

KMC YOUTH SPORTS & FITNESS PROGRAM

BASKETBALL BYLAWS

As of 10 November 2008

KMC Youth Sports is a recreational and instructional league. The National Standards for Youth Sports, Army Regulations, Air Force Instructions/Manuals, and the 2008/09 National Federation of State High School Rules Book are the basis of the league's objectives and guidelines.

ARTICLE 1

LEAGUE AND POLICY INVOLVEMENT

The 2008/09 youth basketball season will be conducted solely as an activity of, by, and for the military community. It will be administered through community actions involving Youth Programs' direction and guidance. The Youth Programs is tasked with ultimate responsibility for the administration and conduct of the program and will therefore have complete authority in the overall and final affairs of the program. These policies reflect the community's and Youth Programs' primary means of governing the program.

SPECIAL NOTE

Too frequently, untrained individuals become involved in youth sports and try to change things to satisfy their own personal desires – they literally take the sport away from the youngsters and administer the program to satisfy the whims of the adults.

Recreational sports for youth have been influenced by a variety of outside forces, which direct the programs toward adult desires and toward college and professional images. This direction, although usually well intended, has not always been the best for our youth. Adults too often forget that youths come in different sizes, weights, needs, physical and psychological make-ups, ages, and emotional requirements. These are the prime reasons why youth sports programs cannot be designed the same way as adult programs and why a youth sports coach is such a challenging position.

COACHES ARE THE HEART OF YOUTH SPORTS

The interaction of the coaches and players, the ability to teach game skills at the appropriate level, and the effects of the coach's action on the players can create and impression that young athletes will remember for the rest of their lives. For these reasons, coaches should be reminded of the positive impact they have on young athletes. In no way should coaches be expected to disregard winning; however, they should put winning in perspective to what they are trying to teach the youngsters.

ARTICLE II LEAGUE ORGANIZATION

GENERAL

- A. **PLAYER PARTICIPATION:** Every player in the Junior Bantam (9-10 years) and Senior Bantam (11-12years, girls and boys) leagues must play a minimum of two (2) full uninterrupted quarters. Substitution will only be made at the quarter breaks and at half time. Junior (13-15 years, boys and girls) will play every player one full-uninterrupted quarter (any quarter); although, the Youth Sports objectives recommend you play everyone equally. Substitution for the 13-15yrs leagues will be from the National Federation of High School Rules. This is to ensure that the objectives of Youth Sports are met for each child participating. The only exceptions are as follows:
1. A player is sick or injured.
 2. A player has had disciplinary problems at practice or during games.
 3. A player missed practices on a repeated basis and the Sport Director has been notified!
- B. **LEAGUE STANDINGS:** There will be no league or divisional rankings or standings.
- C. **CONDUCT:** All spectators, coaches, and players are reminded that this is a Youth Program sponsored event and emphasis will be placed on sportsmanship, rather than winning. Anyone displaying unsportsmanlike conduct that is detrimental to the game or league objectives will not be tolerated. The Youth Sports staff or officials of the game will have the authority to ask any disruptive individual to leave the area. Any Player, Coach, or Spectator who is ejected for unsportsmanlike conduct from a game will be suspended the next game. This suspension is cannot be appealed.

- D. **OVERTIME PERIOD:** There will be no overtimes played in regular season play for ages 9-10yrs Junior Bantam or 11-12yrs Senior Bantam boys and girls divisions. There will be one (1) - two (2) minute stop clock overtime period for the 13-15yrs Jr. boys and girls divisions. If the score is still tied at the end of overtime the score will stand!
- E. **MERCY RULE:** If one team is leading by 20 or more points, the scoreboard "scores" will be changed to 0 and will not display the score's until the team that is behind, gains within 15 points, but the game clock will be displayed. Also under the Mercy Rule the clock will not stop unless a time out is called. Once the score is within the 15 point buffer stop clock will resume. The official scorebook will continue to keep score.
- F. **EXCEPTIONS TO NATIONAL FEDERATION RULES:**

JUNIOR BANTAM DIVISION-AGE 9-10-COED

1. Will play running clock of 4 eight (8) minute quarters.
2. 28.5 basketball
3. Game clock will stop for all whistles during the last two (2) minutes of the 4th quarter.
4. There will be four (4) time outs: 2 one (1) minute and 2 twenty (20) seconds: maximum two time outs per half, with no carry-overs.
5. Full court press is not permitted. Defensive players will not be permitted to approach the offensive team's ball carrier until that ball carrier has advanced over the mid court line with the ball.
 - a. All attempts must be made to cross the mid court line by the offense.
 - b. The defense must allow the offense to cross the mid court line in order to keep flow of the game.
6. Will use the modified (10-foot line) for free throws.
7. Will use the five (5) seconds key rule.
8. Minimum play rule of two (2) full-uninterrupted quarters.
9. Home team will wear the lightest color jersey of the two teams (if possible).

**SENIOR BANTAM DIVISION AGE 11-12
(BOYS TEAMS & GIRLS TEAMS)**

1. Will play running clock of 4 eight (8) minute quarters
2. Game clock will stop for all whistles during the last two (2) minutes of the 4th quarter
3. The girl's division will use a 28.5 basketball and boys will use regulation size basketball.
4. **Minimum play rule of two (2) full-uninterrupted quarters.**
5. There will be four (4) time outs: 2 one (1) minute and 2 twenty (20) seconds: maximum two time outs per half, with no carry-overs
6. **Substitutions: See rule "A" Player participation.**
7. Home team will wear the lightest color jersey of the two teams (if all possible).

**JUNIOR DIVISIONS AGE 13-15
(BOYS TEAMS & GIRLS TEAMS)**

1. **Will play 4 eight (8) minute Stop Clock quarters.**
2. The girl's divisions will play with a 28.5 basketball and boys will use regulation size basketball.
3. **Minimum play rule of one (1) full-uninterrupted quarter.**
 - a. i.e. If Johnny plays 2 minutes of the 1st quarter, 5 minutes of the 2nd quarter, and 6 minutes of the 3rd quarter. He must play the 4th quarter fully uninterrupted.
4. There will be four (4) time outs: 2 one (1) minute and 2 twenty (20) seconds: maximum two time outs per half, with no carry-overs
5. Home team will wear the lightest color jersey of the two teams (if all possible).

ARTICLE III PROGRAM SAFETY

A. Reference Air Force Youth Sports Manual, Chapter 8.

B. Safety is a primary factor in the success of any youth sports program

- The application of common sense and common courtesy while competing will eliminate 95% of all game and practice accidents
- Knowledge of the game, the playing rules, and their intent are necessary to protect the youth from injury
- Constant and effective control and supervision is by far the most effective preventative safety practice in youth sports
- Warm-up periods. Especially stretching, before any contests to prepare and improve muscle tone and reflexes are mandatory
- In the game of basketball:
 - ◆ Gymnasium of tennis type shoes must be worn
 - ◆ Eyeglasses must be secured with a safety strap
 - ◆ Jewelry, for example: necklace, earrings, rings, watches, etc., is prohibited
 - ◆ Long fingernails which would scratch, cut or stab the eyes are prohibited
 - ◆ As in all running games, adequate rest periods are necessary to avoid overexertion
 - ◆ Make certain players replenish body liquids during and after games
 - ◆ Athletic supporters are highly encouraged for male participants

SPORTSMANSHIP

The KMC Basketball league is designed to provide a positive atmosphere for all participants and spectators. Sportsmanship will be stressed at all times. This league is a youth sports event and emphasis will be put on skills development, participation, and positive reinforcement. Negative behavior demeans the goals of the youth Basketball program, and therefore will not be tolerated at any level. Any person who is removed or ejected from a game will be suspended a minimum of one game.

YOUTH SPORTS AND FITNESS DIRECTORS

RAMSTEIN: Brooke Sands - DSN 480-5660

VOGELWEH & SEMBACH: Vince Kurtz - DSN 480-5660

LANDSTUHL: Anthony Broccoli - DSN 486-8375

BAUMHOLDER: Daniel Washington - DSN 485-7276

SPANGDAHLEM: Marjorie Egger - DSN 452-7545

KMC YOUTH SPORTS DIRECTOR: Allen Fleming- DSN 480-5660