

LINCOLN

A large, stylized graphic of a basketball, composed of thick black curved lines that form the shape of the ball and its segments. The word 'YOUTH BASKETBALL' is centered within this graphic.

YOUTH BASKETBALL

LINCOLN YOUTH BASKETBALL

League Handbook 2024-2025

Created for Coaches, Players, Parents and Fans



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LINCOLN YOUTH BASKETBALL - IMPORTANT UPCOMING DATES

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Description</u>
7/1	12:00am	Registration Begins	Online at www.lincolnrecsports.com , offline at our office
11/2	9:30am	Mandatory Coaches Meeting	Coaches Meeting for all coaches
11/6	10:00am	Registration Ends	Registration ends on Sunday, November 6
11/4	7:00pm	3 rd /4 th Boys Player Evaluation	3rd: 5:00pm 4th: 7:00pm
11/5	5:00pm	5 th /6 th Boys Player Evaluation	5th: 5:00pm 6th: 7:00pm
11/7	5:00pm	7 th /8 th Player Evaluation	7th: 5:00pm 8th: 6:30pm
11/6	5:00pm	3 rd /4 th Girls Player Evaluation	ALL
11/6	7:00pm	5 th /6 th Girls Player Evaluation	ALL
11/12	5:30pm	3 rd /4 th Grade Boys Draft	Coaches Only: 5:30pm
11/13	5:30pm	5 th /6 th Grade Boys Draft	Coaches Only: 5:30pm
11/12	5:15pm	3 rd /4 th Girls Draft	Coaches Only: 5:15pm
11/13	7:00pm	5 th /6 th Girls Draft	Coaches Only: 7:00pm
11/14	5:00pm	7 th /8 th Draft	Coaches Only: 5:00pm
12/2	8:00pm	Roster Notification Deadline	Contact your team and players
12/9	5:00pm	Practices Begin	ALL GYMS
1/4	9:00am	Games Start	Games start at all local schools for all age groups
2/2	12:00pm	League Pictures	Team & individual pictures by Spectrum Photography
2/22	5:00pm	Games End	Regular season games end
3/1	TBD	Overflow Games	Tentative and make-up / overflow games

Lincoln Youth Sports Kings group day. Will also be looking at doing something locally at William Jessup University and maybe the 2 High Schools.

Welcome

On behalf of the City of Lincoln Recreation Department, we would like to welcome you to a new age of youth sports. Participation in athletics plays a valuable role in the development of our kids. Characteristics of teamwork, dedication, discipline, physical fitness, self-esteem and fair play all contribute to the overall growth and maturation of young people. The City of Lincoln takes this responsibility seriously and strives to offer quality programs which will aid in this essential development.

This handbook is presented to serve as a reference for you, as a parent, player, coach, or volunteer, so you may understand the philosophies of this program regarding youth basketball and do your part in making this league a success. If everyone works together and does their best to enrich the lives of children in the Lincoln area, we can accomplish extraordinary things.

League Philosophy

The Lincoln Recreation Department is committed to serving the recreational and advanced basketball interests of the community's children. This commitment is to provide an atmosphere of **Fun** and **Learning** and to allow the participation of all children in grades 1st through 8th wishing to play in the Lincoln Youth Basketball program. It is hoped that participation in the program will provide experiences which will contribute to physical health, social adjustment and emotional well being of each participant while acquiring the basic basketball skills to understand, appreciate and enjoy organized play.

League Goals & Objectives

- To provide an atmosphere of **Fun** and **Learning** for all players participating.
- To provide a recreational league in which all players actively participate.
- To provide a competitive league for those looking to progress more rapidly.
- To develop and encourage all the attributes relating to good sportsmanship.
- To develop and emphasize a sense of team unity and de-emphasize personal or individual play.

Goals for Players

- Teamwork! Learning to work cooperatively with others.
- Responsibility to yourself and the team.
- Sportsmanship and fair play.
- Have Fun! Participate in our program to have fun and because you want to.
- Learn to play and love the game.
- Learn to respect the game, teammates, opponents, coaches and officials.

Practices and Games

All practices and games will be identified on a schedule given to each coach for distribution to his/her team. Practices will begin the second week of December and will be scheduled during weekday evenings. League games will be played on Saturday's starting January 7th. Any changes in these schedules will be announced. The following locations

may be used for practices & games: Twelve Bridges Elementary (TBES), Twelve Bridges Middle School (TBMS), Glen Edwards Middle School (GEMS), Lincoln Crossing Elementary (LCES), Foskett Ranch Elementary (FRES), Scott Leaman Elementary (SLES), Glen Edwards Middle School (GEMS) and the Lincoln Community Center (LCC).

Before and After Practices and Games

In order to provide for the safety and well being of each and every participant, as well as maintain the security of the school grounds, the Lincoln Youth Basketball program has established a policy that requires all participants to leave the school grounds immediately following all practices and games. In addition, there is to be no loitering in or around schools prior to scheduled practices and games. Participants that loiter will be subject to disciplinary action, which may result in dismissal from the program.

The Lincoln Recreation Department does not provide supervision of the school area prior to or after scheduled practices and games. The schools prohibit loitering on school grounds except during periods of organized activities. Should you have any questions about this policy please contact us at 434-3224.

Transportation

It is the responsibility of the players and their guardians to provide transportation to and from practices & games.

Facility Rules

1. No food or drinks in the gym. Water is the *only* exception. Please take and dispose of all your trash.
2. Shoes: All players must wear non-marking rubber soled shoes, appropriate for athletic competition. Hard-soled shoes such as boots are not permitted. Shoelaces must be tied at all times. No cleats allowed in the gyms.
3. Jewelry: Players may not wear any type of jewelry during practices and games. The *only* exception to this rule is for medical bracelets; however, they should be worn taped to the skin or covered by a wristband.
4. No bicycles are allowed in the gym for any reason. Please make sure your bike is outside and locked at all times.
5. The Lincoln Recreation Department is not responsible for lost or stolen items.
6. Roller blades and skateboards are not permitted in any gym at any time.

General Rules of Play

A. League Operation

The Lincoln Youth Basketball League will be governed according, but not limited to, the rules stated herein. All rules not specifically covered herein will be in accordance with NFHS (National Federation High School) rules. Please note that all league play and rules have been established to try and assure maximum participation and enjoyment for all.

B. Teams and Players

1. A team will consist of up to twelve (12) players and no less than seven (7).
2. For games, teams must be composed of at least four (4) players to begin play.
3. Teams must have only five (5) players on the court during play. More than five (5) players, including the coach, shall be a violation and a technical foul.
4. In all age divisions, it is the league goal that each player receives minimum time.

- a. Minimum play time must be reached by all players through 3 quarters of play according to the table below. Players not meeting minimum play requirements in the first 3 quarters will need to do so in the 4th quarter. If minimum play time is not reached, teams will receive a written warning, following the warning, any infractions will result in a forfeit.
- b. 8 Players = 16 minutes
9 Players = 15 minutes
10 players = 14 minutes
11 Players = 13 minutes
12 Players = 12 minutes

C. Substitution

1. Substitutions are allowed on dead balls, timeouts, free throws, and during quarter changes and halftimes unless an injury occurs. Substitutions will be called in to the game by the officials only. If a player is shooting free throws, subs will be called in after the first shot. Players must first check-in and out at the score table.

D. Playing Time, Time Outs, and Overtime

Playing Time

1. All games consist of four (4), ten (10) minute quarters with a running clock, except for the last two (2) minutes of the fourth (4th) quarter, if the score is within 12 points.
 - a. 1st/2nd grade will consist of four (4), eight (8) minute quarters with a running clock.
2. All players on the roster who are present at the game are subject to minimum playing time requirements (see table above).
3. With a running clock, time is stopped for time outs, player injuries and quarter changes.
4. Time between quarters is one (1) minute.
5. Halftime is three to five (3-5) minutes.

Time Outs

1. Each team receives two (2) 30 seconds time outs per half. Unused time outs do not carry over.
2. Players *and* Coaches can call time outs, but you must be in possession of the ball.
3. The officials may call for a time out in the case of an injury, behavior problems, or facility repair.

Overtime

1. Overtime will consist of a one (1), two (2) minute period with a stop clock. If a tie still exists the game will be scored a tie.
2. In overtime, each team will receive one (1) 30 second time out. Regulation time outs do not carry over.

E. Putting the Ball in Play

1. The game will start with a jump ball at the center circle.
2. When a ball is tied up between two opposing players or when an out of bounds play is uncertain with respect to possession, the alternate possession rule shall be in affect.
3. The team with the possession arrow in their favor at the start of a quarter/half puts the ball in play.

F. Scoring

1. Free-Throws are worth one (1) point.
2. Two (2) points are awarded when a player makes a shot inside the three-point line.

3. Grades 1st-4th will not have a 3-point shot. All shots for these divisions count for two (2) points. In grades 5th-8th, three (3) points is awarded when a player makes a shot beyond the three-point arc.

4. If a player/coach/spectator is called for a technical foul, the opposing team gets an automatic two (2) points and the ball out of bounds. Two (2) technical fouls results in ejection from the game & league disciplinary action.

G. Personal Fouls

1. Personal fouls are holding, pushing, hacking, striking, tripping, charging, blocking, and unnecessary roughness. Any physical contact that impedes or hinders movement of a player, offensive or defensive, with or without the ball, with the exception of a legal screen or post-up is considered a personal foul. On a personal foul, the official shall: A. Indicate who committed the foul. B. Award the appropriate penalty.

2. **Common Foul Rule** – All common fouls (non-shooting fouls) shall be awarded out of bounds to the team who was fouled for the first six (6) fouls per half. On the seventh (7th) team foul it shall become a one-and-one bonus situation. The one-and-one situation carries until the end of the half. On the tenth (10th) team foul it shall become a double bonus situation (2 free-throws).

3. **Shooting Fouls** – If a player is in the act of shooting and is fouled this is considered a shooting foul. All shooting fouls will result in the person being fouled awarded free-throws in the amount of points being attempted

4. **Disqualification** – A player who has five (5) personal fouls shall be disqualified from the rest of that game.

H. Technical Fouls

1. Technical fouls may be called for delay of game, un-sportsmanlike conduct, and disrespecting an official, player, coach, spectator or league official.

2. Technical fouls are personal fouls. Any player/coach receiving two (2) technical fouls will automatically be removed from the game (An automatic one game suspension is issued if player/coach receives 2 technicals).

3. Players may be removed from play without previous technical fouls if the official feels necessary.

4. In the event of a technical foul, the opposing team will receive two (2) points and the possession of the ball.

5. Technical fouls may accompany a personal foul. If the personal foul warrants a free throw(s), the fouled player will shoot their free throw(s) without contention, and then their team shall be awarded two (2) points and possession of the ball.

I. Defense

1st/2nd grade divisions are required to play man-to-man defense, all other divisions may play man-to-man or zone.

League Policies & Information

A. Getting Ready to Coach

1. All volunteer coaches are required to get a fingerprinting and background check to be able to participate in our youth sports programs.

2. Coaches are required to contact their entire roster about the first practice.

3. Coaches will be required to attend a Coaches Meeting prior to the start of the season.

B. Coaches Clinics

1. Free Clinic is TBD.

C. Player Additions & Removals

1. Any player(s) may be added or removed from any team at the discretion of the league administrators.

2. Coaches are prohibited from adding or removing players without the consent of the league administrators.
3. A "Player Movement" form must be filled out and processed before any actions are taken.

D. Gym Use Expectation

The City of Lincoln Recreation Department is very fortunate to be able to use the local school facilities as their practice and game locations. It is up to everyone participating in the Lincoln Youth Basketball program to ensure we are able to take advantage of these amenities for many seasons to come. Coaches, players, parents, staff, and spectators need to take personal responsibility to leave each site cleaner than when we found it.

H. Uniforms

Reversible jerseys will be provided for each player. Players must provide their own shorts and shoes. Uniform sizes will be ordered according to what is supplied by the guardian on each individual's registration form. Size change requests may require an additional ordering fee to the guardian.

I. Pictures

The City of Lincoln Youth Sports Division has partnered up with Spectrum Photography to provide a team and individual picture day. After the pictures are taken, Spectrum Photography will send up the pictures and we will distribute the pictures at practice, games or available in the office for pick-up. No financial responsibility is needed to participate in the pictures; we still want everyone on the team there to at least be in the picture.

J. Code of Conduct

All coaches and guardians will be required to fill out a "Code of Conduct" form listing the expectations Lincoln Youth Basketball has set forth for its coaching staff, athletes and role models.

General Values for Parents

Thank you parents for your undying support towards your participant and our program. As a reminder, athletes and coaches will not be able to perform at their best if parents do not have a clear understanding of the philosophies of our youth sports programs. The following are suggested guidelines for parents:

1. Understand the daily pressures a child faces. Youth sports should be an outlet and place for a player to have fun. Encourage your child and allow him or her to have a good time.
2. Remember that your child learns more from your actions than your words. Practice good sportsmanship by being respectful to players, parents, coaches on both teams and officials.
3. Parents should appreciate the efforts made by both teams. There is nothing wrong with applauding a good play made by the opponents.
4. Parents should support the coach, as long as the coach follows proper coaching guidelines. Parents should understand that most coaches are volunteers. It is inappropriate for a parent to coach a player who is on the field. Not only does it devalue the coach, it also confuses the player.
5. Parents should not embarrass their child by causing attention to them through loud or rude behavior.
6. Don't be a coach - be a parent. Offer encouragement and positive reinforcement. A sure way to dampen your child's enthusiasm is with constant criticism.
7. Parents should encourage discipline by having their children arrive on time for practices and games.
8. Parents should help their children realize that belonging to a team requires commitment. Regular attendance and being prepared are necessary for the team to function smoothly.
9. Parents should volunteer their services whenever possible. This shows the value of being a team player.
10. Parents should respect the officials and their calls. It is okay to disagree, but inappropriate and disrespectful to show contempt, disdain or taunt.

General Values for Coaches

Exhibits a high level of coaching competence

- Personal commitment to coaching excellence – on and off the field
- Commitment to constant development of personal coaching skills
- Collaborates and partners with other coaches for personal and game improvement

Achieves and maintains excellence on-the-field/court

- Maintains paramount concern for the health and safety of the athletes
- Focuses on mastery of skills over winning; effort over outcome
- Fosters success through positive feedback, valuing teamwork and consistently providing support to players

Demonstrates a commitment to the well-being and development of athletes off-the-field/court

- Concerned for the development of the athlete as a whole person – emotional, physical and intellectual
- Understands and embraces their role as mentor and role model
- Respects the rights, dignity and worth of every athlete and treats everyone equally regardless of background or ability

Honors and respects the Game

- Upholds the spirit as well as the letter of the rules of the game
- Respects all opponents, officials and opposing players
- Instills a love of the game to players and parents alike