



## GOLDENBALL GUIDE LINES & PHILOSOPHY

Revised 10/1/16

### I. LEAGUE PHILOSOPHY:

- 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 Golden Ball Program is a RECREATION program based on GOOD SPORTSMANSHIP, AND THE DEVELOPMENT OF BASKETBALL FUNDAMENTALS. NOT ON WINNING CHAMPIONSHIPS!

### II. CLASSIFICATION:

- A. 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 without permission from league directors.
- B. Teams that have players in more than one grade level must play at the level of the highest grade player. (Ex. Team with nine 4<sup>th</sup> graders and one 5<sup>th</sup> grader must play at the 5<sup>th</sup> grade level.)
- C. A team may register as a coed team however, they will participate in the boy's section of the league.
- D. 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.
- E. High School players must be players that are not participating on their high school team and be a Player that is enrolled in high school (or school district supported equivalent program).
- F. Players who compete under false qualifications will be disqualified from further league play.
- G. If a player is suspended or expelled from school, the player will not be allowed to participate in the Goldenball program until readmitted to school.
- H. Refer eligibility questions to Sports Office.

### III. COACH GUIDELINES:

- A. We value your dedication to volunteering your time. As Coaches and assistant coaches you are required to attend one of the coach meetings listed to be best informed of our league rules and expectations: Dates TBA
- B. If coaching more than one team you are required to have a designated assistant coach that will also be available to coach solely if there is a game scheduling conflict.
- C. 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.
- D. We encourage coaches 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.
- E. 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. Please keep a copy of the team roster for your own records.
- F. 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.
- G. Officials: Sportsmanship is an important part of our program. Coaches should not openly criticize or abuse officials in any way during the game. Lead by example. Referee evaluation forms are located online or with our Saturday Gym Supervisors. Positive Comments are welcome too!
- H. Player Accident Insurance is an individual responsibility not a PP&R or team responsibility. Insurance is not mandatory, but optional.

#### IV. ON/OFF COURT CONDUCT:

1. As coaches and assistant coaches we have expectations on how one should conduct themselves both on and off the court. You are responsible for the actions of your players, parents and spectators. A player, manager, coach, parent/spectator 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 gym supervisors shall immediately eject the offender from the game and the gymnasium.
3. The person whose was ejected is also prohibited from attending the next schedule game for that team. The offensive will be investigated by Sports Office Staff to determine if further action is needed. This could include probation and/or suspension from any program activities.
4. These actions and/or conduct will result in a technical foul for your team and possible forfeiture of game.
5. Only the coach is allowed to stand during the game. Coaches are not allowed on the court, unless there is a player injury and/or the referee has instructed so. A coach must stay within the length of the team bench. Also, if a coach receives a warning or technical foul the coach must remain seated the remainder of the game.
6. Coaches are responsible for not only their players but the behavior of their fans as well. If in the official's opinion the game cannot be continued in a sportsmanlike manner, the offending team shall forfeit the game.
7. Refer to your signed copy of the Code of Conduct regarding behavior expectations.
8. 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.
9. Procedure that will be followed regarding technical fouls:
  - (a) Technical fouls shall count both as personal fouls and team 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 and do not count toward the three technical rule:
    1. Illegal Substitutions
    2. Illegal Defense
    3. Illegal Offense

#### V. GAME & PRACTICE FACILITIES:

- A. Once registered a team may obtain a practice permit as part of the fee. You are allotted one 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. Practice Permits begin November 14<sup>th</sup> 2016.
- B. Teams using public gymnasiums will be held responsible for the conduct of the players and spectators while they are occupying the gym space. Players or spectators shall not enter any room other than the gymnasium, and restrooms. There is no loitering/running throughout the building.
- C. 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.
- D. There shall be no smoking, food or drink in facilities.
- E. Please respect the teams that follow your practice time and be off the court at your scheduled end time and make sure your players pick up all their belongings.
- F. Teams are to report any damage or vandalism found immediately to the Sports Office.
- G. 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 sports office contact us at 503-823-5124 or 503-823-5126.

## VI. EQUIPMENT/UNIFORMS:

- A. Game Ball: All 3<sup>rd</sup> through 5<sup>th</sup> grade boys and ALL girls' teams will use an intermediate size ball (28 1/2" circumference). Boys' teams (6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 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 of earring(s) will not be allowed. NO EXCEPTIONS
- F. Compression Sleeves and Shorts: Are now permitted to wear during league games.

## VII. SCHEDULES:

- A. 1<sup>st</sup> half schedules will be posted just prior to Winter Break. League games will begin the first Saturday in January when school has resumed. 2<sup>nd</sup> half will begin right after the 4<sup>th</sup> week, there is no break between halves.
- B. Schedule Updates: If we have a forfeit or game change, we do all changes by Thursday morning of each week. **PLEASE make it a habit to check you're posted online schedule each week on Thursday to make sure there have not been any changes for the upcoming Saturday game.**
- C. Team schedules will not be adjusted to accommodate teams/players competing in other basketball leagues or other sport programs.
- D. Team rosters are due prior to the first scheduled game. Please either email [jennifer.rounseville@portlandoregon.gov](mailto:jennifer.rounseville@portlandoregon.gov) or fax your team roster to 503-823-1655.
- E. Tournament Participation: If your team is participating in an outside tournament please let our office know, no later than Wednesday of the scheduled date so that we can try to fill your game time in. Advance notice is appreciated. These games are not made up.

## VIII. SAFETY, FIRST AID AND CONCUSSION AWARENESS:

- A. Basketball can be a fast-action, physical game, even in our recreation divisions. Proper warm-up is recommended before each game and practice.
- B. Our Gym Supervisors have basic first aid supplies during league games but it is a good idea to have your own first aid kit put together for practice and game situations. Some items we suggest are: Ice packs, band-aids, gauze, sports tape and gloves.
- C. Any player who is bleeding, or has an open wound, or has any type of blood on their uniform, must leave the game for appropriate treatment. A player may return to the game at the first dead ball opportunity or at the end of a time out.
- D. Don't forget to have your players hydrate! Remind your players to drink water throughout the week.
- E. Please make sure players remove all jewelry and metal hair fasteners. This is a National High School Rule and there will be No Exceptions. If you have a player who requires vision correction, please make sure they have shatter resistant glasses and they are held in place by an elastic strap.
- F. Concussion Awareness: This year we are encouraging all coaches to go to our web-site [www.portlandparks.org](http://www.portlandparks.org) and take the free online concussion awareness test. Please print the certificate and fax or email a copy to the sports office (503-823-1655 fax). **As a league rule if a player has a significant blow to the head, officials have been instructed to remove the player from the game/s for the remainder of the day.** Make sure the parent/s are informed of the possible concussion. Please be aware of the signs and symptoms that may indicate that a concussion has occurred:

### ***Signs Observed By Coach***

### ***Symptoms Reported By Athlete***

Appears Dazed or Stunned	Headache or "pressure" in head
Confused about assignment or position	Nausea or Vomiting
Forgets sports plays, moves clumsily	Balance problems or dizziness
Unsure of game, score or opponent	Double or blurry vision, Sensitive to light
Answers questions slowly	Sensitive to noise
Loses consciousness	Feeling sluggish, hazy or foggy
Show behavior or personality changes	Trouble concentrating or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

# GOLDENBALL YOUTH BASKETBALL SUPPLEMENTAL LEAGUE RULES

*Revised 5/8/2015*

The Saturday Youth Basketball Program uses  
National Federation of State High School  
Basketball Association Rules with the following amendments.  
[www.nfhs.org/activities-sports/basketball/](http://www.nfhs.org/activities-sports/basketball/)

## I. RULES FOR GAME PLAYING TIME AND SCORE KEEPING:

### A. Playing Time:

#### All Grade Divisions; except HS Prep Division

1. Four (4), ten (10-minute) running time quarters with a five (5) minute halftime and one (1) minute between quarters.
2. Clock stops only during last two minutes of game if there is a nine (9) 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 9 point lead.**
3. Overtime period shall be two (2) minutes of stop time for all games. If still tied at the end of the first overtime then a second overtime of two (2) minutes of stop time will be played. Game will be declared a tie if still tied after second overtime.
4. 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 each extra period. Time outs cannot be accumulated.

#### High School Prep Division

1. Four (4), Eight (8) minute stop time quarters with a five (5) minute halftime and one (1) minute between quarters.
2. Clock will also start when ball handed to free throw shooter on second shot except in last two minutes of game.
3. Overtime period shall be two (2) minutes of stop time for all games. If still tied at the end of the first overtime then a second overtime of two (2) minutes of stop time will be played. Game will be declared a tie if still tied after second overtime.
4. 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 each extra period. Time outs cannot be accumulated.

### B. Scorekeeping:

#### All Grade Divisions

1. The home team shall be the official book. They are responsible for providing an adult to keep the official score. They are to track the running score, team fouls, individual fouls for both teams. Their duties also include tracking alternate possession.
2. It is the referee that will be the final arbitrator in all scoring disputes.

### C. Game Clock:

#### All Grade Divisions

1. The visiting team will be responsible for providing an adult to operate the time clock.
2. They are responsible for starting and stopping clock for the game. There are to follow above rules regarding when clock is to be stopped and started.
3. In all recreation level games at the two minute mark they are to inform the referee whether it is running time or stop time for the last two (2) minutes of the game.
4. Any stoppage of the clock is also at the referee's discretion.

**D. Forfeit Time:**

**All Grade Divisions**

1. Games will start at the time listed on the schedule.
2. All teams will be allowed to start play with four (4) players and if necessary for the entire game. 5th player may enter game when they arrive.
3. If team does not have enough players to start then game will be declared a forfeit.
4. Teams that forfeit two (2) games may be dropped from further League play.

**II. Game Rules:**

**A. Defensive Team Rules**

**3<sup>rd</sup> – 5<sup>th</sup> Grade Divisions**

1. Zone defenses are not allowed at this level. This means that a person must be guarded and not an area of the court.
2. Every defender must stay within six (6) feet of the player they are covering.
3. The defensive team cannot start guarding until ball is entered into frontcourt

**All Other Divisions**

1. Teams at all other divisions of play may use any type of defense.

**B. Pressing:**

**3<sup>rd</sup> – 5<sup>th</sup> Grade Divisions**

1. Teams may not play any backcourt defense.
2. Teams at this division may press only in the last two minutes of the game.
3. No team is allowed to press if they have a ten (10) point lead or more.

**6<sup>th</sup> Grade through High School Grades**

1. Teams may press any time during the game.
2. No team can press if they have a ten (10) point lead or more.

**High School Prep Division**

1. There are no restrictions regarding when a team may press.

**C. Offensive Team Rules:**

**3<sup>rd</sup> – 5<sup>th</sup> Grade Divisions**

1. Teams are not allowed to use any offense that isolates players. This includes four corner plays and plays where the offensive player is going one-on-one while other players clear out.
2. Teams at this level may shoot free throws from the 12 foot mark from the basket.

**All Other Divisions**

1. All other division may play any type of offense.

### III. SUBSTITUTIONS RULES:

1. **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.
2. **EXCEPTIONS:** 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.
3. **HIGH SCHOOL PREP DIVISION and HIGH SCHOOL DIVISION:** The above rule does not apply. Follow High School Federation Substitution Rules (Free Substitution is allowed).

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.



ATHLETE



COACH



OFFICIAL



FAN



**REMEMBER: SATURDAY YOUTH BASKETBALL IS FOR FUN!**