

WATERTOWN
PARKS & RECREATION
DEPARTMENT

BASKETBALL
COACHES PACKET
2022-2023

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To: All Watertown Recreation Youth Basketball Coaches

From: Carrie Godfrey
Assistant Recreation Director

RE: Watertown Recreation Youth Basketball Program

On behalf of over 600 youngsters I sincerely want to thank all of you for helping us make last years Basketball season a successful one. Any and all youth sporting programs are successful only because of people like you who are willing to give up their time and energy. I look forward to having another successful basketball season this year. Thank you for your help!

To: All Watertown Recreation Youth Basketball Coaches

From: Carrie Godfrey
Assistant Recreation Director

RE: Signed Registrations Forms & Waivers

Please note that no child is allowed to participate in basketball with the Watertown Recreation Department Basketball Program (tryouts, etc.) unless there is a signed registration form completely filled out and filed in the Watertown Recreation Office.

WATERTOWN
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DEPARTMENT

YOUTH BASKETBALL
LEAGUE RULES

YOUTH BASKETBALL

RULES & REGULATIONS **BOYS 8 & 9 YEAR OLD DIVISION**

1. Any team that does not follow rules will forfeit the game.
2. There will be no offensive language during a game or practice by the coach, the players or the spectators.
3. Referee will have full control of the game.
4. Must play zone defense. In the last two minutes of the game, players do not have to remain in the paint, they can defend the entire half court.
5. No double teaming or running all over the court chasing the ball.
6. When defensive team gains possession, the offense MUST retreat to their defensive end of the court and set up zone defense, allowing offensive player to enter past ½ court.
7. Each player must play two (2) full quarters and no more than three (3) quarters.
8. If a player gets hurt, they can return in same quarter.
9. Player shoots foul shots from inner foul circle. Player can jump over the line.
10. Five (5) fouls and the player is out of the game.
11. If a player gets hurt or out on fouls, you can put any player in the game. It will not count as a quarter.
12. Ten (10) minute quarters, stopping clock on foul shots.
13. Three (3) time outs per half per team, **no free substitutions** unless a team has more than **10 players**.
14. If a player misses two or more games or practices without calling the coach, you do not have to play the player in the next game unless he has good reason why the boy is not playing. Tell the other coach before the game the reason why the boy is not playing.

YOUTH BASKETBALL

RULES AND REGULATIONS **BOYS 10 & 11 YEAR OLD DIVISION**

1. Any team that does not follow rules will forfeit the game.
2. There will be no offensive language during a game or practice by the coach, the players or the spectators.
3. Referee will have full control of the game.
4. If a team does not have five (5) players fifteen (15) minutes after the game time, they will forfeit the game.
5. Can play either zone or man-to-man defense.
6. Can full court press the last two (2) minutes of the second and last quarter (boys league only).
7. On foul shots, player can go over the foul line.
8. Will play the three (3) second rules.
9. After five (5) fouls, per quarter, one and one will start.
10. If a player has five (5) fouls, the player is out of the game.
11. Ten (10) minute quarters, stopping clock on fouls and jump ball.
12. Three (3) time outs per half, per team.
13. There will be **no substitution** unless a player gets hurt or a team has more than **10 players**.
14. Each player must play at least two (2) full quarters and no more than three (3) quarters unless a team has five (5) or six (6) players. If a team has six (6) players, two (2) players can play the full game.
15. If a player gets hurt or out on fouls, you can put any player in the game. It will not count as a quarter.
16. If a player misses two (2) or more games or practices without calling their coach, you do not have to play the player in the next game unless the player has a good reason. Tell the other coach before the game the reason why the player is not playing.

YOUTH BASKETBALL

RULES AND REGULATIONS **BOYS 12 & 13 YEAR OLD DIVISION**

1. Any team that does not follow rules will forfeit the game.
2. There will be no offensive language during a game or practice by the coach, parents or the players.
3. Referee will have full control of the game.
4. If a team does not have five (5) players fifteen (15) minutes after the game time, they will forfeit the game.
5. Can play either zone or man-to-man defense.
6. Can full court press the last 2 minutes of the second and last 3 minutes of the last quarter.
7. Must pick up their man at half court unless ball stays in play.
8. Boy cannot go over the foul line.
9. Will play the three second rules.
10. After six fouls, one and one will start on the next foul bonus after 10 fouls.
11. If a boy has five fouls, he is out of the game.
12. A team has ten (10) seconds to bring ball to half court.
13. Ten (10) minute quarters, stopping clock on fouls and jump ball.
14. Three (3) time outs per half, per team.
15. There will be **no substitution** unless a boy gets hurt or if a team has more than **10 players**.
16. Each boy must play at least two (2) full quarters and no more than three (3) quarters unless a team has five (5) or six (6) players. If a team has six (6) players, two boys can play the full game.
17. If a boy gets hurt or out on a foul, you can put any boy in the game. It will not count as a quarter.
18. If a boy misses two (2) or more games ***or*** practices without calling his coach, you do not have to play him in the next game unless he has a good reason. Tell the other coach, before the game, the reason why the boy is not playing.

YOUTH BASKETBALL

RULES & REGULATIONS **GIRLS DIVISION 8, 9 & 10**

1. Any team that does not follow the rules will forfeit the game.
2. Referee will have full control of the game.
3. There will be **NO** offensive language during a game or practice by the coach, the players, or the spectators.
4. If a team does not have five (5) players fifteen (15) minutes after the game time, coaches may have a scrimmage, "borrowing" players from opposite team.
5. Must play zone defense. Players cannot go beyond the top of the key to play defense. They only can on a loss ball.
6. No double teaming, trapping in the corners of the court or running all over the court chasing the ball.
7. When defensive team gains possession, the offense **MUST** retreat to their defensive end of the court and set up zone defense, allowing offensive player to enter past ½ court.
8. Each player must play two (2) full quarters and no more than three (3) quarters.
9. There are no substitutions unless there is an injury, or if a team has eleven (11) players. If a team has eleven players the coach needs to make sure that every player plays equal time.
10. If a player gets hurt, they can return in same quarter.
11. If a girl gets hurt or out on a foul, you can put any girl in the game. It will not count as a quarter.
12. After seven fouls per half, one and one will start.
13. If a girl has five fouls, she is out of the game. All fouls must be kept track by the coaches.
14. Player shoots foul shots from inner foul circle. Player can jump over the line.
15. Ten (10) minute quarters, stopping clock on foul shots.
16. Five (5) time outs per game per team.

17. If a player misses two or more games or practices without calling the coach, you do not have to play the player in the next game unless she has good reason. Tell the other coach, before the game, the reason why the girl is not playing.
18. In the case of a tie, one (1) four (4) minute over time period will be held.

YOUTH BASKETBALL

RULES & REGULATIONS

GIRLS DIVISION 11, 12 & 13

1. Referee will have full control of the game.
2. Any team that does not follow the rules will forfeit the game.
3. There will be **NO** offensive language during a game or practice by the coach, the players or the spectators.
4. If a team does not have five (5) players fifteen (15) minutes after the game time, coaches may have a scrimmage, "borrowing" players from opposite team.
5. No double teaming or running all over the court chasing the ball.
6. When defensive team gains possession, the offense **MUST** retreat to their defensive end of the court.
7. Girl to girl defense half court only in forth quarter with 2 minutes left only if the score is close.
8. After 15 point lead in forth quarter, must return to zone defense.
9. There are no substitutions unless there is an injury, or if a team has eleven (11) players. If a team has eleven players the coach needs to make sure that every player plays equal time. Each player must play two (2) full quarters and no more than three (3) quarters.
10. If a player gets hurt, they can return in same quarter.
11. If a girl gets hurt or out on a foul, you can put any girl in the game. It will not count as a quarter.
12. If a girl has five fouls, she is out of the game. All fouls must be kept track by the coaches.
13. After seven fouls per half, one and one will start.
14. The ball must hit the rim before players can go in for the rebound.
15. Ten (10) minute quarters, stopping clock on foul shots.

16. Five (5) time outs per game per team, not for substitutions unless it's made by the referee.
17. If a player misses two or more games or practices without calling the coach, you do not have to play the player in the next game unless she has good reason. Tell the other coach, before the game, the reason why the girl is not playing.

YOUTH BASKETBALL

RULES & REGULATIONS **BEGINNER BASKETBALL DIVISION**

1. Basics and fundamentals are taught in this league, ie – dribbling, shooting, passing and basic rules.
2. Practice times are one hour long. The first half-hour is used for instruction and drills. The second half-hour is used for scrimmages. You do not have to scrimmage the first week.
3. There will be no score kept during scrimmages.
4. Scrimmages should be timed in five-minute intervals to allow children to switch in and out of the game.
5. Only zone defense should be used to help teach basic level rules.
6. Children should be rotated in all positions to better familiarize them with the game.
7. During scrimmages, coaches will act as “referees” to instruct children as to where they should be and what they should be doing. Coaches may stop clock on fouls and other violations to explain what was wrong. There will be no foul shots in this division.
8. There is absolutely no food or drink (including water bottles) allowed in the gym. There are water fountains available in and around the gym.
9. All children who are not registered in the Bantam program should be supervised by an adult and should not be playing, or shooting basketball at any time.
10. Parents and other spectators should sit in the middle bleachers to allow room for the players and coaches to sit behind the baskets.
11. If practices are cancelled due inclement weather, we will try to make it up at the end of the session. Otherwise we will follow the scheduled times on the scheduled dates. Please check the info-line before

leaving home – 945-5272.