

Huntingdon Valley Athletics Association
2023-2024 Basketball Season

The Huntingdon Valley Athletics Association (HVAA) in-house basketball league is a recreational league intended to provide youths with a positive learning experience in a competitive, team structure. For that reason, it is important that coaches and league officials ensure that all youths participate in practices and games. While the requirement is that all players must play half the game, coaches need to ensure that all players are involved in the game when playing.

Sportsmanship is a key component to creating a positive experience for all youths and their families. We can never lose sight that, as coaches, league commissioners, directors, parents, and referees, we are all tasked with ensuring inclusion, fairness, good sportsmanship, and respect for others, as our collective responsibilities to our youths and our community. It is our intention that every league will be competitively balanced. If/when situations arise where competitive balance does not appear to be had, it is incumbent upon the coaches to recognize this imbalance and make adjustments in style of play during the game, so as to not unnecessarily run up scoring. In some leagues, concessions are made below outlining temporary in-game adjustments to rules, in order to maintain a more balanced competitiveness.

PLAYERS CREED

I HEREBY PLEDGE TO FOLLOW HVAA CODE OF ETHICAL CONDUCT. I WILL TREAT EVERY PLAYER, COACH, OFFICIAL, AND PARENT WITH RESPECT. THIS IS A GAME AND WE ARE HERE TO HAVE FUN.

All leagues from Bantams through intermediates will recite the HVAA Creed prior to the start of the game.

Coaches & Assistant Coaches Responsibilities

1) The coach must ensure that all players have a safe, equal/fair, and positive experience from their participation in HVAA sports.

- a) Ensure all players participate in games and practices in an inclusionary, positive atmosphere.
- b) Offer encouragement and positive reinforcement to players at all times.
- c) Provide instruction and support in a way the child understands.
- d) Ensure practices are prepared, organized, structured, and safe for all youths.

2) Coaches must act as a role model for the youths participating in HVAA programs. There are few greater rewards than coaching. Coaches must remember that they are tasked with:

a) Promoting inclusion; make sure that you mix/match players when conducting practice drills and playing time together.

b) Denounce bullying; if/when noticed, address the situation head on. Calmly, yet firmly, let it be known that the behavior is unacceptable, and that your team practices and games are in a strict 'bullying free zone'.

c) Demonstrate poise under pressure or strain; youths look to adults in times of stress and strain to see how we react. Remember they are ALWAYS watching and listening. Stay calm and poised. Always show leadership and that you are in control.

d) Encourage positive attitudes; recognize all players, both on your team and other teams that are demonstrating a positive attitude and good sportsmanship. Often, we focus on address the behavior we don't want, as opposed to acknowledging and rewarding the behavior we do want. The advantage of those opportunities to boast about those occurrences and make sure the youths around you hear it.

3) Coaches must not allow parents or spectators to interfere with the game.

a) Cursing, yelling, screaming, or any abusive language directed at a player, coach, or referee will result in a technical foul against the team represented by this person. A second infraction by the same person will result in the spectator being asked to leave the gym. If they refuse, the game will be forfeited.

b) It is the coach's responsibility to discuss with the parents of their players, the accepted behavior of the parents at practices and games; "Players play. Coaches coach. Officials officiate. Spectators cheer."

Parent's Responsibilities

1) Parents are responsible to encourage their children to participate.

a) This includes ensuring players attend practices and games, and that they arrive and leave at the scheduled times.

b) This includes encouraging their children to listen to their coach during practices and games, and officials during game play.

c) Also includes helping the coaches' advocate for their children to always give their best efforts, and never give up on themselves or their team.

2) Parents are obligated to maintain acceptable sideline etiquette during all practices and games.

a) Let the coaches' coach. If you are telling your son, your daughter, or their teammates, to do something different from what their coach is telling them, you create distraction and confusion for the players.

b) Respect the referees. Outbursts from parents on the sideline made toward the referees only signal to our children that they can blame others for things that don't go their way. Legendary UCLA basketball coach, John Wooden, once said, "You are not a failure until you start blaming others for your mistake". Let's make sure we all do our best as adults to promote the respect of our valued officials.

c) Do not be critical of your children or other children on their team. Let the kids play and enjoy the positive experiences that come with youth sports. They will learn from their errors on the court.

d) Make positive comments from the sidelines. Be encouraging. Not just to your children but to all. There are few greater feelings for youths than to have others recognize their efforts and provide them words of encouragement. Great communities, like ours, are built on the goodness and cordiality amongst families. Our children are far better off when families are united in their efforts to encourage and inspire all they come in contact with. Take advantage of the opportunities to promote positivity, not just to your own children or team, but to all children you come in contact with. Lead by example.

e) Do not make any negative comments about players on the other team. Besides being tasteless and classless, these types of comments can be very hurtful to young people involved, as well as to their families. Remember, your children are watching and listening for you take the lead. Keep it positive.

f) Keep all interactions with parents on the other team as healthy and positive as possible. Again, remember that your children are watching and listening for you to take the lead. Keep it positive.

g) When the game is over, it's over. If you need to discuss a concern with your child's coach, please wait 24 hours to collect your thoughts and allow the coach time to decompress from the game.

h) It is completely unacceptable for a parent to address a referee after a game, unless it is to simply say, "Good game ref", or "Thanks ref", in a positive respectful manner. Other than that, parents should discuss any concerns they have with their child's team's coach.

General Rules

- 1) Unless otherwise stated, PIAA rules will apply.
- 2) Games must start at their scheduled times. Warm up time is allowed where time permits. Referees have been tasked with keeping games moving along. In case of an overtime game prior to your games start time, it is incumbent upon the coaches to prepare to have their team ready to start as soon as the court can be cleared from the conclusion of the previous game.
- 3) Referees have COMPLETE control of the game once it begins. Their decisions are final.
 - a) There are no protests allowed, and the referee's decision cannot be appealed.
 - b) Any disputes over non-game issues should be communicated to the league commissioner. If the commissioner cannot resolve the issue, the HVAA Director of Basketball will make the final determination.
- 4) Teams must have a minimum of FOUR (4) players to start a game. At the discretion of the coach, one team MAY start the game with either 4 or 5 players. The decision to start 4 or 5 is not one to be taken lightly. We must remember that the children are there to play. If the opposing team has a full roster attend the game, it should be seen as only logical that the opposing coach would start 5 players in order to get enough playing time for all players. The team playing shorthanded may insert an additional roster player during normal stoppage of play once another player arrives.
- 5) Coaches may NOT allow non-registered children under any circumstances.
- 6) After the game starts, each team MUST maintain the minimum of four eligible players to continue. If less than four players become available due to injury, fouling out, or leaving early due to prior family commitments, then the team with less than 4 players will forfeit the game, regardless as to the score. At the discretion of BOTH coaches, however, the forfeiting team may "borrow" a player from the other team and finish out the game time as a scrimmage. The referees will continue to officiate the game to its normal time conclusion.
- 7) Each team will be provided a scorer's book. Assistant coaches should check information at the end of each quarter for accuracy. In addition to the score, each team will record:
 - a) Player participation
 - b) Number of team and individual fouls
 - c) Time outs used
- 8) Any discrepancy with the scorer's book will be as follows:
 - a) The game referee will be notified
 - b) The referee will meet with both (and only) head coaches at the scorer's table to discuss the matter
 - c) The referee will make the decision

9) Sportsmanship

a) ONLY the Head Coach and Assistant Coach are allowed on the bench during the games. No other parents, siblings, or spectators are permitted to be on the team bench.

b) Coaches MUST remain on their half of the court. Violations will get one warning from the referee. Each subsequent violation will result in a technical foul.

c) Only one coach is permitted to stand during the game. The other coach must remain seated on the bench, unless otherwise stated for a couple of the younger leagues listed in the General Rules. The role of the Assistant Coach during the game is to instruct players on the bench and to keep track of score, timeout, fouls, player participation, etc.

d) Coaches, except as noted below, may not be on the court during play and must remain at their respective benches.

i) Bantam league coaches are expected to be on the court providing immediate instruction and feedback to the players, however only ONE coach from each team may be on the court at any time.

ii) Star league coaches may place an Assistant Coach at the opposite end (from their bench) on the floor between the opponent's bench and baseline. The placement:

1) Must not interfere with the opposing team

2) Must be separate from the spectators

3) May not be along the baseline.

e) It is the responsibility of each coach to always keep their players positive.

f) Players must be seated on the bench or ready at the scorer's table. NO players are to be sitting with spectators at any time during the game.

10) Uniform

a) No jewelry of any kind can be worn during a game.

b) All players must have the HVAA team jersey to play.

c) Players with cast will not be permitted to play.

11) Length of Game

a) All games will consist of four (4), eight (8) minute quarters with a one-minute break between quarters and 5-minute break at halftime. For overtime games, a two-minute break before the first overtime and a one-minute break thereafter.

*Bantam games will consist of 30-minute skill development session and a 30-minute continuous game.

b) The clock will stop for each of the following:

i) Every whistle during the last 10 seconds of the first three quarters.

ii) Every whistle during the last 2 minutes of the game and last minute of overtimes.

iii) While free throws are being taken.

iv) During time-outs (coach or referee called) or injury time-outs.

v) During substitutions at appropriately four-minute mark of each quarter or injuries.

12) Time Outs

- a) Each team has 4 times outs per game. Timeouts can be taken at any time during the game when the team requesting the time out has either possession of the ball on the court, or when inbounding.
- b) There will be no substitutions allowed during a time out (except if a team has 11 players present).
- c) Each team has one time out per overtime period.
- d) Unused time out do NOT carry over to overtime periods.

13) Overtime

- a) A two-minute overtime period will be played if the game is tied after regulation.
- b) During the regular season, if the game is still tied after one overtime period, the game is recorded as a tie and each team gets a point in the standing.
- c) During the playoffs, teams will play as many overtime periods as necessary to declare a winner. The first minute of an overtime period will be played with a running clock. During the second minute of overtime, the clock will stop with each official's whistle.

14) Player Participation

a) Each player must play at least $\frac{1}{2}$ of each game (4 – four-minute sections). Players do NOT have to play in each quarter. It is up to the coach to determine when players will play if they meet their minimum playing requirements and rules below.

b) The game will be stopped at approximately the 4-minute mark of each quarter to allow substitutions. Player jersey numbers for both teams, for each quarter, will be recorded by marking an "X" or other mark in the scorebook.

*Coaches may not use this break as a time out. Substituting players must enter/leave the court immediately at the break. Coaches will have 15 seconds to arrange defensive (man-to-man) assignments.

- c) If there is a question about player participation, either team can ask the referee for a decision.
- d) Injured players are not required to meet the minimum playing time.
- e) If it is determined that a team did not comply with the player participation rule (all players must play at least 4 – four-minute sections in the game) after reviewing the player participation record, the game is forfeited, and the offending team gets a loss regardless as to the score. First time offending coach receives a warning. If the same coach is found not to be following this participation rule for a second time, they may be suspended at the discretion of the HVAA Director of Basketball.
- f) Players arriving late to the start of a game (the start of a game is AFTER opening tip-off) forfeit one 4-minute playing section per each quarter they miss.
- g) Substitute players should report to the scorer's table and wait for the referee to signal them to enter the game.
- h) If a team has 6 players present, coaches will make sure that all players get equal/fair playing time. A player that has been out only one four-minute section, should sit out for one four-minute section in the second half. If a team has 7, 8, 9, or 10 players present, each player MUST sit out at least one four-minute section in the first half and one four-minute section in the second half of a game.

Use the substitution guide provided at the end of the rules to assist that all players get equal/fair playing time.

Coaches will confer at halftime on making sure players are getting equal/fair playing time including deciding which player(s) might need to sit out for one four-minute section in the second half.

15) Fouling Out (Excludes Bantam and Star Leagues as they cannot foul out of games.)

- a) A player fouls out on their 6th foul (combination of personal and technical fouls)
- b) A player fouls out on their 2nd technical foul of the game, regardless as to the number of personal fouls they have.
- c) A team has 30 seconds to replace a player who has fouled out.
- d) Any player exhibiting unsportsmanlike conduct (i.e., fighting, taunting, cursing) or has recorded a single technical foul in a game will be removed from the game and the gym. The player will receive an automatic suspension for the next game, regardless as to whether it is a regular season or playoff game.

16) Technical Fouls

- a) Any coach who receives two technical fouls during a game will be asked to leave the gym and will be suspended for the following game, regardless as to whether it is a regular season or playoff game. The situation will be reported to the league commissioner and HVAA Director of Basketball for review and discussion.
- b) Any coach who receives two game ejections will be removed as coach for the rest of the season, and the assistant coach will be promoted to head coach. The new head coach can then add an assistant coach to assist them for the rest of the season; assuming the coach has completed and submitted all of their required compliance documents.
- c) All technical fouls by a team result in TWO foul shots AND possession of the ball at half-court for the opposing team.
- d) As stated in #15 b & d above, a SINGLE technical foul will result in a game ejection in the Senior Boys League only for egregious infractions, such as fighting, threatening an official, player, coach, or spectator.

17) Three Point Shots

- a) Three-point shots count when a shot is made from behind the arc.
- b) There are no three-point goals in Bantam or Star Leagues.

18) Free Throws (excludes Bantam as there are no fouls recorded)

- a) Star and Junior Leagues
 - i) One-and-one free throws BEGIN with the 7th team foul committed by the opposing team in each half.
 - ii) Two free throws BEGIN with the 10th team foul committed by the opposing team in each half.
 - iii) Star League players will be allowed to shoot from behind the arc on the INSIDE of the lane.
- b) Intermediate and Senior Leagues
 - i) Two free throws BEGIN with the 5th team foul committed by the opposing team in each quarter.
 - ii) Team fouls reset to zero (0) at the beginning of each quarter.

19) Defense

a) The defense must play three feet from the half-court line to allow the offense to bring the ball across half-court. There will be ONE warning per game for blatant infractions. A team technical foul will be assessed on subsequent infractions, except for the Star League where only training/instruction will be provided by the referee.

b) In Bantams, if an offensive player retreats to the backcourt after crossing half court, the referee and/or coaches will provide only training/instruction, and no loss of possession for the infraction will occur.

c) In Bantams and Star Leagues, defensive players must stay within the 3-point arc when playing defense, with the following exceptions:

i) When the ball enters the three-point area, on either a pass or dribble, the team on defense can then defend outside of the arc on that possession. Once possession has changed, everything resets.

ii) If a team is ahead by 14 points or more, their defense must retreat to inside the foul line. Only if/when the opposing team reduces the lead below 14 points, can the opposing team go back to playing within the 3-point arc.

iii) Last two minutes of the game, the defending team can pick up the ball at half court and play defense anywhere with the half court. There is, however, NO trapping outside of the 3-point line in this league under any circumstances.

d) In all other leagues besides Bantam and Star leagues, the Mercy Rule will go into effect at 20-point leads. If a team is ahead by 20 or more points, their defense must play within the 3-point arc.

e) The following defenses are permitted by league:

i) Bantam – Only man-to-man defense is permitted. A player may, however, play ‘help’ defense against an offensive player moving towards the basket.

ii) Star Leagues – Only man-to-man defense is permitted inside of the 3-point arc. Only the final 2 minutes of the game, can the players in this league pick up the ball at half court. Even in the final two minutes of the game, there is again, no trapping defense allowed.

iii) Junior League – Teams in this league can defend man-to-man only but can do so anywhere inside the half court and are not confined to remain inside the 3-point arc as they are in the Star Leagues for the first half. Teams can defend either man-to-man or zone (2-3) inside the half court (no trapping) for the second half.

iv) Intermediate Leagues – Teams in this league can defend with either man-to-man or zone outside the 3-point line in the half court (no trapping). They can play any defense within the 3-point line and during full court press.

v) Senior Leagues – Any defense, any time, except for the Mercy Rule adjustments noted in d) above.

20) Full Court Press

a) Bantam and Star Leagues are not allowed to full court press under any circumstances.

b) Junior and Intermediate Leagues are allowed to full court press in the last two minutes of EACH HALF and overtimes.

c) Senior Leagues can press all four quarters and overtime.

d) Any Junior or Intermediate team leading by 10 or more points cannot press. Any Seniors team leading by 15 or more cannot press.

e) Violations

i) There will be ONE team warning per game for infractions. A team technical foul will be assessed on subsequent infractions.

ii) If repeated infractions occur, a suspension of the offending team coach could be enforced at the discretion of HVAA Director of Basketball.

21) League Specific Rules (Please refer to General Rules #4 above on starting/playing with fewer players)

a) Bantam Leagues

i) Four versus Four

ii) 27.5" ball, size 5

iii) 7' baskets

iv) No scores or standing are kept

b) Star Leagues

i) Five versus Five

ii) 27.5" ball, size 5

iii) 9' baskets

iv) Scores are kept, and standing are maintained.

v) A proctor at the scorer's table will keep the official scorebook. The assistant coach will also keep the team's scorebook.

vi) Winning team is required to report scores to their league's commissioner within 24 hours of completion of the game.

c) Junior Leagues

i) Five versus Five

ii) 28.5" ball, size 6

iii) 10' baskets

iv) Scores are kept, and standing are maintained.

v) A proctor at the scorer's table will keep the official scorebook. The assistant coach will also keep the team's scorebook and should check information with the opposing assistant coach at the end of each quarter for accuracy.

vi) Winning team is required to report scores to their league's commissioner within 24 hours of completion of the game.

d) Intermediate Leagues

i) Five versus Five

ii) 28.5" ball, size 6 (girls and 6th grade boys); 29.5", size 7 (7th/8th grade boys)

iii) 10' baskets

iv) Scores are kept, and standing are maintained.

v) A proctor at the scorer's table will keep the official scorebook. The assistant coach will also keep the team's scorebook and should check information with the opposing assistant coach at the end of each quarter for accuracy.

vi) Winning team is required to report scores to their league's commissioner within 24 hours of completion of the game.

e) Senior Leagues

i) Five versus Five

ii) Girls use 28.5" ball, size 6 and Boys use full size 29.5" ball, size 7

iii) 10' baskets

iv) Scores are kept, and standing are maintained.

v) A proctor at the scorer's table will keep the official scorebook. The assistant coach will also keep the team's scorebook and should check information with the opposing assistant coach at the end of each quarter for accuracy.

vi) Winning team is required to report scores to their league's commissioner within 24 hours of completion of the game.

22) Playoffs

a) Where playoffs apply, all teams make the playoffs.

b) All players must play at least 50 percent of the games to be eligible to play in the playoffs. Injury exceptions must be discussed with the league commissioner and HVAA Director of Basketball to get approval for a player to participate who has not complied with eligibility.

c) Standings (for leagues with playoffs) will be determined as follows:

i) WIN = 2 points, TIE = 1 point; LOSS = 0 points

ii) For standings determination, in case of a tie between teams, the following format will apply:

First – Record against each other

Second – Total points against

Last – HVAA Director of Basketball meets with coaches and commissioner to determine.

Basketball Player Rotation Chart

Player	1st Half				2nd Half			
1								
2								
3								
4								
5								
6								

Player	1st Half				2nd Half			
1								
2								
3								
4								
5								
6								
7								

Player	1st Half				2nd Half			
1								
2								
3								
4								
5								
6								
7								
8								

Player	1st Half				2nd Half			
1								
2								
3								
4								
5								
6								
7								
8								
9								

Player	1st Half				2nd Half			
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								