



Des Peres
Youth Basketball League
1st & 2nd Grade
Rule Book

INTRODUCTION

Hello and welcome to the Des Peres Youth Basketball League. My name is Corey Newgent. I am the Sports and Fitness Supervisor here at The Lodge Des Peres and the league administrator for the Des Peres Youth Basketball League. My office is located on the lower level of The Lodge Des Peres down inside the Fitness Center. Please feel free to stop by and introduce yourself or to ask questions regarding our league.

Thank you for taking the time out of your schedule to coach a team in our league. Volunteering to coach a team is a thankless job. Being a head coach or an assistant coach is an important role because coaches have the ability to make this experience a memorable one for all the players. Successful coaches are organized and communicate well with the players and especially the parents at the youth level. Above all others, coaches are the people who most often determine the player's enjoyment and satisfaction with youth sports. Thank you once again for taking on this challenge and I look forward to working with you this season.

Corey Newgent M.S., C.P.R.P
Sports & Fitness Supervisor
City of Des Peres Parks & Recreation
The Lodge Des Peres
1050 Des Peres Road
Des Peres, MO 63131
Cnewgent@desperesmo.org / 314-835-6166

LEAGUE PHILOSOPHY

The Des Peres Youth Basketball League was created in 2009 as a developmental league for Kindergarten, 1st Grade and 2nd Grade players. We have two leagues: Kindergarten/1st Grade League and a 2nd Grade League. We have partnered with the JR. NBA and USA Basketball to bring you the best quality youth basketball league that we can to ensure that our young athletes learn the necessary developmental skills of the sport.

Basketball is a great game that is played by millions of young people in the United States and around the world. Playing basketball fosters the development of peer relationships, self-esteem, leadership qualities, and physical health. To date, however, the sport of basketball has lacked guidelines around health and wellness and consistent game play standards. To help foster health, age-and stage- appropriate skill development, and a positive and enjoyable on-court experience for youth people, the Jr. NBA and USA Basketball have development a set of rules and standards to enhance the playing experience for youth athletes.

These guidelines aim to combat the overemphasis on early competitive success and the lack of a clear development pathway through the sport – two issues that exist across youth sports, including basketball. The Jr. NBA and USA Basketball along with Des Peres Parks & Recreation are committed to helping shape a youth basketball environment that prioritizes the health and well-being of youth athletes and promotes their enjoyment and development in the game.

OFFICIALS

The Des Peres Youth Basketball League will be officiated by MSHSAA certified officials that are staffed by the City of Des Peres Parks and Recreation Department. There will be one official assigned to each game. It is the job of the official to uphold the rules of the league as well as to help coach/instruct all players throughout the game. This is a developmental progressive league meaning that we progress through the rulebook each week. Do not expect the officials to call traveling week one of the season. Our goal is acclimate players to the league in weeks 1-3 and then start to button it up during weeks 4-8. Again our officials are there to help the players out. They will be instructing players on when and where to move the ball when needed.

EXPECTATIONS OF COACHES & PARENTS

Coaches

To maintain as a coach in the Des Peres Youth Basketball League I agree to the Coaches Code of Conduct, which states as follows.

I will:

- Conduct myself in a dignified manner relating to emotions, language, attitude and actions
- Act at all times to protect the principles of fun, safety and development of all athletes
- Demonstrate respect for the ability of opponents as well as for the judgment of referees, officials and opposing coaches
- Display control and professionalism at all times under any circumstance
- Respect the rights, dignity and worth of every person, including opponents, other coaches, officials, administrators, parents, athletes, and spectators
- Refrain from physical contact with athletes except where necessary for the development of the athletes' skill(s) or athletic ability
- Be aware and understand the role and influence of a coach as an educator, imparting knowledge of skill as well as proper personal, academic, and social behavior
- Be reasonable in my demands on athletes' time, energy and enthusiasm
- Provide an opportunity for all athletes to play the sport
- Seek to learn the latest coaching practices that take into account the principles of growth and development of athletes
- Abide by all rules set forth by the Des Peres Youth Basketball League

Parents

When attending Des Peres Parks and Recreation sponsored events, I therefore agree:

- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
- I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing, taunting or using profane language or gestures, etc.
- I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
- I will teach my child to play by the spirit of the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, sex, or ability.

- I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
- I will respect the officials and their authority during games and will never question, discuss, or confront coaches or referees at the game field, and will take time to speak with coaches at an agreed upon time and place.
- I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.
- I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.

Youth Basketball Guidelines: Ages 8 & Under

The below playing standards and rules are to serve as a guidelines and recommendations for the Des Peres Youth Basketball League.

EQUIPMENT

TOPIC	RECOMMENDATION
Size of Ball	1 st Grade & 2 nd Grade size 5 (27.5")
Height of Basket	1st Grade – 8ft. 2 nd Grade – 9ft.

GAME STRUCTURE

TOPIC	RECOMMENDATION
Game Length	Four 10-minute quarters (Stoppage at 5-minute mark)
Time Between Quarters	1 minute between 1 st /2 nd & 3 rd /4 th (5 minutes for Half-time)
Substitutions	Substitutions can be done at any time but we will have a stoppage at the 5-minute mark of each quarter for substitutions
Scoring	Scores are not kept
Free Throws	Free throws will not be shot. On any foul players will take the ball from out of bounds
Timeouts	No timeouts are given
# of Players on the Court	Each team will have 5 players on the court at a time
# of Coaches on the Court	Each team is allowed 1 coach on the court at all times in order to help direct and instruct players
Over and Back / 10 Second Violation / Lane Violations	Over and back will be called as well as a 10 second violation to ensure ball movement is taking place. Lane violations will not be called
Start of the Game Possession	Team listed first on the schedule will be given 1 st possession

GAME TACTICS

TOPIC	RECOMMENDATION
Playing Time	Equal playing time for players
Set Defense	Only player-to-player defense throughout the competition Players will match up based on color of wristband worn
Pressing Defense	Pressing is not allowed throughout the competition
Double-Team/Crowding	Double-team/crowding is not allowed throughout the competition. Defensive players must remain inside the 3-point arc
Stealing From the Dribbler	Stealing from a dribbler is not allowed throughout the competition. Stealing can only occur on a pass inside the 3-point arc in the offensive zone

DEFINITIONS

Player-to-Player Defense

- Each player will be given a team issued colored wristband that must be worn at all times while on the court. Each player will be responsible for guarding and moving with the offensive player that has the same color wristband. This requires the defensive player to move according to the offensive player's movement with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player.

Pressing Defense

- Defensive guarding, either on or off the ball, within the backcourt

Double-Team/Crowding

- Two or more defensive players guarding a single offensive player.

RATIONALE

Size of Ball: A smaller ball for the younger age segments is advised due to the size of a child's hand as well as their developing skill level. A small ball allows for better control and success.

Start of Game Possession: The team listed first on the schedule will start the game with possession. Alternating possession rules will then ensue throughout the game.

Double-Team/Crowding: Crowding the ball with multiple players (referred to as double-teaming) is not allowed for the younger age segments due to skill and size discrepancies among children at these ages.

Pressing Defense: Pressing defense is prohibited in this league to help children develop principles of movement with and without the ball.

Set Defense: The player-to-player defensive requirement for this league encourages physical activity and movement, and promotes the development of individual skill related to guarding a player both on and off the ball.

Stealing from the Dribbler: For this league, players are not allowed to seal the ball from an active dribbler. This allows ball-handlers to develop dribbling skills and confidence with the basketball. Stealing is only allowed when a pass is made inside the 3-point arc in the offensive zone.