

GOLDENBALL COACH GUIDE LINES

Revised 6/24/19

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. COACH GUIDELINES:

- A. We value your dedication to volunteering your time. As coaches and assistant coaches, you are required to complete a background check form and attend one of the listed coach meetings to be best informed of our league rules and expectations: **Dates: Dec. 7th or Dec. 14th 10am-12pm at Fernwood Campus - Beverly Cleary School or on January 8th, 6p-8p at Beaumont Middle School.**
- 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. **Coaches are not allowed to coach three teams.**
- 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. **High School teams must have an adult at all practices and games.**
- D. We highly 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 a player plays with their new team.
- G. Officials: Sportsmanship is an important part of our program. Coaches should not openly question, criticize or abuse officials in any way during the game. Lead by example. Referee evaluation forms are located online or with our Saturday Gym Hosts. Positive Comments are welcome!
- H. Player accident or health insurance is an individual responsibility not a PP&R or team responsibility. Insurance is not mandatory, but optional.

III. GAMES/SCHEDULES:

- A. **League Schedules:** 1st half schedules will be posted during Winter Break. League games will begin the second Saturday in January when school has resumed. 2nd half will begin right after the 4th week, there is no break between halves. Coaches are required to check the web-site each Thursday afternoon for any schedule updates for the upcoming weekend.
- 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 your posted online schedule each week on Thursday to make sure there have not been any changes for the upcoming Saturday game.**
- C. **Adjustments:** League Schedules will not be adjusted to accommodate teams/players competing in other basketball leagues and/or other sport programs.
- D. **Team Rosters** are due prior to the first scheduled game. Please email either blaine.rethmeier@portlandoregon.gov or 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.
- F. **Inclement Weather:** If schools are closed Friday due to inclement weather, all games on Saturday are cancelled. Our Inclement weather line is 503-823-3020 (choose option 5). This number is also posted on the bottom of your team schedule. For a weather-related game cancelation, the Sports Office will make one attempt to reschedule one weekend of lost games. Any other lost games will not be made up.
- G. We offer an end of season invitational tournament at the conclusion of the season. It will be the first weekend following league play. It is offered to 3rd grade-8th grade only. Additional information is posted just after the 2nd half of league play begins.

IV. PRACTICE FACILITIES:

- A. Once registered, a team may obtain a practice permit as part of the fee. A list of gyms is included in your coach packet. You are allotted one time slot per week, however, if there is gym time still available after the first of the year then a team may inquire about an additional time slot. Practice Permits begin the week of November 4th, 2019.
- B. Once you have obtained a practice permit for a school gym please check in with the school office for any special entry instructions for the gym during evening use.
- C. There must always be an adult on-site during all levels of practice. This includes high school teams.
- D. 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.
- E. 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.
- F. There shall be no tobacco use, food or drink in facilities.
- G. 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. Teams are to report any damage or vandalism found immediately to the Sports Office.
- H. Per Portland Public School District policy, if schools are closed, then gym access is canceled. In addition, The Sports Office, as permit holders for gym usage, can be issued a cancelation at any time from the CUB office. We will make every effort to notify the permittee for that evening and/or time of the gym cancellation.
- I. The practice facility list is located online and is included in the coach packet. Permits for most gyms are issued through the sports office. Please contact us at 503-823-5124 or 503-823-5126. Some sites have listed gym coordinators that you must contact for available gym time. For other Parks and Recreation practice training opportunities log onto to www.portlandparks.org

V. CLASSIFICATION:

- A. An individual or team may register in a higher age division. The individual/team may not drop down to a lower division during the current season of league play without permission from program 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 4th graders and one 5th grader must play at the 5th grade level.)(Sports Office approval is needed for special circumstances).
- C. A team may register as a coed team; however, they will participate in the boy's section of the league.
- D. Portland Parks & Recreation Goldenball encourages the involvement and equal play of all players.
 - A team within the same grade and gender from the same school, organization or independent group that has more than 13 players is encouraged to split and register as two teams in which those group of players in order to achieve a more equal playing time may participate between the two split teams (with Sports Office approval).
 - Individual players are eligible to compete on one team only in the Saturday Recreational Youth Basketball Program. Competing on two (2) teams may result in immediate ejection and suspension from their next game. Player must select one team before returning to league play.
- E. High school aged players (9th grade through 12th grade) that participate on a school sanctioned team are not eligible to play in the Goldenball program. Eligible players must be 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. Middle School: A rec team in the Goldenball program may only roster a maximum of 2 players that are participating in the PIL Middle School League and/or any other outside middle school leagues.

VI. 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, and parents. A player, manager, coach, parent/spectator or person(s) connected with a team **shall not commit any of the following:**
 - (a) Touch an official and/or City of Portland employee
 - (b) Use vulgar or abusive language directed towards another player, opposing coach, spectator, official or PP&R employee.
 - (c) Engage in a fight with a player, spectator, or an official.
 - (d) Engage in any unsportsmanlike conduct.
2. In the event of such unsportsmanlike conduct, the officials, gym host or PP&R Goldenball representative may eject the offender from the game and the gymnasium. These actions and/or conduct will result in a technical foul for your team and possible forfeiture of the game.
3. The person ejected is also prohibited from attending the next scheduled game for that team. The offense 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. **ONLY TWO COACHES ARE ALLOWED ON THE BENCH. Only the head coach can stand during the game.** The assistant coach and players can spontaneously stand to celebrate a play, then must return directly to their seats. Coaches are not allowed on the court, unless there is a player injury and/or the coach has been instructed by the referee. 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 for the remainder of the game.
5. 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.
6. 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
7. Refer to your signed copy of the Code of Conduct regarding behavior expectations.

VII. 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 Hosts 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. Bloodied uniforms must be replaced or covered by a solid shirt (no mesh jerseys or pennies).
- 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 visible 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: We encourage all coaches to go to our web-site 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:

Concussion Signs and Symptoms:

<i>Signs Observed By Coach</i>	<i>Symptoms Reported By Athlete</i>
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"



REMEMBER: SATURDAY YOUTH BASKETBALL IS FOR FUN!

We Honor the Game with our Partner:

