlingame.org/rec, under the youth sports section.

12. 4th Grade Boys, 4th Grade Girls and 5th Grade Girls will shoot free throws from 13 feet instead of the regular 15-foot line.

13. On Free Throws, players can rebound only when the ball hits the rim.

14. For 5th Grade Only: Overtime will be 2 minutes in length. The clock will run for the first minute and stop the last minute. Each team will get one additional time-out in the overtime. Time-outs not used during the game can be carried over to overtime. Team fouls continue over from the second half into overtime. Teams may press the last minute of overtime.

15. Double Overtime -No time will be set. First team to score a point wins. Teams may press during Double Overtime.

16. Only two coaches are allowed on the bench. Team scorekeepers are not allowed in the bench area, unless they are one of the two coaches. Only one coach is allowed to stand and instruct the team. The other coach should be there to handle the bench. Violation of this rule will lead to a warning; second time will cause a technical foul. If the coach is given two technical fouls, they will be removed from the gym & face further disciplinary action.

17. Forfeit Rule - Any team not having at least four players to play a game will be able to move players over from another school team in the same grade, but will forfeit the game. This will allow the teams to still play, but will discourage the coaches from moving over the best players from the other team. Gym supervisor/coordinator/officials need to be advised of any switches before game time.

18. There will be no rescheduling of games. If you need a bye on a certain week, you need to inform the Recreation Coordinator before the placement games/tournament in November. Byes can only be given when there are an odd number of teams.

19. Games are played at Burlingame Intermediate School or Crocker Middle School (Hillsborough).

20. Coaches please warm up opposite your bench.

21. PLAYING TIME RULE

All players must play 12 minutes per game. All players must play one complete quarter, beginning to end. All players must play their quarter before a coach can freely substitute. A player cannot re-enter the game unless another player gets injured or receives their third foul. A player substituting for an injured player doesn't have that time count against them (substituting players still plays one complete quarter). Coaches should make officials, scorekeeper, opposing coach and Recreation Coordinator aware of any player not playing due to an existing medical condition before the game starts. Coaches should be prepared to show a doctors note stating the condition and what to do in case of emergency.



2014/2015

Burlingame Youth Basketball

Parents & Coaches

Informational Brochure



City of Burlingame

Parks & Recreation Department

850 Burlingame Avenue

558-7300

Organization

The Youth Basketball League is organized through the efforts of the City of Burlingame Parks and Recreation Department and interested members of the community for the purpose of teaching 4th and 5th grade boys and girls the fundamentals of basketball.

Objectives

* To teach the basic rules, skills and techniques involved in basketball so that each boy and girl may play and enjoy an improved and more skillful game.

* Emphasize participation, physical fitness and having **fun**.

* To give boys and girls the opportunity to learn the value of good sportsmanship and fair play in competition.

* To give boys and girls the opportunity to meet in friendly competition with other youth of the same age and ability.

Proposed Schedule for 2014-2015

Coaches Meeting: Oct 30th at 7PM

Evaluation Week: Week of 11/3

(for Schools / Grades with Multiple Teams):

First Practices: Week of Nov. 10th

4th & 5th Grade Placement Games:

Nov 22nd & 23rd

Season Begins: Dec. 6th

Season Ends: Feb 8th



Five things to remember as a coach and parent...

1. 1 out of 9,000 children in any age group will play professional sports.

2. The best athlete at 8 years old usually will not be the best at 18 years old, so don't give up if your child does not perform to your expectations.

3. If you cannot accept your child losing in competition, you should not coach or attend the game.

4. Young athletes will usually perform to their own expectations, so remember this is for their growth, not yours.

5. The officials are someone else's children, so treat them accordingly and with respect.

Youth Basketball Rules

1. 8-minute running quarters; clock stops in the last minute of each half. The clock will continue to run in the last minute of either half if there is a 10-point lead.

2. A junior size basketball will be used for 4th grade. 5th grade will use an intermediate sized ball.

3. No score will be kept for 4th grade games.

4. Shoot one-and-one on the 7th team foul in any half, and 2 on the 10th foul of the half.

5. **4th Grade** level games must play zone defense. All **5th Grade** level games can play zone or man-to-man defense.

6. 4th Grade Boys and Girls Defense: Teams will not be allowed to press. All defenses must set up and stay behind the 3pt line.

7. 5th Grade Boys and Girls Defense: Teams must set up behind the 3pt line. Once the ball crosses half court teams may advance over the extended 3pt line. If a team has a 10pt lead, they must set up and stay behind the 3pt line on defense.

Exception: Teams may press the last minute of the game, overtime and double overtime.

(only applies to 5th grade)

8. Alternating Jump Ball Rule will be used for all games.

9. Teams may play a game with four players.