

GIRLS BASKETBALL POLICY HANDBOOK

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Basketball Mission Statement

The objective of the Girls Basketball League is to provide a safe, fun, and well-organized recreational basketball program for girls ages 7 – 12. The program is designed to promote sportsmanship and foster the development of basketball fundamentals, with an emphasis on individual and team skills.

Handbook Usage

The purpose of this handbook is to provide league specific rules to basketball. For rules outside of this handbook, please refer to the NFHS Rulebook for Basketball.

Program Structure

The Girls basketball program consists of **TWO** seasons (Approximate dates in parentheses)

- Summer season for ages 7 – 12 (Late June – Early August)
 - **Limited Registration**
- Late Fall / Winter season for ages 7 – 12 (Late October – Late January)

Program Affiliation

The winter session, age groups 7 – 12, is affiliated and sanctioned by Bidy Basketball.

Pre-Season Activities

Pelican Park has established policies and procedures regarding registration, late registration, and refunds. For additional information contact the Recreation Supervisor.

Registration

The Pelican Park Staff handles registration. Additional fees will be charged to out of district participants. Additionally, in the off-season program, where space is limited, Pelican Park reserves the right to determine if district participants will be allowed the first opportunity to register.

Player Evaluations

Evaluation procedures are established by the Pelican Park Staff. Evaluations are required for this program to have fair and equitable teams. Player evaluations are to be conducted under the supervision of the Pelican Park Staff and coaches. The purpose of the evaluations is to provide a basis for team formation and player placement in the appropriate division. All players will be evaluated for individual and game skills, with the game skills and individual skills weighted differently in the players' final evaluation scores.

Evaluations will consist of basketball skills including shooting, defending, dribbling, etc. Each skill shall be evaluated by no less than two coaches when possible. All coaches (those who have expressed an interest in head and assistant coaching) are encouraged to participate in the evaluation process. Coaches are also encouraged to evaluate the same station during all evaluation days to maintain consistency. Evaluators must be fair, accurate and consistent as possible to ensure a safer and more balanced league. Evaluation forms become the property of Pelican Park. A player shall go through the evaluation process only one time.

- **All Stations are mandatory.**
- **Should one station be missed, then the average of the other stations will be used for that player's total evaluation score.**
- **Unevaluated players will not be eligible for the pool player list and must adhere to a Point Cap throughout the season and postseason.**



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Team Composition

8 players per team shall remain the standard for all age groups. Depending on registration numbers, this may be adjusted to 7 players per team.

Coach Selection

All individuals interested in becoming a head coach must make their name, and desired age group available to Pelican Park by completing the Pelican Park Head Coaching Application and passing a background check. The criteria for the selection of Head Coaches are set by the Park.

The Head Coach is allowed to choose one Assistant Coach before team formation. The child of the Head Coach and the child of the Assistant Coach will be placed on the same team during team formations. The exception to this is when these two players are both ranked in the 1st round of the team formation. **Assistant Coaches are not allowed to address the officials during games, and only ONE coach is allowed to stand along the sideline at any time during games.** It is the responsibility of the Head Coach to ensure that all volunteers adhere to any and all policies set forth by the Advisory Board and Pelican Park. **All coaches must wear coach's shirts to all games.**

Team Formation

7 – 12 year old Leagues

- The basketball team formation utilizes a full blind draft for all ages.
- To create teams that are as even as possible, the players are placed onto teams based on the scores that they receive from the evaluations.
- The coaches will be allowed to adjust the players ranking for fairness prior to the start of the draft for any player that did not evaluate. Any player that did not evaluate may be adjusted for fairness based on the previous year's scores or knowledge of the players from the coaches and Pelican Park staff.
- The coaches will draw numbers among themselves to choose their practice times. The coaches will draw among themselves a second time to pick their uniforms. Any coach that is not in attendance for team formation will be assigned a practice time as well as their team's uniforms by the Recreation Staff.
 - **Preferential practice times will be granted to those coaches who are head coaching multiple teams and those coaches that participate in evaluations.**
- The serpentine order is used to evenly distribute the number of players each team will receive in the formation. For example: The serpentine formation order means that the selections will go from 1-10 and then back up from 10-1 (where there are 10 coaches/teams). In this process the 10th team will have the last player in the first round and the first player in the second round, while the 1st team will have the last player in the second round and the first pick in the third round.
- After the initial formation is completed, Pelican Park staff will complete round for round trades to ensure the head coach's child and the assistant coach's child are on the same team.
 - **If both coach's children (head and assistant) evaluate in the first round, the coaches cannot coach together.**
 - This process will also be completed to ensure sisters or the legal equivalent are on the same team. If both sisters evaluate in the same round, you will have to trade the round above the round they were evaluated in and the other sister will be traded for the round they evaluated in. All trades will be made through the Pelican Park Staff and will be recorded and supervised.

Team Formation (continued)

7 – 12 year old Leagues

- After all teams are formed, the head coach will draw for his or her team. If a coach's child or assistant coach's child is ranked in a specific position within the first 6 rounds, the coach will automatically receive that team number. For example, if a coach's child is ranked as the 4th overall player, that coach will be designated as Team #4.
- In leagues with combined age groups, all players evaluation scores will be combined to determine team formation. The ages will not be separated.
- After teams have been formed, coaches will then be allowed to trade for specific players that are ranked in rounds **FOUR** or later.
 - Each coach can trade for a maximum of two players
 - Each trade must be round for round
- This team formation procedure is not allowed to be changed during the formation
- Staff will prepare all necessary paperwork needed for team formation. The paperwork will consist of registered player list, evaluation list prepared from evaluation scores.
- During the team formation, only one coach per team will be allowed at the table to participate in the formation. Parents and other coaches can witness the team formation but are not allowed to carry on conversations with the coaches at the table during the draft process. Anyone who is not a head coach may be asked to leave the team formation at any time if said person is deemed to not be following the rules set forth for the draft process.
- The teams are finalized once the team formation process is over. Copies will be made for each coach. The originals will be kept by park staff on file.
- Each head coach can name one assistant coach before the draft and before the evaluation numbers are disclosed. This assistant coach must also be pre-approved by Pelican Park staff to be a designated assistant at the draft.

Regular Season Play

Practices

The standard is three practices per week before the season and one practice per week during the season. Scheduling practices is the responsibility of Pelican Park staff.

Games

- With the exception of the Summer season, the 7 – 12 year old leagues will play a 10 – 12 game season with no more than 2 games per week.
- During the Summer season, the 7 – 12 year old leagues will play an 8 game season with no more than 2 games per week

Game Rules

Head Coaches may NOT modify game rules. Games rules are set prior to the season and can only be modified during season in an emergency by the Recreation Superintendent.

Playing Time Rules

Should a team have 6 or more players the following playing time rules apply:

- Every player must play at least ½ of the total game minutes each game
 - 16 minutes for 7 – 8 year old league
 - 12 minutes for 9 – 12 year old leagues
- Each player must play at least one full quarter without being substituted out during that quarter
- **Each player must sit for a consecutive ½ of a quarter (cannot be subbed in)**
 - **4 minutes for 7 – 8 year old league**
 - **3 minutes for 9 – 12 year old leagues**

*****There is a 15 second grace period on either side of this ½ quarter to allow for these playing time substitutions to occur during a natural stoppage in play.*****

****For example, if the clock stops 10 seconds before the official ½ quarter is reached, the player who was sitting can be subbed in without penalty.****

If a player can no longer play (injury, sickness, player fouls out, ejection) before each player has sat out her required time and the previous said events result in the team only having five or less players, then the maximum time restriction is no longer in effect. If these certain actions result in a team having only five or less players, then the maximum playing time restriction is waived for the remaining players. If an injured or sick player returns to the game, then the minimum time requirements are back in force. At anytime a team acquires 6 players by the end of the first quarter than the minimum and maximum playing time is in effect.

Intentional and willful violation of the Playing Time Rules will result in consequences up to and including team forfeiture of games and coach suspensions. A sample rotation schedule can be



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found in coaches packet given at team formation. Coaches are encouraged to prepare a player rotation schedule before the game.

Scoring Caps

- To help ensure competitive balance, specific scoring caps apply in the following situations **(Unevaluated players are those players that did not attend evaluations AND were not able to be slotted into the appropriate round during Team Formations):**
 - **Unevaluated players in 7 – 8 year old league: 6 points**
 - **Unevaluated players in 9 – 10 year old league: 10 points**
 - **Unevaluated players in 11 – 12 year old league: 12 points per game**
- The following provisions apply
 - The last shot made can exceed the point cap. Example: If a 7 – 8 y/o player has a total of 4 points and hits a 3-point shot, then she will exceed her 6-point cap by 1. If a 9 – 10 y/o player has 9 points prior to her last shot, then she could have a total of 11 or 12 points depending if it was a 2 or 3 pointer.
 - Players who attempt to keep shooting once the cap has been met will get a warning the first time and a technical each additional time.
 - If a player who has reached her cap is fouled, then the fouled players coach will pick the shooter to take her place.
 - It is the coach's responsibility to mark unevaluated players in the official book.

Pool Player Rules

A team may begin playing a game with FOUR players from its own team. If a team does not have at least FOUR of its own players to start the game, the team must forfeit. If a team has FOUR or FIVE of its own players to start a game, the team may add ONE or TWO pool players to reach a MAXIMUM OF SIX PLAYERS to round out the team, using the following guidelines:

- A pool player must be a registered player from the same age group. Under no circumstances is it permissible for a player from a different age group to play up or down as a pool player.
- A coach may take only as many pool players as necessary to make SIX players. For example, if a team has only four players, the coach may take two pool players to make a total of 6.
- Pool players must be on the list of approved pool players. The pool player list will be made up of players from the 4th round or below.
- **If there are five players from the team and one pool player then the pool player can only play a maximum of 2 ½ quarters unless a player fouls out or is injured. If there is more than one pool player, then any pool player cannot play more than a player actually on the team unless a player fouls out or is injured.**
- **During a game, if a player cannot continue due to illness, injury, fouls, ejection, etc., and that player leaving would result in the team forfeiting due to having less than 4 players, a pool player can be used and inserted into the game in progress.**

Tie Breaker System

In the event of a tie in determining team standings the following process will be followed:

1. Head-to-head competition among the teams involved
2. Coin toss by Staff (will be recorded for verification)



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Referees and Scorekeepers

- Referees will be contracted for and provided by Pelican Park.
- The home team must provide an adult volunteer for the scorebook.
- The visiting team must provide an adult volunteer for the score clock.
- Coaches are strongly encouraged to train parents on clock operation prior to the first game.

Age Specific Rules

****Ages 7 – 12 are affiliated with the Biddy Basketball Franchise. Games will follow regulations outlined in the current Biddy Basketball Handbook unless otherwise specified in this handbook. Areas not addressed by this handbook nor the Biddy Basketball handbook will follow Louisiana High School Basketball rules.****

GAME POLICY: 7 – 8 YEAR OLD GIRLS BASKETBALL

- Goal height is 8.5'
- Ball size is 27.5"
- Free Throw Line is 12' 10"
- Evaluations and team selections required
- 8 players on team.
- **Playing time rules are in effect**
- Eight-minute running time clock per quarter. (2 minutes between quarters / 5-minute halftime)
 - **Clock will stop on shooting fouls only**
- **Overtime only occurs in postseason tournament**
 - ONE 4-minute overtime period will be played
 - If still tied, a second 4-minute overtime period will be played
 - If still tied, the game will go to sudden death
 - Jump ball to determine possession
 - First team to score wins.
- Fouls called – 5 fouls per player
- Lane violation – NONE
- Start game with jump ball
- Second half alternate possession
- New dribbler brings the ball down every quarter (4 different dribblers per game)
- Defense is only allowed one defender outside of the 3-point line during game.
 - **NO HALF-COURT TRAPPING ALLOWED outside the international foul lane.** One warning per team, then technical foul is called.
- When the defense gets a rebound, or a basket is made, the team that shot the ball must retreat to other end of court and play defense according to the defensive rules above. The offensive team must walk the ball up the court, **with the exception of the last 4 minutes of the game.**
- **Fast break is allowed in the final half of 4th quarter only (4 minutes). If a fast break is made, ONE defensive player may guard full court**
- A team with a lead of at least 20 points must keep their defense within the 3-point line at all times until the margin is reduced.
- THREE (3) full & TWO (2) 30 second timeouts per game per team allowed
- **Every player shoots 1 free throw at half time**
 - **Every player shoots.**



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- **Maximum # of shots (8) is based on the # of players present.**
 - **Example: 6 players on 1 team = 2 players get 2 shots each.**
- **No player may shoot more than 2 times.**
- **Each team can earn a maximum of 6 points from halftime free throws**
- Participation awards for all players
- Trophies for 1st and 2nd place teams in regular season and tournament

GAME POLICY: 9 – 10 YEAR OLD GIRLS BASKETBALL

- Goal height is 9'
- Ball size is 28.5"
- Free Throw Line is 12' 10"
- Evaluations and team selections required
- 8 players on team.
- **Playing time rules are in effect**
- Six-minute time clock per quarter. (1 minute between quarters / 3-minute halftime)
 - **Clock will stop on the referee's whistle (fouls, ball out of play, etc.).**
 - **Clock will resume on the referee's hand signal when ball is returned to play.**
- **Overtime only occurs in postseason tournament**
 - ONE 3-minute overtime period will be played
 - If still tied, a second 3-minute overtime period will be played
 - If still tied, the game will go to sudden death
 - Jump ball to determine possession
 - First team to score wins.
- Fouls called – 5 fouls per player
- Lane violation – 5 seconds
- Start game with jump ball
- Second half alternate possession
- Fast break is allowed at all times, with the exception of the opening tip
- If the offensive team does not attempt a fast break, the defense must retreat to behind the half-court line.
- **Defense cannot extend past half-court, with the following exceptions:**
 - After a defensive rebound or an inbounds pass, if the offensive player attempts a fast break, the defense can extend past half-court and play full court defense **with a Maximum of TWO defenders.**
 - **FIRST ½ OF THE SEASON: During the 3rd and 4th quarters, the defense can extend past half-court and play full court defense with a Maximum of TWO defenders.**
 - **SECOND ½ OF THE SEASON: During the 3rd and 4th quarters, the defense can extend past half-court and play full court defense with no limit on number of defenders.**
- A team with a lead of at least 20 points must keep their defense within the 3-point line until the margin is reduced.
- THREE (3) full & TWO (2) 30 second timeouts per game per team allowed
- Participation awards for all players
- Trophies for 1st and 2nd place teams in regular season and tournament

GAME POLICY: 11 – 12 YEAR OLD GIRLS BASKETBALL

- Goal height is 10'
- Ball size is 28.5"
- Free Throw Line is 15'
- Evaluations and team selections required
- 8 players on team.
- **Playing time rules are in effect**
- Six-minute time clock per quarter. (1 minute between quarters / 3-minute halftime)
 - **Clock will stop on the referee's whistle (fouls, ball out of play, etc.).**
 - **Clock will resume on the referee's hand signal when ball is returned to play.**
- **Overtime only occurs in postseason tournament**
 - ONE 3-minute overtime period will be played
 - If still tied, a second 3-minute overtime period will be played
 - If still tied, the game will go to sudden death
 - Jump ball to determine possession
 - First team to score wins.
- Fouls called – 5 fouls per player
- Lane violation – 3 seconds
- Start game with jump ball
- Second half alternate possession
- Fast break is allowed at all times
- Defense can play full court defense at all times with no limit on number of defenders
- A team with a lead of at least 20 points must keep their defense within the 3-point line until the margin is reduced
- THREE (3) full & TWO (2) 30 second timeouts per game per team allowed
- Participation awards for all players
- Trophies for 1st and 2nd place teams in regular season and tournament

Post Season Activities

Evaluations

Post-season evaluation forms will be distributed through email. We encourage all coaches and parents to complete evaluation forms at the end of the season. We also ask all coaches to complete and submit End of Season Player Rankings to assist with the Team Formation process for following seasons.

Intra-League All Stars (optional)

The District designed Intra-League games to be a fun game played at the end of the season by those players selected based on exceptional skill and sportsmanship. An intra-league game will only be awarded to those leagues that do not have an all-star team, which will be the 7-year-old age group and up in the winter recreation league and summer league. The spring boys' basketball league will not have intra league games.

- **Team Makeup:** The teams will be divided according to their standings in the league. The Pelican Park staff will pick a date towards the end of the season and will use the standings as of that date. The teams will be divided in a normal "S" curve type of draft as much as possible.
- **Intra-league All-Star Selections:** Each All-Star team will consist of 8 players. Each league team will get to place as many players as necessary to make up 8 players per team. If the numbers do not allow each team to place the same number of players on the team, the higher seeded teams will get to place an extra player until the numbers add up to 8 per team. Each regular season head coach should verify his players will be able to attend the game before nominating them.
- **Coaches:** The Head Coach for each All-Star team should be the Head Coach from the higher seeded teams. If that coach is unable to coach the game, the next highest seeded team's coach should be asked, and so on. The coach must be in good standing with Pelican Park. A neutral coach will officiate the game. The Head Coaches may not contact the intra-league team beforehand or hold a practice.

Biddy All-Star Selection Process

Biddy Leagues may select all-star teams to participate in invitational and district, regional and national tournaments sponsored by Biddy Basketball. All costs are absorbed by the participants and/or sponsors. Biddy all-star teams are only formed during the winter season. Every player who plays in the Winter season will be given a Biddy All-Star commitment form to fill out and return to Pelican Park. Only players that have returned the commitment letter to Pelican Park Staff will be allowed to try out for the Biddy team.



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All players who complete and return the Bidy form are eligible to try out for the Bidy All-Star team. A series of tryouts will be held during the second half of the Winter season. The Head Coach and Assistant Coach will organize and administer these tryouts, and they will have final approval of Bidy All-Star team rosters. A minimum of 10 players with a maximum of 12 players will be selected for each team. The Head Coach has the option of selecting 2 alternates for a total of 12 players.

The team must be selected not before the halfway point of the regular season, and not after the Christmas break. All-star practices and tournaments may NOT interfere with regular season play.

In addition to having enough players showing interest to play post season all-stars, there must be a coach interested in coaching the team.

Miscellaneous

Safety

It is the goal of Pelican Park Youth Sports in conjunction with each team's coach to provide a safe environment to play and enjoy the game of basketball. If any unsafe act or situation is observed during any practice or game, coaches should complete a facility evaluation form that is located in the game bucket.

Disciplinary Action

Coaches must sign a Code of Conduct that prevents, among other things, alcohol or tobacco usage in the presence of players; foul or abusive language; violent play or physical abuse; unsportsmanlike conduct of any kind. The Pelican Park Discipline Committee will take disciplinary action regarding any infraction. Before any action can be taken, Pelican Park must receive a written complaint. Depending on the severity of the infraction, a coach may receive a warning, suspension or expulsion from the league and possibly other Pelican Park Youth Sports leagues.

Each coach is expected to demonstrate good sportsmanship and set the tone for parent and player attitude and behavior. Persistent arguing with and badgering of the referees is unacceptable behavior and carries significant consequences:

- **Any coach or player given a second technical foul for unsportsmanlike conduct is automatically ejected from the game and is suspended for the next game as well.**
 - Technical fouls assessed for scorebook mistakes or playing violations such as six men on the court are exceptions to the ejection clause.
- **If a player, coach, or spectator is ejected from a game, he or she must leave the gym and is suspended for the next game as well.**
- **Any coach or player ejected from multiple games will be suspended for the remainder of the season.**

Coach Conduct

- No alcohol, drug, or tobacco usage.
- No use of foul or abusive language.
- No violent play or physical abuse.
- No unsportsmanlike conduct.
 - Coaches will not harass, intimidate, or abuse any player, parent, scorekeeper, referee, fan, or league volunteer either verbally or physically at any time.
 - Violations of the Code of Conduct will result in the loss of coaching privileges for a period to be determined by the Recreation Disciplinary Committee.



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- Coaches must sign a code of conduct form and have a completed application on file prior to the season beginning.

Game Protest

The following process will be used to address protests in game situations:

- Notify referee and state protest at point of question. Judgment calls cannot be protested. All details must be noted in the score book and both head coaches and referees must be asked to sign the score book. The game will resume until completion.
- Provide Pelican Park with a written description within 48 hours from the start of the game.
- All protests are to be brought to the Recreation Division for ruling. Pelican Park will rule on the protest within 72 hours of receipt.