

# BARC

Ballston Area Recreation Commission



# Basketball Coaches Handbook

**#LetsRecIt!**



## **BARC BASKETBALL**

(Revised 12/28/23)

**The BARC Basketball program was designed to give the youth of our community a positive outlet to learn the basics of the game, but more importantly to develop fair play, interaction with others, and have fun.**

### **GENERAL INFORMATION**

#### **NOTIFICATIONS:**

Please notify all parents of players on your teams by **Wednesday, 1/3/24** to introduce yourself, confirm your first practice time, and tell them how to identify you at the first practice.

#### **THE DRAFT:**

The draft was a completely random selection process. Teams are based on grade level.

#### **ADDITIONS:**

There will be NO additions to your rosters unless done by an administrator. If someone does not show up after the second practice, give them a call. If he/she has changed his/her mind about playing, let Nora Osuchowski know right away, and if there are people waiting for a spot, she will take care of it.

#### **SHIRTS:**

You will have shirts on picture day. If someone is not at practice hold onto the shirt until you find out if he/she will be playing.

#### **PICTURES:**

Please encourage parents to have their children participate in the team picture. The sponsors are sent a team picture as a thank you. If players are in the team picture, it will not cost them money unless they order one. This is also a fundraiser for BARC. Pictures run on time typically, so please be sure to be there 10 minutes early. There is an abbreviated practice after pictures **(30-45 minutes instead of an hour)**.



## SCHEDULES:

The schedule is posted on the BARC website by Wednesday, 1/4/23. Coaches should have the ability to enter your own team schedule through Team Snap.

## FIRST AID KITS:

First aid kits will be in the gyms or with the BARC staff that are there that day.

**THERE WILL BE ONE FOR EACH TEAM.** Do not take them home with you. Randy, Chris or Ryan will gather them at the end of each practice/game & restock (if needed).

## CANCELLATIONS:

- **If school is closed for the day**, there will be no practices/games.
- If there is a **district wide cancellation of after school activities**, there will be no practices or games.
- If the weather turns bad just prior to practice/game please contact Randy or Chris to determine whether or not to cancel. We have had many parent complaints about winter program weather cancellations in the past. This should only be done if absolutely necessary. **If you have a schedule conflict, DO NOT CANCEL. Please talk to your team parents to find someone to cover that day.** If you can't find someone, speak to Randy about other options.

\*We have one make up date scheduled to be used for snow cancellations of games only.

## INJURY REPORT:

Each first aid kit will contain an injury report and pen. If a player has the slightest injury, please document it.

**\*\*\*MOST IMPORTANT: Remember the referees have the final say. They do the best they can. PLEASE REMEMBER THEY ARE KIDS.** Please make it clear to parents that everyone should set a good example, even if they do not agree with a call. Please control your players and their parents. **SPORTSMANSHIP IS FIRST AND FOREMOST.** Parents and coaches who can not control themselves will be asked to leave.

**CONTACT INFO:** Please **do not give out program staff's cell numbers to parents unless you have permission from said staff.** **Have parents call or email the BARC office with concerns.**



**Randy Hotaling**, Volunteer Basketball Commissioner:

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**Chris Bouchard**, Support Staff:

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**Ryan Cummings**, Support Staff:

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**Nora Osuchowski**, Executive Director:

**\*Email:** [ballstonarearec@gmail.com](mailto:ballstonarearec@gmail.com) (Email is the easiest & fastest way to reach me.)\*

**Office Phone:** 885-1634



# **BARC BASKETBALL RULES**

## **GRADE K-1 (Boys/Girls)**

- **Opening tip off** is a jump ball. At quarters, possession alternates.
- There are four **7 minute** quarters.
- **Each player will play a minimum of 2 quarters. No one will play a third quarter until all players have played their 2 quarters.**
- No player will play four quarters until all players have played three quarters.
- The only exception to playing time is those with larger rosters will share playing time equally and compensate game to game for player equality.
- No full court presses allowed.
- **MAN to MAN defense only.**
- Time outs will be 2 per team/per game.
- The clock will stop for shooting and technical fouls, injuries, or other events at the discretion of the referee/coaches.
- **Substitutions** can only take place **at the end of each quarter or mid quarter.** Referees will call for subs mid quarter. Subs are allowed for injured players at any time.
- **Foul shots** – taken from **8 feet.**
- **2 foul shots** awarded for a player **fouled in the act of shooting.**
- Fouls committed in the last 2 minutes of the second and fourth quarters are awarded 1 and 1 shooting fouls.
- **1 foul shot** will be awarded for a **technical foul.**
- A **player with 5 fouls** must be **removed from the game.** If fewer than 5 players remain eligible the game is FORFEITED.
- **No Overtimes** – games will end in a tie. NO EXCEPTIONS!
- For **disciplinary reasons** players may be benched provided the opposing coach, referee, and parent are notified.
- Coaches may provide guidance to players on the court during games for this age division.
- There are no refs for this division.

# **BARC BASKETBALL RULES**

## **GRADE 2-3 (Boys/Girls)**

- **Opening tip off** is a jump ball. At quarters, possession alternates.
- There are four **7 minute** quarters.
- **Each player will play a minimum of 2 quarters. No one will play a third quarter until all players have played their 2 quarters.**
- No player will play four quarters until all players have played three quarters.
- The only exception to playing time is those with larger rosters will share playing time equally and compensate game to game for player equality.
- No full court presses allowed.
- **MAN to MAN defense only.**
- Time outs will be 2 per team/per game.
- The clock will stop for shooting and technical fouls, injuries, or other events at the discretion of the referee/coaches.
- **Substitutions** can only take place **at the end of each quarter or mid quarter.** Referees will call for subs mid quarter. Subs are allowed for injured players at any time.
- **Foul shots** – taken from **8 feet.**
- **2 foul shots** awarded for a player **fouled in the act of shooting.**
- Fouls committed in the last 2 minutes of the second and fourth quarters are awarded 1 and 1 shooting fouls.
- **1 foul shot** will be awarded for a **technical foul.**
- A **player with 5 fouls** must be **removed from the game.** If fewer than 5 players remain eligible the game is FORFEITED.
- **No Overtimes** – games will end in a tie. NO EXCEPTIONS!
- For **disciplinary reasons** players may be benched provided the opposing coach, referee, and parent are notified.
- Coaches may provide guidance to players on the court during games for this age division.
- There are no refs for this division.

# **BARC BASKETBALL RULES**

## **GRADES 4-5 (Boys/Girls)**

- **Opening tip off** is a jump ball. At quarters, possession alternates.
- There are four **8 minute quarters**.
- If a player arrives after the quarter has started, he/she **may not** participate in that quarter **unless** there is not a full team on the floor.
- **Each player will play a minimum of 2 quarters. No one will play a third quarter until all players have played their 2 quarters.**
- No player will play four quarters until all players have played three quarters.
- The only exception to playing time is those with larger rosters will share playing time equally and compensate game to game for player equality.
- No full court presses allowed.
- **MAN TO MAN** defense only.
- Time outs will be 2 per team/per game.
- The clock will stop for shooting and technical fouls, injuries, or other events at the discretion of the referee.
- **Substitutions** can only take place **at the end of each quarter or mid quarter**. Referees will call for subs mid quarter. Subs are allowed for injured players at any time.
- **Foul shots** – taken from **10 feet**
- **2 foul shots** for a player **fouled in the act of shooting**.
- **Possession fouls** will result in **change of possession**.
- Fouls committed in the last 2 minutes of the second and fourth quarters are awarded 1 and 1 shooting fouls.
- **1 foul shot** will be awarded for a **technical foul**.
- If a **player or coach** is assessed **2 technical fouls** he/she will be **ejected** from the game.
- A **player with 5 fouls** must be **removed from the game**. If fewer than 5 players remain eligible the game is FORFEITED.
- **No Overtimes** – Games will end in a tie. NO EXCEPTIONS
- For **disciplinary reasons** players may be benched provided the opposing coach, referee, and parent are notified.
- Coaches **MUST** coach from sidelines during games in this division.

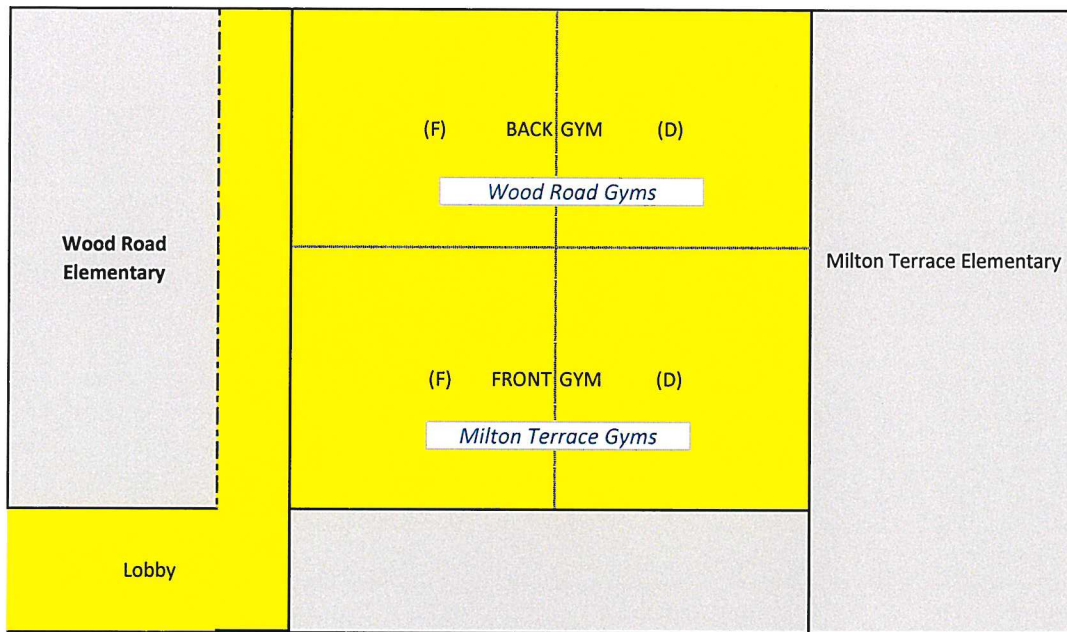


# **BARC BASKETBALL RULES**

## **GRADES 6-8 (Boys/Girls)**

- **Opening tip off** is a jump ball. At quarters, possession alternates.
- There are four **9 minute quarters**.
- If a player arrives after the quarter has started, he/she **may not** participate in that quarter **unless** there is not a full team on the floor.
- **Each player will play a minimum of 2 quarters. No one will play a third quarter until all players have played their 2 quarters.**
- No player will play four quarters until all players have played three quarters.
- The only exception to playing time is those with larger rosters will share playing time equally and compensate game to game for player equality.
- No full court presses allowed.
- **MAN TO MAN defense only.**
- Time outs will be 2 per team/per game.
- The clock will stop for shooting and technical fouls, injuries, or other events at the discretion of the referee.
- **Substitutions** can only take place **at the end of each quarter or mid quarter**. Referees will call for subs mid-quarter. Subs are allowed for injured players at any time.
- **Foul shots** – taken from **15 feet (BOYS) 10 feet (GIRLS)**
- **2 foul shots** for a player **fouled in the act of shooting.**
- **Possession fouls** will result in **change of possession.**
- Fouls committed in the last 2 minutes of the second and fourth quarters are awarded 1 and 1 shooting fouls.
- **1 foul shot** will be awarded for a **technical foul.**
- If a **player or coach** is assessed **2 technical fouls** he/she will be **ejected** from the game.
- A **player with 5 fouls** must be **removed from the game.** If fewer than 5 players remain eligible, the game is FORFEITED.
- **No overtimes** – games will end in a tie. NO EXCEPTIONS!
- For **disciplinary reasons** players may be benched provided the opposing coach, referee, and parent are notified.
- Coaches **MUST** coach from sidelines during games in this division.





(F) = First Gym (D)= Through Divider

Walk

Bus Loop/Parking