

# Youth Hoops Handbook

2023



<http://champaignparks.com/youth-basketball>



# CHAMPAIGN PARK DISTRICT

## Frequently Asked Questions



### Core Values of the Program

Sportsmanship, Fun, Player Development, Opportunity—these are the values we support for our programs. We believe that sports can play a positive role in a person’s life. When we lose sight of these values we lost the positive effect sports offers. We believe:

- Kids should have fun. If they’re not having fun, they won’t want to do it.
- Kids should have a safe environment to play.
- Kids should learn the importance of sportsmanship and teamwork.
- Kids should develop their skills.
- All kids have the right to play.
- There are goals that are more important than winning.

### The Leisure Line

Check the Leisure Line to check game status before each game. There are other reasons besides bad weather that can cause a facility or court to close. To check the Leisure Line go to <http://rainoutline.com/search/dnis/2178054100>, by phone at 217-805-4100, or the app. Messages will be left by 4:00 pm on weekdays and 7:00 am on weekends. Please do not call the facilities to ask for cancellation information. Feel free to email Cody Flowers for more info. [Cody.flowers@champaignparks.org](mailto:Cody.flowers@champaignparks.org)

### Spirit of the Game

Coach and teach kids to play by the spirit of the rules and NOT the letter of the law. If a coach bends the rules to their advantage (even if they do not break the rule) they are sending the wrong message – that winning is more important than how they play.

### Playing Time

There are no stop watches counting minutes. Substitution patterns are not an exact science. Coaches are expected to do their best to balance playing time and opportunity as much as possible.

### Practices and Games

- Show up at least 10 minutes early. That goes for players and coaches.
- All players and coaches are expected to use the “two pair” policy—wear one pair of shoes to the gym, then change into court shoes to practice or play in games. No hard sole shoes allowed on the gym floors.
- If a player is going to miss, please contact the coach ahead of time and let them know.
- Be courteous to other teams in the gym.
- End practice on time. After your assigned court time is over you can still do “Chalk Talk” sessions on the bleachers.
- Be sure to clean your practice area when you are done. This includes retuning equipment to its proper place and disposing of any water bottles or other trash.

### Officials

**No one should be using foul language or arguing calls with the officials.** A coach may on occasion ask a clarification question, provided it is done politely and does not interfere with the game. **On no occasion may judgment calls be argued.** Officials are human and make mistakes. They are also doing a hard job and deserve all of our respect.

**Under no circumstances should parents be attempting any contact with the officials before, during, or after the games.** Parents are spectators. Whether they want to or not, coaches and parents are role models. Yelling, fighting, and pouting are not the examples we want to set.



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### **Conflict with another Person**

If a coach or parent has a problem with another coach, parent, or player – they should walk away and write down the facts of the situation and contact the League Coordinator-Cody Flowers. Causing a scene embarrasses the players and shifts the emphasis away from the kids.

### **Cheering and Jeering**

Parents are encouraged to cheer for their child, their team, or any player making a good play. Critical comments such as “I can’t believe he made another error,” “That kid is terrible,” or even things like “you need to be tougher” are not in the spirit of a developmental youth program. Even adults have difficulty separating well-meant criticism from personal attacks.

**Parents should not be making critical comments about the other team.** This includes cheering because a particular player was called for a foul or ejected, etc. Please be respectful and courteous. Every child is important.

### **Tips for being a better Sports Parent**

1. Don’t impose your ambitions on your child. Improvement and progress occur at different rates for different individuals. Don’t judge your child’s progress based on the performance of others, and don’t push based on what you think they should be doing.
2. Be supportive no matter what. There is only one question to ask your child—did you have fun? If games and practices are not fun, your child should not be forced to participate.
3. Don’t create public scenes. If you have a problem with someone there are better ways to address it: talk to the coach privately, email the Youth Sports Coordinator, etc. Even if you’re in the right, creating a public display undermines the coach or official and makes your child feel embarrassed of you.
4. Acknowledge your child’s fears. Any game or big event is stressful. It’s natural for a child to be anxious. Assure your child that you, the coach, and their teammates are all pulling for your child’s success.
5. Do not criticize the officials. There’s just no point. It distracts from the game and puts the focus on you instead of on the players.
6. Remember that there are goals besides winning. An honest effort, regardless of the outcome, is much more important than winning. Sometimes the road to player development and confidence is paved with small steps.
7. Coaches have a hard job. They are trying to develop players of various talent levels, encourage players, promote fun, teach, and yes—win games. And they do all of this because they want to help others, not because they’re getting paid.
8. Do not expect your child to go professional. The odds are better of getting struck by lightning. Encourage your child to dream big, to be focused, but don’t push your child so hard you don’t leave room for them to have fun.

### **Coaches**

All coaches in the youth leagues for the Champaign Park District are volunteer coaches. They do not get paid. They are making a commitment to help out the youth of the community. Please help them out in any way you can. All coaches are offered a coaching training course and submit to a background check. The Park District Sports Department maintains a Coaching Resource Library. It includes books and videos on various sports. Coaches may check out items. Talk to the Youth Sports Coordinator if interested.

### **Questions or Feedback**

Contact Cody Flowers-Youth Sports Coordinator at the Champaign Park District at 217-819-3983 or [cody.flowers@champaignparks.org](mailto:cody.flowers@champaignparks.org)

Below are answers to some of the most frequently asked questions by Champaign parents:



# CHAMPAIGN PARK DISTRICT

## Frequently Asked Questions



**Question: If the weather is bad how'd I know if practice or a game is cancelled?**

Answer: Check the Rainout Line <http://rainoutline.com/search/dnis/2178054100> (best way) or by phone at 217-805-4100. The Rainout Line will be updated 1 hour before game/practice time. Please do not call the facilities to ask for cancellation information. For games outside of Champaign (Urbana for instance) check the schedule. It will have a weather hotline for those towns.

**Question: If there's no school that day (holiday, Teacher's Institute, etc) would there still be practice?**

Answer: Yes, depending upon the Holiday. For instance we will practice on MLK Day.

**Question: Who coaches the teams?**

Answer: Youth Hoops teams are all coached by volunteer coaches. Many are parents and there are also some college students. All coaches submit to a background check. Coaches, like players, have varying levels of expertise.

**Question: What is the "two pairs of shoes" I keep hearing about?**

Answer: For safety, cleanliness and court maintenance all players and coaches should have two pairs of shoes. Wear one pair to gym. Then change into basketball/gym shoes to be on the court. The main reason is this reduces the possibility of water getting onto the court which is a slip hazard.

**Question: There are multiple kids on our team with the same jersey number. Is that a problem?**

Answer: If it's just a couple then it's not a problem. It starts to become a problem when it's three or more. In that situation have the coach contact the league.

**Question: My child has never played before. Will they be ok?**

Answer: The Youth Hoops Leagues have a range of talent. Beginning players are welcome.

**Question: Does my child need to wear the jersey to practice?**

Answer: No. However, some coaches may ask players to wear them to practice. In that case please help the coaches out.

**Question: My child just go their ears pierced. Can they play with ear rings?**

Answer: Jewelry including ear rings, watches, Live Strong style bracelets, etc. are not allowed. This is a safety issue. Medical or religious jewelry is allowed if taped down.

**Question: Does my child have to buy the jerseys?**

Answer: Yes. For games all Champaign teams should wear the jersey. If a player forgets their jersey they will still be allowed to play.

**Question: What is the youth basketball webpage?**

Answer: [champaignparks.com/youth-basketball](http://champaignparks.com/youth-basketball) .The website is full of useful information including, the Youth Hoops Handbook (including league rules), maps, schedules, survey results, various sports articles, sportsmanship issues, etc.

**Question: Can I request to be on a certain team?**

Answer: No. Players cannot request teams and coaches may not request certain players. All roster assignments are done by CPD Staff. This does a better job of balancing talent out among the teams, eliminates politics from the process and creates a fair experience for everyone involved.

**Question: What is the Buddy Form and where can I find it?**

Answer: You can stop by any of the Champaign Park District Facilities for a copy of the Buddy Form or go online to the Champaign Park District Basketball webpage. The Buddy Form allows two (and only two) players to be guaranteed to be placed on the same team together. See below for important guidelines concerning the Buddy Form:

- Coach's children cannot be listed on any buddy form.
- Siblings in the same league will be placed together and cannot be listed on any buddy form.
- This form can be used for two participants only.



# CHAMPAIGN PARK DISTRICT

## Frequently Asked Questions



- Each participant may fill out only one form per sport.
- Both participants must fill out a Buddy Form, listing the other participant as their friend.
- All Buddy Forms must be turned in prior to the registration deadline.
- In order to accommodate the requests to play with buddies, there is no guarantee that any participant completing the Buddy Form will play on the same team from the previous season.

**Question: Why is my child using a smaller basketball? What basket height are the players shooting at?**

Answer: We have leagues for various age groups. The ball size, basket height, league rules change from league to league to help foster player development. Please check the rules section of the Youth Hoops Handbook for specific league rules.

**Question: I've heard the score isn't displayed on the scoreboard?**

Answer: For cross court games (Mini Hoopers, Boys 34 and Girls 34 leagues) that is correct. The score is not kept on the scoreboard. Studies and experience have shown that at this age the scores are much more important to the parents than the players. Our emphasis is on player development and enjoyment over competition.

**Question: Our team scored but the score didn't change? Our team scored but the other team was also credited with a basket?**

Answer: Full court leagues—First, we always ask people to be patient. Our scorekeepers are instructed to mark the scorebook first and then change the scoreboard. The scorebook is the definitive record. There are also times when the score on the scoreboard will not change. We do not show a margin of greater than 20 points on the scoreboard. So if Team A is winning 30-10 and they score a basket the actual score is 32-10. However the scoreboard will still display 30-10. If Team B scores then later scores the actual score is 32-12 and both scores on the scoreboard would change to 32-12.



# CHAMPAIGN PARK DISTRICT

## League Rules



### 1. SPORTSMANSHIP (PLAYERS, COACHES AND SPECTATORS)

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- A. All facility policies should be followed by players, coaches and spectators. Any misuse of Champaign Park District or Unit 4 property is prohibited. No dunking allowed at any time by players, coaches, spectators, officials or staff.
- B. Profane or abusive language or obscene gestures by will not be accepted. Any such behavior may be grounds for ejection. Any person ejected by Officials or Staff must leave the gym area immediately. (\*This does not include a player “fouling out” but does include a player or coach ejected for a second technical.)
- C. Any ejection will result in a minimum one game suspension for that person and review for possible longer suspension.

### 2. GYM

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- A. No food or beverages (other than water or sports drinks) are allowed in any of the gyms. Water fountains are located inside the facilities.

### 3. UNIFORM

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- A. All players must have two pairs of shoes; one to wear outside and one for the game. Players must carry their court shoes into the gymnasium and change there.
- B. All players must wear their team jerseys during the game.
- C. No inappropriate headgear, including hats, bandannas, skullcaps, etc will be allowed during warm-ups or competition, either on the floor or the players’ bench. Headbands will be allowed.
- D. During competition, players may not wear watches or jewelry (even if taped down); with the exception of medical or religious bracelets/necklaces. Medical or religious bracelets/necklaces must be taped down. Only rubber bands or hair scrunchies are allowed—no metal or plastic hair pieces please.

### 4. THE GAME

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- A. At least fifteen (15) minutes prior to the scheduled game time, coaches will present the scorekeeper with a completed line-up card with the first and last names of the players and their uniform numbers. (It is recommended to coaches to prepare line-up card in advance.)
- B. Games will consist of four (4) quarters.
- C. A jump ball will be used to start the game. In all other jump ball situations, teams will use alternate possession.
- D. The clock is a running clock. It will stop for only for team time-outs, official time-outs or during the last two (2) minutes of the fourth quarter for all dead ball situations in close game—the margin of difference is less than 10 points.
- E. There will be a one (1) minute break between quarters and five (5) minutes at the half.
- F. There is no overtime. If a game ends in a tie, it remains a tie.

### 5. INDIVIDUAL PLAYING TIME

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- A. All players should play approximately equal amounts of time each game. Exceptions may occur for tardiness, injury, disqualification, etc.

### 6. FOULS, TECHNICAL FOULS AND FREE THROWS

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- A. Each player will be allowed five (5) personal fouls per game.
- B. Any technical foul called against a player will also be counted as a personal foul against that player.
- C. Any player committing a technical foul must exit the game, and may not re-enter the game until the next quarter.
- D. Any player receiving a second technical foul in the same game will be ejected from the game.
- E. Any coach receiving a second technical foul will be ejected from the game and automatically suspended from the next game. (Coaches should not be getting any technical fouls!)
- F. The seventh (7) team foul committed during each half will create a one-and-one bonus and the tenth (10) foul will be an automatic two (2) shots. (\*Mini Hoopers League will not shoot free throws. Ball will be awarded out of bounds.)
- G. On free throws, players cannot enter the free throw lane until the ball hits the rim.
- H. On free throws, there will be four defensive players and two offensive players occupying the top three marked-lane spaces\*, during free throws. In addition, the lane spaces closest to the free throw line (and the shooter) will remain vacant. All other players should stand no closer than the 3-pt line or top of the key extended.

### 7. RULES SPECIFIC TO LEAGUES

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- A. Please see the Youth Hoops Rules Cheat Sheet for an overview of specific league rules.
- B. All other rules not mentioned will be enforced using NFHS rules



# CHAMPAIGN PARK DISTRICT

## Rules Cheat Sheet



Mini Hooper's	Girls 34, Boys 34		Girls 56, Boys 56	Girls 78, Boys 78
4 quarters x 7 minutes  Note: The scorekeeper will call an official time out at the 4 minute mark (or as close as feasible) to allow for player substitution.	4 quarters x 7 minutes  Note: The scorekeeper will call an official time out at the 4 minute mark (or as close as feasible) to allow for player substitution.	Quarter length:	4 x 8 - minute quarters	4 x 8 - minute quarters
Junior	Junior	Basketball size:	28.5 (Girls) & Official (Boys)	28.5 (Girls) & Official (Boys)
8' basket	9' basket	Basket height:	10' basket	10' basket
cross-court	cross-court	Court size:	full court	full court
No Free Throws. Ball will be given out of bounds.	15'	Free throw line:	15'	15'
NA	NA	Lane violation:	5 seconds	3 seconds
NA	NA	3-pt baskets:	Yes	Yes
See Note above in Quarter Length section.	See Note above in Quarter Length section.	Substitutions:	Traditional substitution opportunities.	Traditional substitution opportunities.
Teams allowed 2 timeouts per half.	Teams allowed 2 timeouts per half.	Timeouts:	Teams allowed 2 timeouts per half.	Teams allowed 2 timeouts per half.
Running clock.	Running clock.	Clock:	Running clock except in last 2 minutes of a close game—10 points or less.	Running clock except in last 2 minutes of a close game—10 points or less.
Game score will not be displayed on the scoreboard.	Game score will not be displayed on the scoreboard.	Scoreboard:	During the Second Half the score will freeze any time a team gets a lead of 20 or more points.	During the Second Half the score will freeze any time a team gets a lead of 20 or more points.
No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	Defensive Press:	No press allowed. Players should retreat to half-court upon the other team winning clear possession of the ball.	Pressing allowed.  <sup>3</sup> If team ahead by 10 or more points they MAY NOT press.
<sup>1</sup> No zone defense allowed.	<sup>1</sup> No zone defense allowed.	Zone Defense:	Allowed.	Allowed.
<sup>2</sup> No double teaming.	<sup>2</sup> No double teaming.	Double Teaming:	No double teaming.	Allowed.
Players will wear colored wrist bands and should guard the opposing player wearing the corresponding color.	Players will wear colored wrist bands and should guard the opposing player wearing the corresponding color.	Other:	No Team Foul Bonus.	No Team Foul Bonus.
Players are not allowed to steal the ball from the offensive player.	Players are not allowed to steal the ball from the offensive player.	Other:	5 Fouls and a player is out.	5 Fouls and a player is out.

<sup>1</sup> Because of the age, officials will be given a large amount of discretion in making calls. Coaches are encouraged to focus simply on coaching man to man. <sup>2</sup> NO DOUBLE-TEAMING: Double-teaming will be called when two (2) or more defensive players are guarding a person with the ball who is not attempting to score. A defensive team member may "help" his/her teammate in a one-on-one situation. This "help" defense will be a judgment call according to the official. Double-teaming will NOT BE CALLED 1) when players are in the "lane" area, or 2) when the player in possession of the ball is driving to the goal. The spirit of the rule is to prevent intentional double-teaming. The third violation will result in a two (2) shot technical foul and the offensive team will keep possession of the ball. This is a judgment call by the official. The simplest way to avoid it is to simply teach good man to man defense.

<sup>4</sup>IF TEAM AHEAD BY 10 OR MORE POINTS THEY MAY NOT PRESS: The ball will be awarded out-of-bounds for infractions of this rule. The third (3rd) violation of this rule will result in the awarding of a two (2) shot technical foul plus possession of the ball to the offensive team.

<p><b>START CLOCK</b> <b>1</b></p> <p>Start clock</p>	<p><b>STOP CLOCK</b> <b>2</b></p> <p>Stop clock</p>	<p><b>3A</b> <b>3B</b></p> <p>60-second timeout</p> <p>Place fingertips &amp; thumbs of both hands together in front of chest &amp; spread hand out to shoulder width</p> <p>30-second timeout</p>		<p><b>4</b></p> <p>Stop clock for jump/hold ball</p>	<p><b>5</b></p> <p>Stop clock for foul (Optional)</p>	<p><b>6</b></p> <p>Beacon substitution ball dead-clock stopped</p>
<p><b>FOULS</b></p> <p>5 (Optional)</p> <p><b>7</b> Technical foul</p> <p><b>8</b> Blocking</p> <p><b>9</b> Holding</p> <p><b>10</b> Hand check</p> <p><b>11</b> Pushing or charging</p> <p><b>12</b> Illegal use of hand</p> <p><b>13</b> Player-control foul</p> <p><b>14</b> Intentional foul</p> <p><b>15</b> Double foul</p>						
<p><b>VIOLATIONS</b></p> <p>2 (Optional)</p> <p><b>17</b> Illegal dribble</p> <p><b>18</b> 3-second violation</p> <p>* Open hand - run end line</p> <p><b>19</b> Over and back or palming/carrying the ball</p> <p><b>20</b> 5 or 10-second violation</p> <p>Use both hands for 10</p> <p><b>21</b> Free throw, designated spot, or other violation</p> <p><b>22</b> Excessively swinging arm(s)/elbow(s)</p> <p><b>23</b> Kicking</p> <p><b>25</b> &amp; <b>26</b></p>						
<p><b>INFORMATION</b></p> <p><b>24</b> Visible counts</p> <p><b>25</b> Directional signal</p> <p><b>26</b> Throw-in, free throw or designated spot</p> <p><b>27</b> No score</p> <p><b>28</b> Goal counts or is awarded</p> <p><b>29</b> Point(s) scored use 1 or 2 fingers after signal 27</p> <p><b>30</b> Bonus free throw for 2nd throw, drop one arm - for 2 throws, use 1 arm with 2 fingers - for three throws, use 1 arm with 3 fingers</p> <p><b>31</b> Withheld whistle on a lane violation by defensive team</p> <p><b>32</b> 3-point field goal Attempt and if successful</p>						





**CHAMPAIGN  
PARK DISTRICT**

**PARENT'S PROMISE**

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I pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this Parent's Code of Ethics Pledge.

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of the children ahead of a personal desire to win.
- I will do my best to call the coach to let them know if my child will be late or miss a practice or game.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will discuss any concerns I have with the coach privately and respectfully.
- I will demand a sports environment for my child that is free of drugs, tobacco and alcohol; and will refrain from their use at all youth sports events.
- I understand that coaches are volunteering their time and effort.
- I will remember that the game is for youth—not for adults.
- I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed, or ability.
- I will promise to help my child enjoy the youth sports experience by doing whatever I can such as being a respectful fan, assisting with coaching, or providing transportation.

\_\_\_\_\_  
Child's Name

\_\_\_\_\_  
Parents Name (Printed)

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date



**CHAMPAIGN  
PARK DISTRICT**

## **COACH'S PROMISE**

- I pledge to provide positive support for all my players and do what I can to focus on Sportsmanship, Opportunity, Fun and Instruction.
- I will try my best to help the team focus on fun and sportsmanship, not on the score.
- I understand that improving the quality of coaching is one of the key ways to improve the experience for the children.
- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will do my best to be organized and keep parents aware of the practice and game schedules.
- I will ask parents to help to help with certain tasks like organizing phone trees, rides, snacks, etc.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will do my best to organize practices that are fun and instructional for all my players.
- I will do my best to arrange equal playing time for my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will use coaching techniques appropriate for each of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children, not adults.

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Coach's Name (Printed)

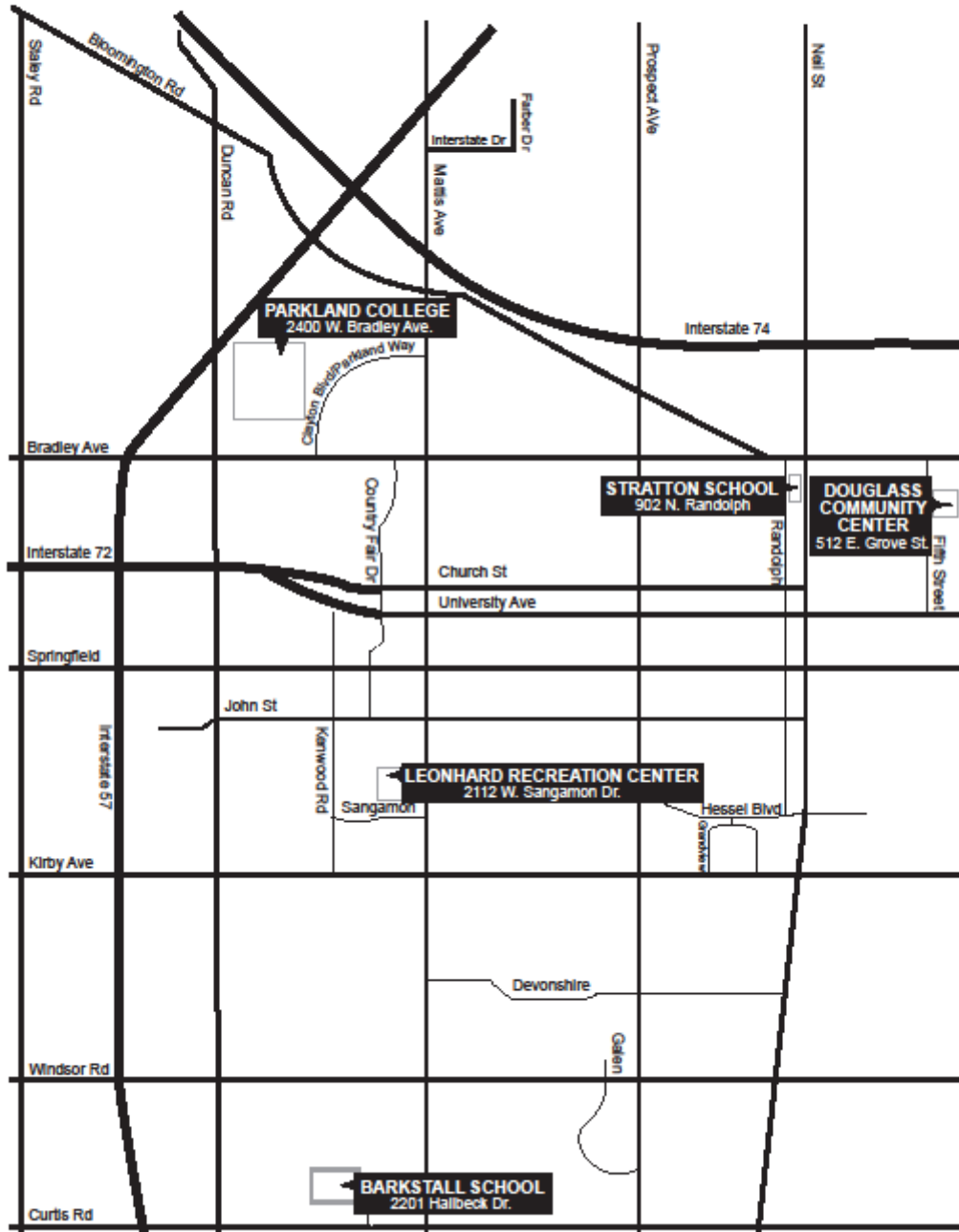
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Coach's Signature

Date



# BASKETBALL GYM LOCATIONS



\*\*\*Change in Address for Leonhard Recreation Center: New Address-2307 Sangamon Dr.