

Contra Costa Sports Complex Basketball

Rules and Guidelines

Coaches and Volunteer Responsibility

- Be on time (unless inform someone of being late)*
- No cell phone during hour practice. Kids deserve your undivided attention.*
- Ensure each kid plays 10 mins each half.*
- One coach stands and one must stay seated. Failure to do so will result in a technical foul.*
- No yelling and or screaming derogatory comments at the officials, players and or other coaches.*

Parents

- Please have children to practice and or games on time!*
- Do NOT yell or shout derogatory comments at the officials or coaches during the game.*
- Do NOT attempt to instruct your child from the stands. Please allow the coaches the opportunity to create a winning attitude amongst the kids.*
- Please feel free to come with noise makers, posters and cameras to enjoy the moments and support your child and his team.*
- Before and after game snacks are completely OPTIONAL and up to coaches to determine if allowed or not.*
- End of the season parties are OPTIONAL and up to the coaches to determine if allowed or not.*

Players

- No jewelry or religious medallions will be worn at anytime during the game or practice.
- There will be no yelling or screaming derogatory comments at another player and or official. Failure to do so will result in a technical foul, and ejection from game if it continues.
- If you put your hands on another player resulting in a physical altercation you will be ejected from the game and removed from the sports complex.

Game Play

- 5 Minute warm up prior to game starting.
- ALL games 1st through 8th grade will be TWO (20) minute halves. Halftime will be TWO minutes.
- If roster is full of 10 players, EVERYONE will play an equal amount of (20) minutes with four (5) minute sub quarters used for substitutions.
- If roster is not full of 10 players, a coach can rotate order however he/she would like, keeping along the lines of fair play and sportsmanship.
- ALL PLAYERS will play a MINIMUM of 15 minutes, if roster doesn't have 10 players.
- 1st through 2nd will play on an 8ft goal with a 27.5 size basketball.
- 3rd through 8th grade will play on a 10ft goal with a 28.5 basketball.
- There will be no 24 second clock, but 5 second inbound, 10 second backcourt count and stalling will be enforced.
- 3 seconds in the key violation will not be enforced in the 1st/2nd grade level, although kids will be encouraged not to stand idle. 3 seconds in the key will be enforced SOME at the 3rd/4th grade level according to the flow of the game and discretion of officials.
- There will be no record kept of individual fouls in 1 through 4th grade division however, team fouls will be recorded in the 3rd/4th grade division. If a child receives 5 fouls through the course of the game he/she will have to sit the remainder of the game.

-Defense will be played as soon as offense reaches the 3-point line area for 1st grade through 4th grade.

-Defense will be played as soon as an offense reaches half court for 4th grade through 8th grade.

-Coaches will have FOUR timeouts per game.

-Teams will shake hands at the end of each game to include playoffs and championship.

MISSION

The overall goal for the Contra Costa Sports Complex Basketball program, is to provide the kids within this community another outlet of extra-curricular activity. A place where morals and good sportsmanship are both encouraged and practiced. Fundamentals are learned and developed so these children can become better assets to those around them and themselves.