



SYSO Somers Girls Basketball
In Town Recreational League
Overview & Guidelines

SYSO GIRLS BASKETBALL PLAYING POLICY

Somers Girls Basketball In-Town Guidelines

SOMERS YOUTH GIRLS BASKETBALL LEAGUE GUIDELINES AND RULES

LEAGUE OBJECTIVES & RULES

LEAGUE GOALS

The goal of the SYSO Girls Basketball League is to:

- Create a recreational and competitively friendly environment in which children of varying skill levels have fun playing basketball.
- Teach fundamental basketball skills, rules and strategy to our players.
- Model and teach competitiveness with an emphasis on good sportsmanship.
- Promote increased self-esteem among our children.
- Provide equal playing time for all participating players.
- Provide a safe environment for all participating players; safety is of utmost concern to the SYSO Girls Basketball League and coordinators, coaches, and referees should strive to avoid injury whenever possible.

MEMBERS AND ELIGIBILITY

- The SYSO Girls Basketball League consists of girl's teams from the town of Somers, NY. Girls must be residents in Somers, NY and currently enrolled in grades 2 through 9. Teams/Players from other nearby communities will be considered for inclusion on a case-by-case basis.

AGE DIVISIONS

The SYSO Girls Basketball League has 3 Divisions* as follows:

- 2nd – 3rd Grade Division
- 4th – 5th Grade Division
- 6th – 9th Grade Division

*Please note that Divisions are subject to change based on Registration Counts

Players must play in grade appropriate Division – no exceptions

TEAM FORMATION

- Each Division will form as many teams at each grade level as the number of players warrants, striving to have approximately 8-10 players per team.
- It is a key goal of this league that the players within a Division be divided among teams with the objective of creating teams of equal strength. Doing so will help promote and ensure the maintenance of a competitive balance within the league. For the 6th - 9th Division, there will be a pre-season "draft selection" in which the designated coaches will draft their respective players. It is the responsibility of all the coaches involved to ensure fair and equally balanced teams.
- Before each Season and Team formations there will be Player Evaluations & Assessments for the respective Divisions to help the coaches create fair & balanced teams

TEAM GUIDELINES AND RULES

SPORTSMANSHIP

Coaches are responsible for ensuring that all members of the team and their fans practice good sportsmanship before, during and after the game. Coaches should:

- Support the referees and refrain from making derogatory comments towards or about them.
- Refrain from actions or words that undercut the self-esteem of players on other teams or their own team.
- Not allow your players to make derogatory comments towards other players, coaches or referees.
- Not allow "trash talking".
- Support post-game handshake/high-five between players and coaches.
- Strive to ensure avoidance of unnecessary rough and 'dirty' play.
- Make sure that teams do not run up the score. A team that is ahead by 20 points or more must pull its defense back to the 3 point line, not run fast breaks, and must not play full court defense

FACILITIES READINESS

The home team is responsible for providing:

- Game Ball
- Scorekeeper & Time Keeper
- Submission of Game Scores to Division Director (see Reporting Scores)

UNIFORMS

Players are not allowed to wear jewelry of any kind, including earrings, necklaces and bracelets. Referees will ask players to remove any jewelry or unnecessary clothes (e.g. hats) before being allowed to play in a game.

GAME TIMES/ARRIVING ON TIME

- The times listed on the league schedule are the game/practice start times. Teams should arrive at the game site 10 minutes prior to the start of their game/practice.
- Each team shall be prepared to play at the scheduled start of the game. Teams are required to have 5 players to start a game. A grace period of 10 minutes is allowed, after which the delinquent team shall forfeit the game.
- If forfeiture occurs and the other team has more than five players, the team with excess players is encouraged to "loan" players to the delinquent team so that the players may scrimmage and still get to play.

REPORTING SCORES

The score of each game is to be reported to the Division Director after the game is played. Scores will be communicated by the home team coach within 48 hours of gameplay.

INCLEMENT WEATHER/GAME CANCELLATIONS

When inclement weather threatens the safety of travel, the league will consider cancelling all games for that day. Any such league-wide cancellations will be communicated by the SYSO Girls Basketball Program as early as possible on game day. Also, in the case of league-wide cancellations, the league will contact the coordinator of league referees to alert him to the game cancellations. As per Somers Central School District guidelines, if the schools are closed or released early on any particular day due to inclement weather there will be no Basketball games or practices that day

In addition, because weather conditions can change rapidly and unpredictably, team coaches who determine that it is not safe for their team to travel to a game venue may also elect to cancel a game even if there has not been a league-wide cancellation. In such a case, coaches are asked to (1) call a member of the SYSO Girls Basketball Board, Opposing Coach, and Team Parents.

Games canceled due to inclement weather **will try to be rescheduled but are not guaranteed to be.** The league,

in its discretion, will try to schedule make-up games in the event that there are an unusually large number of games cancelled due to inclement weather.

GAME RULES

GAME LENGTH

- Game length for each Division will be determined at the beginning of each season and will be based on number of teams/games and available gym space.
- Games that have a tied score at the end of regulation are treated as follows:
 - One overtime period will be played. Overtimes are 3 minutes in length, with a running clock for the first 2 minutes and with the clock stopping for all referee whistles during the final minute of the overtime. If the score is tied at the end of 1st overtime, the result will be recorded as a tie.
- Halftimes are 5 minutes for all divisions.
- Playoff games are the same length as regular season games. However, in playoffs, overtimes will be conducted as follows. First overtime is 3 minutes, second (if needed) is two minutes, third (if needed) is sudden death. Stop time will be followed in overtimes.

TIME-OUTS

Each team is allowed 3 time-outs per game (and 1 per each overtime).

EQUAL PLAYING TIME

Coaches are expected to provide equal playing time for all players. Coaches are expected to be aware of the playing time they have provided for each player and strive to keep it close to equal among all players. This rule applies to all games, including close games and the playoffs. If a coach desires to have an exception to this rule (e.g. a player has not attended practice and should not receive equal playing time as a discipline), the coach should inform the child's parents, the refs and the other coach during a pregame coaching conference. Equal playing time is not to be varied by age or ability within players on a team. All players get equal playing time regardless of age, grade or ability.

COACHING / VOLUNTEERS

It is our ambition to have 2 Coaches / Volunteers per each team to ensure consistency & continuity throughout the season. Each Coach / Volunteer is subject to the standard SYSO guidelines and directives.

FOULS/FOUL SHOTS

- Referees use common sense on violations. They should allow the kids to play. No advantage, no call.
- The foul line distance for each age group is as follows:
 - 4th – 5th Division: Foul shots are taken from the 15-foot foul line but the players are allowed to jump over the line when they shoot. Running in early by the shooter for purposes of getting a rebound is not allowed.
 - 6th – 9th Division: Foul shots are taken from the 15-foot foul line.
- All age divisions shoot 1 and 1 in the last 2 minutes of the 2nd half for any non-shooting fouls. There is no double-bonus.

DEFENSE/PRESSING

The 2nd/3rd grade Division are to play zone defense only (no person-to-person defense). For all other Divisions, person-to-person defense & zone defenses are to be utilized by the discretion of the individual coach. Double teaming, "helping out" when a player is driving toward the basket and switching off a pick are all allowed as part of a person-to-person defense in all divisions.

Full court pressing, which can include trapping in the back court, is not allowed in any Division.

THREE POINTERS

Three-pointers are allowed in all Grade Divisions (if the court has the appropriate markings)

THREE SECONDS IN THE LANE

- In the 4th – 5th Division, the three second rule will be enforced at the discretion of the Referee / Coaches. While it will be enforced differently according to the level of the players, it should be called if it appears that a player obtains a competitive advantage by remaining in the lane more than 3 seconds.
- The standard rule will be applied in the 6th - 9th Grade Divisions.

TEN SECONDS IN THE BACKCOURT

- In the 4th – 5th Division, a 10 second violation will only be called if, in the discretion of the referee, the referee believes that one team is gaining a competitive advantage by taking more than 10 seconds to cross half-court.
- The standard rule will be applied in the 6th - 9th Grade Divisions.

BACKCOURT

- In the 4th - 5th Division, a Backcourt violation will only be called if, in the discretion of the referee, the referee believes that one team is gaining a competitive advantage by going across the "Half Court" line.
- The standard rule will be applied in the 6th - 9th Grade Division.

TECHNICAL FOULS

- One Technical Foul by a player/coach will result in automatic expulsion from current game. All technical fouls should be reported to and tracked by the Division Director. Multiple technical foul instances will result in disciplinary measures including the potential for expulsion. **ZERO TOLERANCE FOR FIGHTING – PLAYERS/COACHES/PARENTS WILL BE EXPELLED FROM THE LEAGUE.**

Code of Conduct

- Coaches and parents are expected to abide by the SYSO Code of Conduct.
- Specific Players Code of Conduct
 - If a player is ejected for fighting during a game or practice they will immediately be suspended for the balance of the season.
 - If a player receives out of school suspension they are to be suspended for the following game during the season.
- Parents / Coaches Code of Conduct
 - If a coach or parent is ejected for fighting during a game or practice they will immediately be suspended for the balance of the season.
- If there are specific issues that need to be addressed with the Basketball Leadership Board there are specific escalation procedures as per SYSO policies.