

# Denton Youth Basketball 2010 Coaches Handbook

Code of Conduct  
Policies and Procedures  
Board Officers & Commissioners  
DYB Mission & Goals  
League Rules  
Division Rules

The purpose of this handbook is to inform you, as coaches of the program, the policies and guidelines of Denton Youth Basketball (DYB) . Communication is a vital key to an enjoyable and successful season. Your input is welcomed. If you have any questions or comments please do not hesitate to contact your Commissioner or any Board member. What follows is the Coach's guide which is given to all coaches in the program. It contains the policies and guidelines, which form the philosophical foundation for this program. Please become familiar with it and help everyone involved in this program do their part.

Program objectives for every player:

1. To learn and discover their skills, abilities and potentials.
2. To learn good sportsmanship.
3. To experience friendly competition.
4. To participate in all games.
5. To have fun while participating.

DYB coaches are encouraged to practice this philosophy by providing each child the full right to play. You will find that most players feel "I'd rather play and lose than sit on the bench and win." Players have clearly demonstrated that playing is more important than winning. There is no question about it, children want equal participation and Coaches have a responsibility to provide the best possible experience for the children on their team. As the coach, you have the greatest influence on the participants and their parents. You can strengthen the league and serve your players best by putting aside any attitude of "winning at all costs" and *emphasize skill development, confidence, sportsmanship, friendly competition and FUN.*

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## A. COACHING CONDUCT:

- Use of tobacco (in any form) and/or alcohol in the presence of players at practices or games is prohibited.
- Coaches are expected to set a good example to their players and encourage them to display good sportsmanship at all times.
- **Any coach receiving two unsportsmanlike technical fouls in a single game will be automatically ejected from the game and will receive an automatic one game suspension (to be applied on their next game). Also, any Coach receiving two unsportsmanlike technical fouls during a single season will receive an automatic one game suspension (to be applied on their next game).**
- Any coach ejected from a game cannot return as a coach until he has met in a conference with the Appeals and Discipline Director. A second ejection will result in automatic dismissal.
- Coaches, Commissioners, and referees work together for the benefit and enjoyment of the players. Discussions are welcomed, arguments are not.
- After a game, each team should exhibit good sportsmanship for the opposition and shake hands with the opposing team.
- A coach is responsible for the action of his players and team fans. Profanity by coaches, participants or spectators is not allowed. A positive approach to coaching is an integral part of this program.
- Coaches are not to provide players with monetary awards.

## B. ACCIDENT PROCEDURES:

If an accident happens, especially during a practice, you need to have planned ahead so you know what your actions will be for a given situation. A roster of all players and their emergency numbers should be kept by the coach at all practices and games. Make a plan of what you will do if certain events happen; include in this plan who to get hold of in case of emergency; parents, Commissioner, etc. If an accident occurs during a practice, know where the nearest phone is (either a mobile or pay), practice safety first in drills and scrimmages, and teach your players that being safety conscious is important.

For serious injuries, which occur during a practice, a coach should notify the Fire Department (911). They are prepared to handle emergency situations and to make decisions regarding the proper care of a patient. Next notify the parents and explain the accident and procedures followed. Notify the DYB Board IMMEDIATELY and fill out an Accident Report. This report MUST be handed in to your Commissioner within 24 hours of such accident. Under NO circumstances should a coach move or transport an injured person.

A non-serious accident should be written up (Accident Report) and handed in within 24 hours to your Commissioner

## C. PRACTICES:

A Coach or Assistant Coach must be in attendance at all practices and games.

DYB uses the gyms of the Denton I.S.D. and are thus responsible to them for the care of the gyms and equipment while we are holding practices and games. Coaches should make their players and families aware of the need to be careful in the use of these facilities. This includes the floors, goals, stands, or any equipment left out in the gyms that is exclusively for the use of that school. Please notify your commissioner if you see any problem or area of danger within the gyms so that we can be in contact with the school and their custodial staff.

*Very Important: If you are using Ryan High, Denton High or Guyer High for any practices - No one is allowed on these High School's Main gym floor at any time for practices during the week. Please be aware that Ryan, Denton and Guyer High have been very generous in allowing the use of their gyms for our practices, but it is necessary for them to require that we keep everyone off this main gym floor. Please notify your parents as well so that no younger siblings or fans accompanying your players to practices decide to play on the Main gym floors. If we violate our agreement with Ryan, Denton or Guyer High, we will lose the use of their facilities. Please keep in mind that the basketball season for the high school program is concurrent with our season and it is imperative to the coaches that the men's and women's programs be given the best floor on which to play their UIL level games.*

- Organize your practices well -- have a good game plan.
- Be positive with the kids -- this is to be a fun experience for them and for you.
- Involve all players in some type of useful activity. Don't let kids be kept standing around in line waiting for drills. **KEEP THEM BUSY.**
- Illustrate offensive/defensive plays or formations on paper if possible. Provide copies to each player.
- Speak effectively during practice. Never use abusive language or a harsh tone of voice.
- Carry out warm-ups before starting practice. (5 minutes) Assign a new leader for each session.
- Allow individualized shooting prior to practice. (5 minutes)
- Make practice interesting and fun. Be innovative.
- Use positive reinforcement by complimenting players who make a good pass, shot, defensive play, etc
- Never criticize any player for anything in public. Discuss his/her problems or situations with positive reinforcement.
- Avoid "running" or "extra conditioning" as a form of punishment. This type of punitive measure is a poor motivator. Far superior is the "time out" method, whereby a player is asked to "sit out" of the practice for a short time.
- Be prepared! You and your players should show up early for games and practices. Have a practice plan and execute it. Make practices fun and educational with equal emphasis on conditioning and skills.
- Teams are allowed no more than three hours of practice per week.

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- If you have questions or need assistance in running practices, teaching skills or rules of the game ask your commissioner for assistance.

## **D. GAMES & LEAGUE PLAY:**

A coach is responsible for his/her team, or teams, while attending games. The coach and his/her team should arrive 15 minutes prior to the start of their game. Warm-up, stretching exercises should be held before the game. Forfeit Time is 5 minutes after the scheduled game time.

Do not allow your team in the gym too early. You are responsible for them while they are there. If they are running around and causing problems, they will be removed from the gym until their game time. PLEASE help us maintain control during the season.

It is the participating coaches' responsibility to report any violations of the code of conduct or officiating they feel pertain to their game.

A player will be allowed to only play for a single team within the league. They will not be allowed to play for more than one team during the regular season or tournament play.

## **E. PLAYER DISCIPLINE:**

Coaches are urged to be FAIR and CONSISTENT with their discipline. Players should be informed from the beginning as to what is expected of them. Disciplining a player should not be used as an easy excuse to withhold a player from game competition. A coach cannot "bench" a player due to "disciplinary" reasons without consulting with their Division Commissioner. Keep in mind this is a recreation program designed for the enjoyment of all participants, and every player has paid in order to play in the league.

- I. A coach may ONLY discipline a player for the following reasons:
  - (a) Missing practices without notifying the coach.
  - (b) Being constantly late for practice or games.
  - (c) Physical assault on the part of the player.
  - (d) Constant use of foul language.

ANY disciplinary action taken by you as a coach must first be discussed with your Division Commissioner **and** with the child's parent.

- II. Avoid using extra running or physical activity as a disciplinary measure. These techniques are not effective.
- III. The Division Commissioner has the right to reject the game time disciplinary action if he/she feels there is no justification for the action.

## **F. AFTER PRACTICE**

If practice ends early, or parents are late in picking up their players, do not leave players unattended. Every player must have a safe way home and be accounted for. If practice ends and a parent hasn't shown to pick up one of the players, an adult parent and coach must wait until the player has a ride and is accounted for. Do not abandon players. Keeping your list of parent phone numbers at each practice is a necessity. Be especially aware of young children and who is picking them up. Often children will run out to meet their ride and not tell you they are leaving. If you happen to be busy at that moment you will not notice who they left with. Tell all of your players, no matter the age, from the very first practice that they are each required to tell you "goodbye" when they leave to go with their ride. Let your parents know this rule, too. We certainly do not want the coaches to leave the gym and not realize that a player has just gone into the restroom or stepped outside to watch a bug. It can happen.

## **G. TWO DEEP LEADERSHIP:**

As you know, Denton Youth Basketball lives and dies on the strength of its volunteer coaches. They are the vital element that makes the program a success. The kids, parents, and the Board know that without volunteer coaches efforts, the program couldn't be run. But in these complex times, just donating time and effort isn't enough. You must also be aware that relationships between youth and adults aren't as simple and easy as they once were. Years ago, coaches could show physical affection for their players. Now a coach must be very careful being physical at all. Affection should be mainly verbal. Coaches should also be careful being alone with youth participants.

To ensure your experience is positive and safe, the Board is recommending "two-deep leadership" at all practices or team gatherings. This means two adults in attendance at all team functions at all times.

To accomplish Two Deep Leadership:

1. Have an assistant coach and have that coach at each practice.
2. Nominate a "Team Parent" and have him or her assign an adult parent to be at each practice.
3. Call another coach in your league and hold a dual practice. Notify the parents.

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4. If you have arranged with a parent to drive a player to or from a practice or a game, another person must be in the car with you and the player.

## **H. BACKGROUND CHECK**

For the safety and protection of the DYB league participants, background checks will be performed by a certified agency on every coach applying to volunteer for DYB. The background check information will be reviewed by the President and another designated Board member and will be seen only by these two board members. DYB will not knowingly allow anyone with a dangerous background to coach or be an assistant coach.

## **I. ON THE BENCH**

During games, only coaches who are Board approved (received a DYB Background Check) may sit on the bench along with the players. If unusual circumstances arise that call for a new coach for a particular game, the substitute coach must receive permission from the Board. If neither, the Head Coach or Assistant Coach is able to attend a game, another coach may be found but the Board must be notified, and, if time permits, the substitute coach must receive a background check. If time does not allow for a background check to be performed, a Board member must be on, or very near, the bench with the substitute coach during the game.

## **J. CONDUCT - PLAYER, COACHES AND PUBLIC**

All persons directly or indirectly connected with DYB are expected to conduct themselves respectfully and with good sportsmanship. Coaches are expected to show and teach good sportsmanship at all times. Treat all players, league officials, game officials, parents and spectators with dignity and respect. Coaches must lead by example in demonstrating fair play and sportsmanship to all players. Abide by and support the rules of basketball in general and in specific the rules adopted by Denton Youth Basketball.

DYB has a Zero Tolerance policy with regard to instances of player, referee, coach, and parent abuse. This policy extends to off-court behavior (to include violence in the school, workplace and domestic abuse), as well as on-court behavior. One instance of confirmed negative behavior will be grounds for dismissal of an existing coach, assistant coach, referee, player, parent, fan, commissioner or executive board member. Anyone violating this policy may be banned from attending games and practices. Examples of negative behavior include berating of players, referees, coaches, or commissioners; fighting, altercations or confrontations conducted in a loud, threatening, irrational, or violent manner.

Any player or coach will be subject to ejection from a game if he/she makes derogatory remarks. This includes, but is not limited to, screaming out any type of obscene or abusive language directed toward any referee, coach, board member or other players on the floor. Any unsportsmanlike conduct, such as throwing a basketball, kicking a chair, etc., will not be tolerated. A spirit of good Sportsmanship should prevail during and after the games. Each coach should remain in the prescribed area in front of their bench during the game.

DYB will give a coach a warning if the Board receives any credible complaint from a parent or fan about coaches' conduct. A second complaint will result in the coach coming before the Appeals and Discipline Committee, and possible disciplinary action.

Any fan will be removed from the gym if the fan uses obscene language or directs derogatory remarks toward a referee, coach, board member, or player(s) during or after a ballgame. Fans who exhibit inappropriate conduct will be asked to exit the gym and, upon a majority vote of the Board, may be asked to not return to any facility used by DYB for practices or games.

If a league Commissioner is not present, the game referee has the authority to expel an offending coach, player, or fan. Any decision made by a Commissioner or referee may be appealed to the board in writing within seven (7) days of the offense. All violations of these rules will be reported to the President of DYB and the Director of the Appeals and Disciplinary Committee. Procedures for discipline will follow the DYB by-laws.

## **K. FOOD, BEVERAGES OR CANDY**

Food, beverage, candy or gum is not allowed inside the gyms at any time. Bottled water with a cap is allowed in most gyms. Flavored sport drinks such as "Gator Aid" are not allowed. Violators will be asked to dispose of the article in a nearby trash bin. Coaches, please help us with this rule. The schools are very cooperative in allowing us to use their facilities and we need to police the facilities and keep them clean.

## **L. GYM SUPERVISION**

Each gym will have a Commissioner who will be in charge of the games, officials, rules and league information. They will handle your questions or problems as they arise.

## **M. SCOREBOOK & JERSEYS**

Teams should provide a team roster with player's names and numbers to the scorekeeper at least five (5) minutes before game time. No team can have a two players with the same number on the roster or the court.

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Players must wear the jerseys provided by DYB. If extenuating circumstances arise, such as a player forgetting their jersey, then a Commissioner must be notified.

## **N. SCHEDULES**

Coaches are responsible to get practice and game schedules to their players and parents.

## **O. SPORTSMANSHIP**

Sportsmanship is displayed through conduct and attitude. It is imperative that all participants in the DYB program, (coaches, players and spectators) exhibit superlative sportsmanship both on and off the court. Any instances of unsportsmanlike conduct will not be tolerated and the player(s) who exhibit such behavior will face disciplinary action including game suspension or permanent expulsion from the program.

Be gracious in victory and defeat. Maintain a positive, helpful and supportive attitude toward all players and coaches in the basketball program. Never forget that you are coaching someone else's children in a youth basketball program. Always emphasis fun and participation over winning and losing.

## **P. PARENT'S AND SPECTATORS SPORTSMANSHIP**

Parent and spectators should refrain from speaking to the referees, and from attempting to coach their children from the stands. Parents and spectators who violate the general rule of sportsmanship will be dismissed from the premises and may be asked not to return.

## **Q. REFEREES, SCORERS AND TIMERS SPORTSMANSHIP**

Scorers and Timers must always remain objective to the events they are responsible for and immediate dismissal and removal from the eligibility list will result in any display of unsportsmanlike conduct. As Referees, it is imperative that conduct unbecoming of the position cannot be tolerated. The Referees, be it TASO certified or not, must display courteous behavior while objectively officiating the games.

## **R. CONDUCT TOWARD REFEREES AND OFFICIALS**

No coach, player or fan should touch a referee or game official (scorekeepers and clockkeepers) in any manner of aggression.

In this environment, sports officials do more than call a player in-bounds or call fouls. They are a symbol of authority and order in a public venue. On the court, they are the ultimate arbiters of what is and what is not permissible behavior. Decisions of the officials should be accepted without extreme protest, and without questioning their honesty or integrity. Protection and courtesy should be extended to all DYB officials.

It is a Class B Misdemeanor of Assault to threaten or make physical contact that is regarded as provocative against any sports "participant" (an athlete or official) while the participant is performing as a sports participant or in retaliation for such participation.

"Sports participant" means a person who participates in any official capacity with respect to interscholastic, intercollegiate, or other organized amateur or professional athletic competition and includes an athlete, referee, umpire, linesman, coach, instructor, administrator, or staff member.

[Tex. Penal Code Ann. § 22.01 (a)(2) and (3), (c)(2)]Penal Code, Section 22.01 Assault]

## **S. GENERAL RULES FOR DISCIPLINE**

All participants in the Denton Youth Basketball program must maintain a high degree of positive behavior, and any player or coach can be disciplined for violation of the general play rules, technical fouls and game ejections.

A player who violates the general play rules or causes problems for his team and coach may be suspended from playing in a game or games. If a commissioner finds it necessary to suspend any player, the Board must be notified. The situation must be discussed with the coach(s), the commissioners, and the parent(s).

If the coach is ejected from the game he/she must leave the gym and is not permitted to assist in the coaching of the team, any attempt to do so will cause the team to forfeit the game. A coach found guilty of not following the general play rules may be subject to a forfeit of the game played.

## **T. APPEALS AND DISCIPLINE COMMITTEE**

The Appeals and Discipline (A & D) Committee is chaired by the Board Vice President. The A & D Committee will investigate all cases of serious infractions of the League rules and will receive all Appeals made to the Board. The A & D Committee will forward its findings to the Board with a recommendation of action. The Board may accept, reject or modify the Committee's recommendation as it chooses. Additional A & D Committee members shall include the Referee Director and at least two other members selected by the Vice-President and approved by the Board.

## **U. BAD WEATHER POLICY**

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If the weather becomes bad enough to possibly cancel a day of games, DYB relies on the Denton I.S.D to make the decision. Gyms/ schools are opened or closed based on the decisions of the transportation superintendent of the District and DYB must wait until the morning of the game day to receive a call from them for the decision. All information related to the game day status will be placed on the DYB website as soon as possible. Please inform your parents that this will be the first place to look for information should weather be threatening. Any games canceled due to inclement weather may not be made up.

### DYB Board 2009-2010

**DYB phone: (940) 239-7492 (voice message)**

**Website : [dentonyouthbasketball.com](http://dentonyouthbasketball.com)**

#### Officers:

Tom Brooks	President	<a href="mailto:tom@dentonyouthbasketball.com">tom@dentonyouthbasketball.com</a>
Brad Cockrell	Vice President	<a href="mailto:brad@dentonyouthbasketball.com">brad@dentonyouthbasketball.com</a>
David Allen	Treasurer	<a href="mailto:david@dentonyouthbasketball.com">david@dentonyouthbasketball.com</a>
Kent Carpenter	Secretary	<a href="mailto:kent@dentonyouthbasketball.com">kent@dentonyouthbasketball.com</a>

#### Commissioners:

Charley Huggins	6U Coed	<a href="mailto:charley@dentonyouthbasketball.com">charley@dentonyouthbasketball.com</a>
David Allen	6U Coed	<a href="mailto:david@dentonyouthbasketball.com">david@dentonyouthbasketball.com</a>
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Kent Carpenter	10U Boys	<a href="mailto:kent@dentonyouthbasketball.com">kent@dentonyouthbasketball.com</a>
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## DYB Mission and Goals

### DYB Mission Statement

DYB is a competitive, recreational league for kids from 5 to 12 years focusing on teaching basketball skills and team concepts while promoting fair play. We are dedicated to providing a safe environment for kids to learn the game of basketball, build strong relationships and have fun.

### DYB Goals & Objectives

DYB is a not-for-profit basketball league located in Denton, Texas. We are a volunteer organization from the DYB Board to the Coaches. Our league is open to boys and girls ages 5-12. Teams are separated into age groups and play co-ed for the under 6 division, and are split into boys and girls teams in the under 8, under 10, and under 12 divisions.

1. To provide a volunteer based basketball league for Denton & surrounding area in which youth can participate.
2. To foster and encourage personal & athletic growth, education and development of all players, coaches and officials who participate in our programs.
  - Assist younger players in athletic and personal development.
  - Provide older players an opportunity to develop their skills.
  - Provide a strong foundation of skilled basketball players who will be well-equipped to play for their
  - Provide an atmosphere that will build self esteem and self discipline.
3. To encourage equal participation and strong values of basketball, such as teamwork and fair play, within the League.
  - Foster understanding and appreciation for the game of basketball.
  - Provide an atmosphere conducive to sportsmanship.
  - Foster teamwork and respect for others.
4. To encourage and promote volunteer involvement in basketball through the League.
  - Recruit coaches who will teach necessary fundamental skills while demonstrating and emphasizing
  - Provide screening of potential coaches in order to ensure a safe and secure environment in which
5. To define, develop, and uphold the rules & regulations of basketball as adopted by this League and ensure that participants follow the rules, regulations and procedures as presented by DYB.
6. To seek corporate and community support for the League.

## DYB League Rules General Info for each Division

Listed below are the specific rules that pertain to play in the League. We ask all coaches and parents to remember two key points:

First, this league is designed primarily for the purpose of helping all of the players improve their skills through participation in both practices and under game conditions. Coaches should design their game so as to afford all players on the team the opportunity to adequately participate.

Second, it would be impossible to operate this league without the use of the gyms from the Denton Independent School District. All of us must treat these facilities with the utmost respect at all times. We expect each of you to be responsible for the cleanliness of the gyms you use.

### I. GENERAL INFORMATION:

- The number of registered players will determine the number of teams per league & number of players per team.
- A player must play in his/her age group. However, a player may “play up” in the next higher age group with board approval.
- Coaches children are allowed as protected players for their team.
- All players must wear basketball or tennis shoes on the courts.
- Forfeit time for games is 5 minutes after the scheduled start time.
- A team may play with only 4 players. A forfeit will be called if a team does not have at least 4 players present and ready to play by 5 minutes after the scheduled start time.
- 50% play rule will be enforced throughout the season. Violations of this rule will result in the following penalties:
  - 1<sup>st</sup> Violation – Coach will be warned
  - 2<sup>nd</sup> Violation – Coach will only be allowed to substitute at the end of each quarter
  - 3<sup>rd</sup> Violation – Coach will be suspended from the next game

### II. GAME PROCEDURES:

#### A. Home Team:

- One team will be designated in the schedule as the **Home Team**.
- Home team wears **white or light colored** jerseys.
- Home team sits on scorekeeper’s **Left**.
- Home team provides game ball.
- Home team warms up for pre-game & shoots in the first half at the basket to the scorekeeper’s **right**.

#### B. Visiting Team

- One team will be designated in the schedule as the **Visiting Team**.
- Visiting team wears **dark colored** jerseys.
- Visiting team sits on scorekeeper’s **Right**.
- Visiting team warms up for pre-game & shoots in the first half at the basket to the scorekeeper’s **left**.

### III. PRE-GAME PROCEDURES

- Player names & numbers must be in the scorebook by the time 2:00 remains on the warm-up clock.
- Always have your team in the gym early & ready to play on time. Remember that Forfeit Time is 5 minutes after scheduled game time.

### III. POST-GAME PROCEDURES

- Scorekeeper will record the score of the game on the Game Stat sheet provided at the official’s table. League standings will be maintained from this source. Standings will be posted as soon as possible on the league website.
- Have your team vacate the bench area quickly so as to allow the next team to come in.
- Remember to carefully check that the bench area is free of any trash.
- Decisions of game officials are final – **There will be no protests!**

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## IV. POST-SEASON TOURNAMENT PROCEDURES

- During the post-season tournament in each age division league, the clock will stop during all free throws.
- Parents will continue to manage the scorebook and run the clock during the tournament.
- 50% play rule will continue to be enforced during the post-season tournament. Violations of this rule will result in the immediate suspension of the Head Coach from their next game.

## 6u Division Rules & Procedures

### General Information-

- Regulation Play: 6 minute quarters with a running clock (except for last 2 minutes of 2nd & 4th quarter)
- Half time: 3 minutes
- Between Quarter: 1 minute
- Overtime: 3 minute (only one overtime, with a running clock except for last 2 minutes of OT)
- Defense: Man to Man (Each player will guard their like colored arm band on the opposing team)
- Basketball Size: Junior or Youth Size (27.5")
- Goal: 8'-0" height
- Free Throw Lane: Lane shall be 12 feet wide
- Free throw line: 10 feet from backboard.
- Time-outs: Two 30 second time-outs for each half.
- Game Score: Game scores will not be kept. This is to help promote sportsmanship & focus on skill development
- Each player must play a minimum of 50% of each game.  
A commissioner or board member must be notified if extenuating circumstances appear.

### Rules of Play-

\* UIL rules will apply to 6u play with these following exceptions:

1. Man-to-man defense will be played at all times. Zone defenses are not allowed.
2. Defensive players should stay within arms reach of the player that they are guarding.  
At no time can two defenders be guarding one offensive player at the same time.
3. Double-teaming is illegal. However, help defense is encouraged in the following instances:
  - a. In The Lane Area – If a defender is in the lane, and the player being guarded is within arm's reach, the defender is allowed to provide help by double-teaming. The intent of this exception is not to encourage a defender to remain near the lane at all times ("soft zone") and double-team the ball each time it enters the lane. The intent is to teach a player "already in the lane" to play help defense.
  - b. During Fast Breaks – When an offensive player has beaten their defender, another defensive player may help. Upon stopping the fast break, defenders should return to guarding their assigned player.
4. At the beginning of each quarter, both coaches should line up players across from each other.
  - a. Red and Yellow wristbands should be used for the two most skilled players on the court at that time. Both teams should pair the highest skilled players against one another.
  - b. All other players should be matched to a player on the opposing team by wristband color.
  - c. Players must stay with their wristband color match when playing defense.  
Wristband colors are used to help the players find the man they are to guard during the game. Although "help" defense is allowed, players will be reminded to stick with the like color wristband they have been matched with. This matching is to assist the children who are less experienced in the intricacies of basketball, as well as provide a level of safety in order to keep too many players from going after the man with the ball. The referees have the authority to oversee the color matching and can call back players from double teaming if they find it to be a safety hazard.
5. Full-court pressing is not allowed at any time.
6. If a team is ahead by 15 points, they are requested to cease fast breaks and use the clock.  
The leading team should slow the ball down and pass the ball 3-5 times before looking to shoot.

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7. Referees will explain all violations. When possible, referees will verbally advise players of potential violations before the violation occurs.

8. Substitutions must only take place at the end of each quarter unless an injury occurs. This is to lessen confusion for the players trying to find the new player to guard as well as to not slow down play due to the exchanging of wristbands.

A league commissioner or a board member will interpret all questions, regarding rules. Their decision is final.

## 8u Division Rules & Procedures

### General Information-

- Regulation Play: 8 minute quarters with a running clock (except for last 2 minutes of 2nd & 4th quarter)
- Half time: 3 minutes
- Between Quarter: 1 minute
- Time Outs: Two 30 second time-outs per half.
- Overtime: 3 minute (only one overtime, with a running clock except for last 2 minutes of OT)
- Defense: Man to Man or Zone (Coaches are encouraged to teach man-to-man defense)
- Basketball Size: Junior or Youth Size (27.5")
- Goal: 8'-0" height
- Free Throw Lane: Lane shall be 12 feet wide
- Free throw line: Approximately 13 feet from backboard. This should be the regulation free throw line when using the attachable goals.
- Each player must play a minimum of 50% of each game.  
A commissioner or board member must be notified if extenuating circumstances appear.

### Rules of Play-

\* UIL rules will apply to 8u play with these following exceptions:

- Defenses must remain behind the center court line - full court press is not allowed at any time.
- If a team reaches a 15 point lead, the team that is leading must pass 3-5 times before being allowed to shoot and score. The number of passes is left to the discretion of the referee. The leading team must cease using fast breaks.
- Failure to comply (i.e. running up the score) will result in immediate suspension of the head coach for the next scheduled game.
- At the beginning of each quarter, both coaches should line up players across from each other to determine the player they are assigned to guard. Coaches may choose to have their player guard a different player on the opposing team than is selected to guard them.
- Substitutions are only allowed at the beginning of each quarter unless an injury occurs. This is to help coaches keep track of playing time for each player to ensure at least 50% participation for all players. If a player leaves the game due to an injury, he or she cannot return to the game until the beginning of the next quarter.
- A league commissioner or a board member will interpret all questions regarding the enforcement of rules.

## 10u and 12u Divisions Rules and Procedures

### General Information-

- Regulation Play: 8 minute quarters with a running clock (except for last 2 minutes of 2nd & 4th quarter)
- Half time: 3 minutes
- Between Quarter: 1 minute
- Time Outs Two 30 second time-outs per half.
- Overtime: 3 minute (only one overtime, with a running clock except for last 2 minutes of OT)
- Defense: Man to Man or Zone
- Basketball Size: Boys 12u (regulation size 29.5"), 10u & Girls 12u (women's size 28.5")
- Goal: 10'-0" height
- Free Throw Lane Lane shall be 12 feet wide
- Free throw line 10u – Approximately 13 feet from backboard (first hash mark), 12u will use regulation distance (15ft).
- Each player must play a minimum of 50% of each game.  
A commissioner or board member must be notified if extenuating circumstances appear.

### Rules of Play-

U.I.L rules will apply to 10u and 12u play with these following exceptions:

#### 10u only

- Full court press will be allowed by either team at any time unless one of the teams reaches a 10-point lead. At this point the leading team may no longer press unless the lead drops below 10-points
- If a team reaches a 15-point lead, the following applies.
  - The leading team must cease using a fast break & use the time on the clock. We request that the leading team slow the ball down & pass the ball 3-5 times before looking to shoot. Failure to comply (i.e. running up the score) will result in immediate suspension of the head coach for the next scheduled game.

## DYB 2010 Coaches Handbook

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A league commissioner or a board member will interpret all questions, regarding the enforcement of rules. Their decision is final.

### DYB Receipt of Coaches Handbook

I, (print name) \_\_\_\_\_, have received my DYB Coaches Handbook and agree to read it and abide by the rules and policies of Denton Youth Basketball.

\_\_\_\_\_  
Team Division

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date