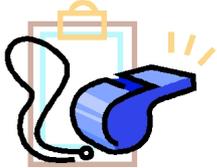


75 Years

GOLDEN BALL

**2013 PP&R
Season
Coach
Information**



Welcome All Coaches to the Portland Parks & Recreation Saturday Youth Basketball Program

Thank you for taking on the challenge of coaching in the Portland Parks & Recreation Saturday Youth Basketball Program. This program only exists because of the volunteers like yourself that are willing to spend their time with the youth of our community. We hope working with these kids rewards you as it does us. This booklet will hopefully provide you with an overview of some of the tasks that you, fellow coaches and families will need to do over the next several months of the basketball season. Please feel free to use to information provided and contact us if you have any questions.

Rick Cantu	Sports Program Coordinator	503-823-5126	rick.cantu@portlandoregon.gov
Jennifer Rounseville	Sports Program Coordinator	503-823-5124	jennifer.rounseville@portlandoregon.gov
Andre Ashley	Athletic Programs & Facilities Manager	503-823-5125	andre.ashley@portlandoregon.gov

Coaches Information

PRE-SEASON COACHES MEETINGS

Coaches and/or assistant coaches need to attend one of the scheduled coaches meetings listed below. These meetings will provide coaches with league policies and procedures plus a reminder of Portland Parks & Recreation's Zero Tolerance Rules as well as information about the upcoming season.

Saturday	December	1, 2012	10am to 12pm	Fernwood Middle School, 1915 NE 33 rd Ave
Tuesday	December	4, 2012	6pm to 8pm	Beaumont Middle School, 4043 NE Fremont St
Saturday	December	8, 2012	10am to 12pm	Fernwood Middle School, 1915 NE 33 rd Ave

COACHES TRAINING CLINICS

All coaches are encouraged to participate in this training opportunity. Learn how to run a structured practice, including drills and simplified offense and defense strategies. Training may consist of floor skill drills with coaches' participation. This is particularly helpful for new coaches. Come dressed to participate and bring a basketball.

Dates/Location : Beaumont is located at 4043 NE Fremont St. Please bring a basketball to use.

Tuesday	November 27, 2012	6:30 - 8:00 pm	Beaumont Middle School	New Coaches
Thursday	December 6, 2012	6:30 - 8:00 pm	Beaumont Middle School	New Coaches

GYM PRACTICE PERMITS

Each team can obtain one 50 minute practice. For those schools that have coordinators you must contact the site coordinator to book your practice time. Those schools who do not have a coordinator go through the customer service center at 503-823-2525.

SCHEDULES

LEAGUE SCHEDULES WILL BE POSTED ON THE WEB-SITE THURSDAY AFTERNOON, DECEMBER 13TH
WWW.PORTLANDPARKS.ORG. We play a first and second half within the 8 weeks. We do not take a break between the halves. Please make a habit of checking the web-site each week on Thursday, as we do occasional revisions which will be posted by Thursday afternoon of each week.

SATURDAY YOUTH BASKETBALL RULES & GUIDE LINES

Revised 4/17/12

I. PURPOSE:

- A. The purpose of the Saturday Youth Basketball Program is to ENCOURAGE as many boys and girls as possible, regardless of ability, to:
 - Learn the FUNDAMENTALS of the game.
 - Develop a sense of FAIR PLAY, and good SPORTSMANSHIP.
 - Experience the satisfaction of TEAM PLAY and individual COOPERATION.
 - To have FUN AND ENJOY PLAYING THE GAME of Basketball.
- B. The Portland Parks and Recreation Drug Free Youth Basketball Program is a RECREATION program based on GOOD SPORTSMANSHIP, AND THE DEVELOPMENT OF BASKETBALL FUNDAMENTALS. NOT ON WINNING CHAMPIONSHIPS!

II. EQUIPMENT/UNIFORMS:

- A. Game Ball: All 3rd through 6th grade boys and ALL girls' teams will use an intermediate size ball (28 1/2" circumference). Boys' teams (7th, 8th and high school) will use an official size ball.
- B. Jersey's: When obtaining jerseys please make sure there is a number on the back at least 6" tall. If using shirts for jerseys please make sure they are all similar in color and have a number on the back at least 6" tall.
- C. Shorts: Shorts with pockets, rivets or belt loops are not allowed for safety purposes. Shorts must be worn properly--NO SAGGING.
- D. If both teams are wearing the same color, the visiting team must change shirt color.
- E. Jewelry: All jewelry (including stud earrings) MUST be removed prior to the game. Taping earring(s) will not be allowed. NO EXCEPTIONS

III. AGE CLASSIFICATION:

Age classification for both boys and girls shall be as follows:

- A. 3rd Grade – Players cannot reach their 10th birthday before September 1 of the current school year, and must be in the 3rd grade.
- A. 4th Grade - Players cannot reach their 11th birthday before September 1 of the current school year, and must be in the 4th grade.
- B. 5th Grade - Players cannot reach their 12th birthday before September 1 of the current school year, and must be in the 5th grade.
- C. 6th Grade - Players cannot reach their 13th birthday before September 1 of the current school year, and must be in the 6th grade.
- D. 7th Grade - Players cannot reach their 14th birthday before September 1 of the current school year, and must be in the 7th grade.
- E. 8th Grade - Players cannot reach their 15th birthday before September 1 of the current school year, and must be in the 8th grade.
- F. High School Division: Players cannot reach their 19th birthday before September 1 of the current school year. **Player MUST be enrolled in high school (or school district supported equivalent program).**
- G. An individual or a team may register in a higher age division. They may not drop back down during the current season of League play.
- H. Teams that have players in more than one grade level must play at the level of the highest grade player. (Ex. Team with nine 4th graders and one 5th grader must play at the 5th grade level.)

****Any exceptions in the age and/or grade classification must be petitioned in writing to the Sports Office, accompanied with authorization approval by the school principal and the individual's parent or guardian.***

IV. Coach Guidelines:

- A. Team Application and fees must be in the Sports Office by designated deadline.
- B. Attend one of the coach meetings listed above.
- C. Once registered a team may obtain a practice permit as part of the fee. You are allotted on time slot per week however, if there is gym time still available after the first of the year then you may have more than one time slot.
- D. If coaching more than one team you are required to have a designated assistant coach that will also attend one of the coach meetings and be available to coach solely if there is a game scheduling conflict.
- E. Coaches are encouraged to have a parent meeting prior to the start of the season to answer any rule questions and remind parents/spectators to show good sportsmanship.
- F. Team rosters must be turned in prior to the first game of the season. The Sports Office must approve any roster additions after your first game. Rosters are to be completed using the form provided.
- G. Players wishing to change teams must be released from team #1 prior to playing for team #2. All releases and transfers must be registered with the Sports Office prior to the first game that player plays with their new team.
- H. Please keep a copy of the team roster for your own records.

V. GAME & PRACTICE FACILITIES:

- A. Teams using public gymnasiums will be held responsible for the conduct of the players and spectators while they are occupying the building. Team managers shall carefully supervise the gymnasiums, and restrooms.
- B. In case of damage to school equipment or facilities, the teams using the building at the time shall be assessed their equal share of the damages.
- C. There shall be no smoking, food or drink in facilities.
- D. Players or spectators shall not enter any room other than the gymnasium, and restrooms.
- E. Teams are to report any damage or vandalism found immediately to the Sports Office.
- F. The practice facility list is included in the coach packet. Some sites have listed gym coordinators who you must contact for available gym time. Others go directly through the customer service center at 503-823-2525.

VI. PLAYER ELIGIBILITY:

- A. Team schedules will not be adjusted to accommodate teams/players competing in other basketball programs.
- B. Players who compete under false qualifications will be disqualified from further league play.
- C. With in the recreation and high school prep divisions: Players are eligible to compete on one team only in the Portland Parks and Recreation Saturday Youth Basketball Program. A player may however participate on one recreational division team and one high school prep division team. Competing on two (2) teams will result in immediate ejection and suspension from their next game. Player must select one team before returning to league play.
- D. **HIGH SCHOOL INTERSCHOLASTIC PLAYERS** (freshmen, jr. varsity, and varsity) are **not** allowed on the Saturday Basketball teams neither can they join Saturday teams when High School season ends.
- E. Refer eligibility questions to Sports Office.

VII. LEAGUE PHILOSOPHY

- A. The Saturday Youth Basketball Program is designed to provide opportunity to participate within a recreational philosophy. The Sports Office does not keep league standings, nor are awards provided.
- B. Comments and constructive criticism regarding performances of officials or facility supervisors should be documented and sent to the Sports Office.

SATURDAY YOUTH BASKETBALL SUPPLEMENTAL LEAGUE RULES

The Saturday Youth Basketball Program uses National Federation of State High School Basketball Association Rules with the following amendments.

Revised 10/1/12

I. REGULATION FOR LEAGUE PLAY:

A. Personal Behavior:

1. There shall be certain standards of conduct expected from every member and person associated with a team. A player, manager, coach or person(s) connected with a team shall not commit any of the following:
 - (a) Touch an official.
 - (b) Use vulgar or abusive language directed towards another player, spectator, or an official.
 - (c) Engage in a fight with a player, spectator, or an official.
 - (d) Engage in any unsportsmanlike conduct.
2. In the event of such violation of conduct, the officials and/or authorized persons as defined in "3" below shall immediately eject the offender from the game and the gymnasium.
3. Managers and teams are responsible for their behavior as well as the behavior of their fans. If in the official's opinion the game cannot be continued in a sportsmanlike manner, the offending team shall forfeit the game.
4. Procedure that will be followed regarding technical fouls:
 - (a) Technical fouls shall count as personal fouls.
 - (b) Two technical fouls called on a player or coach for unsportsmanlike actions will result in automatic ejection from the game. The player or coach will also be required to sit out a minimum of one game and placed on probation for the remainder of the season.
 - (c) Three technical fouls on a team for unsportsmanlike actions will cause the game to be forfeited. Team will be required to forfeit a minimum of one additional game and will be placed on probation for the remainder of the season.
 - (d) Technical fouls that are **not** unsportsmanlike:
Illegal numbers / Illegal substitution
Illegal defense / Leaving the court without permission
5. Refer to your signed copy of the Code of Conduct regarding behavior expectations. League Officials reserve the right to suspend a player, fan, coach or team from play as determined necessary in the best interests of the program.

B. Playing Time/Timekeeping/Score keeping:

1. Four (4), ten (10-minute) running time quarters with five (5) minutes between halves and one (1) minute between quarters. Clock stops only during last two minutes of game if there is a six (6) point spread or less. **This decision is made at the 2-minute mark based on the score at that point and continues until game ends. The clock does not switch between stop and running time if the score goes above or below the 6 point lead.**
2. Overtime period shall be three (3) minutes of stop time for all games. If at the end of the overtime the score is still tied the game will go to sudden death.
3. Time Outs: Each team is entitled to two (2) one-minute stop-time timeouts per half. Teams will receive one (1) one-minute stop-time timeout for the extra period. Time outs cannot be accumulated. Teams may use both timeouts during stop-time situations.
4. The home team shall be the one listed last on the schedule. They will be the official book and timer. If they cannot provide the official book and a timer, the game will be forfeited to the visiting team. Score keepers should sit together. The timer is responsible for notifying the Official when there are two (2) minutes remaining in the game. The Official will then notify both coaches of the time remaining.

- C. Forfeit Time:
 1. Games will start at the time listed on the schedule.
 2. Grades 3rd to 8th: Teams will be allowed to play with four (4) players for the entire game. 5th player may enter game when they arrive.
 3. High School: Teams will be allowed to start the game with four (4) players, the 5th player must arrive by the start of the second quarter or game becomes a forfeit. The 5th player must be on the roster submitted to the Sports Office
- D. Third (3rd) to Sixth (6th) grade teams will be allowed to shoot their free throw shots from a line twelve (12) feet from the vertical plane of the backboard.
- C. Zone Defenses are not allowed during play of any 3rd - 6th grade games.
 1. Definition of zone: Once a team has advanced the ball to its front court, no defensive player may intentionally guard an area instead of any opponent. Defensive player must stay within 6 feet of offensive player. If it is apparent the player is not guarding an offensive player, a violation will be called.
 2. Basic defensive moves: Basic defensive variations such as switching and sliding through are allowed. Double-teaming of the player with the ball is only allowed below the free throw line extended.
 3. Penalty for violation: Teams detected to be intentionally in violation of the zone defense rule after one warning shall be penalized with a technical foul and the non-violating team shall be given two (2) free throws in addition to possession of the ball out of bounds.
- F. Third (3rd) to Sixth (6th) grade teams may only press in the last 2 minutes of the game. Grades 7th through H. S. may press the entire game. NO team may press if they have a 10 point or more lead.
- G. Third (3rd) to Sixth (6th) grade teams may not use offenses that are designed to draw players to the sides (4 corner), or bunch players so that one player can go one-on-one with a defensive player. Use of these offenses will result in a technical foul.
- H. Teams that forfeit two (2) games may be dropped from further League play.
- I. Player Accident Insurance is an individual responsibility not a PP&R or team responsibility. Insurance is not mandatory, but optional.
- J. All teams must be accompanied by an adult (21 and over) who is responsible for the actions of the players, or the game will be declared a forfeit.
- K. Supplements to the Regulations governing the play in this Program may be issued by the Youth Basketball Advisory Board, from time to time as needed.

II. SUBSTITUTIONS:

- A. **GRADES 3-8:** All eligible players in attendance on game day must play at least one (1) full quarter. This complete quarter must be on the first entry into the game without substitution. No player may re-enter the game until all other players have been entered. **EXCEPTION:** If a player has a health condition (e.g. asthma) and it is brought to the referee's attention **before the game starts**, that player's quarter of playing time may be spread over the entire game. If a player has a disability and needs an accommodation in order to participate, it needs to be brought to the attention of Portland Parks and Recreation Sports office at least 48 hours in advance of each game so that arrangements can be made.
- B. **HIGH SCHOOL PREP DIVISION and HIGH SCHOOL DIVISION:** The above rule does not apply. Follow High School Federation Substitution Rules

A major goal of the Saturday Youth Basketball program is maximum participation by each player, not just the best players. This participation rule attempts to promote maximum participation yet allowing the coaches as much latitude as possible. This rule requires each player to play a full quarter; it is not intended that any player sit out three full quarters. It is intended that playing time be as equal as possible and that after the one quarter without substitution rule is satisfied, each player make at least one or two more entries into the game.

REMEMBER: SATURDAY YOUTH BASKETBALL IS FOR FUN



REMINDER * REMINDER * REMINDER

COACHES:

3 ROSTER SHEETS are due before January 5, 2013.
Make sure player birth dates are listed and correct.
You may fax your roster to us at 503-823-1655

- HOME TEAM MUST provide the official book and timer._
- EACH TEAM provides its own basketballs._
- PLEASE READ your Supplemental Rules._
- There are NO make-up games.

Please remember the Recreational Philosophy of
the Saturday Youth Basketball Program.



Know Your Role
CHOOSE ONE. RESPECT THE OTHERS.

 ATHLETE	 COACH	 OFFICIAL	 FAN
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STOCKING THE FIRST AID KIT



A well-stocked first aid kit should contain the following items:

List of emergency phone numbers

Bandage scissors

Plastic bags for crushed ice

4-inch and 6-inch elastic wraps

Triangular bandage

Saline Solution for eyes

Contact lens case

Mirror

Penlight

Tongue depressors

Cotton swabs

Butterfly strips

Examination gloves

Safety pins

Insect sting kit

Bandage strips-assorted sizes

Alcohol

Peroxide

Antibacterial soap

First aid cream

Petroleum jelly

Tape adherent

Tape remover

1-1/2 inch white athletic tape

Sterile gauze rolls

1/8-inch, 1/4-inch, and 1/2-inch foam rubber

Sterile gauze pads – 3-inch and 4-inch squares



ORGANIZATION

THE SECRET WEAPON FOR SMOOTH RUNNING PRACTICES

Conducting practices for a youth sports team can be a bit overwhelming--if the coach isn't prepared.

Practice sessions are when the coach is going to have the most impact with helping the youngsters on the team learn and develop skills, so it's vital to take the time to properly organized the practice.

The following few tips are to help coaches conduct smooth-running practices that are the key to a fun and productive season.

- **Emphasize the importance of everyone being on time for practice (coaches too)**
- **Put together a practice plan BEFORE you arrive at the field or gym. The kids on the team deserve to practice in an organized fashion. Plus, they'll have more fun and will be more likely to learn and improve skills. When you put together the practice plan be sure to allot an appropriate amount of time for warm-up and cool down exercises.**
- **If you've got assistant coaches or parents who are helping out with the practices, give them a copy of the practice plan so that everyone has a clear understanding of what's going to be done that day. This will also help them keep the practice running smoothly.**
- **Follow your outline thought out the practice. Since you've taken the time to put one together, straying from it halfway through the practice probably isn't going to be beneficial.**
- **Make sure to alternate drills as often as possible. For example, if the kids are stuck for 30 minutes doing the same drill they're likely to become bored and lose interest. But, if those 30 minutes are broken into three different 10-minute drills they're far more likely to have fun and also enhance their skill development.**
- **Be enthusiastic. If you're energetic and enthusiastic about the practice the kids will sense that and it will carry over to them.**
- **When practice is over get the team together for a brief meeting. Make sure they know when the next practice game is and see if they have any questions.**

From: Youth Sport Coach. The official newsletter of the National Youth Sports Coaches Association. Dec. 1997

Parents Can Help Prevent Sexual Abuse of Your Children

Carolyn Schroeder, Ph.D.

Few prospects are as frightening to parents as the sexual abuse of their children. Nearly one in every four children in America will be sexually abused by the age of 18. Molestation ranges from exhibitionism and pornography to fondling and intercourse. At least 10% of these children are younger than 5 years-old when they are first attacked.

Today a child is more likely to be sexually abused than hit by a car. Yet, parents generally find it easier to teach their children the rules of the road than to face their sexuality. You should put lessons about sexuality and sexual abuse warnings in the same context as other information children need for physical safety and survival. Here are some suggestions.

1) Be Open

The first step is to deal with sexuality in a realistic and open way. Children need and deserve correct information about their bodies and their rights to privacy. If you hesitate to give it to them, your children are at a disadvantage. Studies are beginning to show that children are less likely to be sexually abused if their parents give them correct information. They are also more sexually responsible later in life.

Sexual assault results from an imbalance of power between the victim and the offender. Children become less vulnerable when we teach them how their anatomy works, how to refuse improper advances and how to get help.

Starting around age three, children begin to ask their parents questions about sexuality. During the preschool years they will ask more of these questions than at any other time in their lives. If parents ignore or postpone such questions, they lose the opportunity to share their own feelings about sexuality.

Helping children feel good about themselves, their bodies and their relationships with others is as important as giving factual information. Talking about love is a major part of sexual education. Since children often learn by watching, the ways parents express affection and interact with others also reveals much.

ABUSE HOTLINE

503-731-3100

2) Be Specific

Minimize any embarrassment or fear when it is time to discuss sexuality with your children. Encourage their questions.

If your child asks a question about the difference between boys and girls or the start of life, give yourself a moment to think before answering. You can find out how much your child already knows, including any misconceptions, by asking, "What do you think?" Your answers should be short, simple and honest, using language the child can understand, but correctly naming body parts and functions.

Dr. Sally Koblinsky, a San Diego State University educator, suggests the following guidelines for parents of preschool children:

- Be clear. Clarify values with spouses and rehearse responses to possible questions.
- Be prepared. Check libraries and bookstores for children's books on explaining sexuality and use them to stimulate discussion.
- Be available. Answer questions as they come up. If you don't know an answer, admit it, find the information and share it with your child soon after the question arises.
- Be honest. If you feel uncomfortable, you might try saying, "This is hard for me, but I want to talk to you about it anyway."
- Be patient. Expect the same questions many times before a concept is learned.
- Be responsible. If a child hasn't asked any questions by age five, parents should not assume a lack of curiosity; rather, you should bring up the subject yourself.

Often children not only ask questions, but also explore each other's bodies. If you scold or punish your children for engaging in sex play, the behavior may begin to seem more exciting. If you find children playing this way, acknowledge their curiosity, saying, "It looks as if you're curious about how boys and girls are different. Put your clothes back on, and let's look at a book that shows us these differences."

As children mature, they will need specific information about the differences between the sexes, and the processes of reproduction, menstruation, pregnancy, and birth. They need to know that masturbation is a

natural response that feels good and that two people "make love" because they care deeply for each other, find it enjoyable, and both want to do it.

3) Teach Self-Protective Strategies

As you teach your children about sexuality, you also need to tell them how to protect themselves against sexual abuse. Don't worry that they will grow up to be suspicious or fearful of everyone if you discuss sexual assault. After all, we don't worry about frightening our children or emotionally harming them when we repeatedly warn: "Don't run out in front of cars" or "Don't pet strange animals."

Children should be told their bodies are private and no one has the right to touch their private parts. They should understand this rule applies to family members and close friends, as well as outsiders. Only a physician examining them or a parent or caregiver bathing them or applying medicine qualify as exceptions.

Talk to your children about good touches like tickling and hugging, bad touches like being tickled so much it hurts, and confusing touches, perhaps when someone sneaks up on you. Children should not be forced to touch other people or be touched by them. If they don't want to kiss a relative, support their feelings by allowing them to shake hands.

Children should be told what sexual assault means. It is a "touch that doesn't feel good." Someone might try: "Putting his hand down your pants, rubbing up against you, telling you to touch her, making you look at him or asking you to keep a secret."

Youngsters usually think: "Yuck! Who would do that?" They need to know it could be a stranger or someone they know. If a stranger approaches them, they can say, "I'm not allowed to talk to strangers." Then, if necessary, they can walk or run away. Children also need to understand what a "stranger" is.

4) Explain How to Say 'No'

The most common sexual assaults are fondling and exhibitionism. We also know that the majority of sexually abusive situations develop gradually over time. Since bribes and threats rather than extreme physical force usually are used to make youngsters comply, children should know how to respond.

Tell children to refuse when someone says: "I'll let you feed the rabbits if you undress for me," "Don't tell or I'll go to jail," "I'll let you watch TV if you let me touch you," or "Don't tell our secret or I won't like you anymore." Don't teach your children to respect or obey adults blindly. They must learn to say no. They can say: "My mom told me not to," or "I'm going to tell my dad," or "Don't do that!"

Children should have a chance to rehearse these "what if" situations. They need time to plan out what they should do if they get separated from parents in a grocery store, a baby sitter wants to take a bath with them, or a neighbor whose flowers they've picked says he won't tell if they can play a secret game.

5) Minimize Risks

Screen baby sitters and day care providers properly and review for them your family rules. Parents always must let a substitute caregiver know that their family doesn't keep secrets. You can say what you want to know whether anything goes wrong and that your children have your permission to say "no" if they don't understand a request.

Tell children more than "mind the baby sitter." They need to know the rules they are expected to obey and that they can refuse baby sitters who threaten them or offer special treats for doing something they don't understand.

Be wary of someone who won't listen to your child's attempt to set limits- an adult who continually entices children into his or her home or a friend that your child suddenly avoids.

Be ready to call the police and the department of social services if you find your child has been abused. Don't confront the offender in the child's presence. Keep cool, and remember it isn't the child's fault.

Dr. Schroeder is a pediatric psychologist and research scientist at the University of North Carolina's Biological Sciences Research Center.

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