

# **2023/24 MYA Basketball**

## **Season Kickoff Coaches Meeting**

### **Agenda**

- Welcome and Introductions
- Coach Responsibility & Conduct
- Sportsmanship & Volunteer Support
- Play Time Rules
- Supplementary Division Rules
- Accident Protocol
- Insurance Coverage/Incident Report Form
- Practice Time Rules
- Tournament Fundraiser
- Equipment

# Coach Responsibility & Conduct

Thank you for accepting the position of a volunteer coach. Your dedication to the kids of Merrimack is what makes our program successful, fun, and fulfilling.

Coaches are the program's representatives that directly impacts the player's experience.

---

- **Responsibility**

- Communicate with the parents

- Provide a roster with names of players and phone numbers, and parents names and contact info if possible.
- Provide schedule information ASAP.
- Set expectations for parental support at practices and games.
- Direct parents to the MYA Basketball website for schedule of games and practices.

- Engage **EVERY** individual child

- Enhance every player's self-esteem
- Goal is to improve every player's ability and enjoyment of the game

- Maximize **EVERY** player's playing time

- Use practice time constructively **!Have a plan!**

- Establish behavior guidelines for players

- Ensure safety of players from drop-off to pick-up

- Support league rules

– **Provide scorekeeper or timekeeper for each game -**

• **Identify this person ASAP.**

– Support the All Star Tournament Fundraiser.

• Being available to volunteer to run the clock, scorebook or whatever else is needed to make the tournament a success.

• **Conduct**

– Set a Good Sportsmanship Standard for the kids and the fans

• Control conduct of players, parents, and your fans

– Respect the Referees -

• Actively prevent referee criticism

– Keep the significance of winning in proper perspective

– DO NOT participate in any Merrimack Youth Basketball activity under the influence of alcohol or drugs -- not even a little!

## **Sportsmanship & Volunteer Support**

**The majority of participants exhibit excellent sportsmanship !**

***Good sportsmanship, behavior, and respect for our officials must be the standard from our coaches, players, & fans***

• Unsporting player behavior will result in game suspensions.

– See supplemental rules for technical/flagrant fouls

– Technical Fouls will result in gym suspensions

– Flagrant or repeated violations can result in suspension from the program

## **!!Coaches can help players NOT get Technical Fouls!!**

- Coach Technical Fouls or Gym Ejections will result in game suspensions and a conference with the Board.
  - This wastes a lot of time for a lot of people, so not wanted!
- Good sportsmanship also means not running up a score, not pressing when you are up by “a lot”, etc.

### **Volunteer Support**

- Scorekeepers / Timekeepers
  - Teams must provide either a scorekeeper or a timekeeper for each game. Can be from same team, but not ideal
- ALL MYA Basketball participants need to help run the fundraising Tournament
  - Encourage parents of ALL players to be involved
  - Proceeds **SUPPORT ALL OF US**

# Play Time Rules

Our motto is “*Sportsmanship and Playing Time*”, so of course we want all of our kids to have the maximum amount of time on the court. Most of our coaches understand this, and distribute playing time generously. However, there are some who need rules. As a service to our players and parents, we’ve established minimum and maximum playing time rules. These rules are an integral part of Merrimack Youth Basketball, and must be followed and respected by every team.

---

## Minimum Play Time Rule

- All players on the bench at the start of each quarter must go into the game at the 4 minute mark of the quarter (15 second grace period)
  - Teams with 9 or less players may leave enough players in the game to maintain 5 active players. The Players left in can not be in for more than 2 consecutive playing shifts
  - Teams with 11 or more will leave extra players on the bench until the next substitution Time. No player can miss more than 2 consecutive playing shifts.
- The only reason a player may be removed before the minimum play time is for health or safety.
- – A player **may not** be removed because of excessive fouls, unless he/she “fouls out” and is removed by the referee.
  - A player who receives a technical foul for unsporting behavior forfeits the minimum play time requirement, and can be removed at the coaches’ discretion. Help the player “settle down”.

## **Enforcement**

- All Coaches are responsible to follow these rules, not the referees or the coordinators, although they may help.

Violation of play time rules will result in;

1. An opportunity to talk with your Coordinator
2. An opportunity to appear before the Board
3. Game forfeit at discretion of the Board
4. Eventual termination from the program

**Note:** IntG (7<sup>th</sup>/8<sup>th</sup> Grade) and SrG (9<sup>th</sup>-12<sup>th</sup> Grade) will follow the “Bedford” Play Time Rules (full substitution every 5 Minutes)

# Supplementary Division Rules

Merrimack Youth Basketball follows the National Federation of State High School Basketball Rules with a few additions/exceptions listed below

---

- **Game Format:**

- Games will consist of (4) 8 minute quarters, separated by a 2 minute halftime period.

*Mandatory Substitutions at 4-minute mark of each quarter, unless injury 10-15 second grace period (NEW24/25)*

- First Overtime period is 2 minutes in duration.

Regular season games may end in a tie

Playoff games will have additional 2 minute OT periods as needed until a winner is declared.

- *3 Timeouts per team – Can only use 2 per half (NEW24/25)*

- **Special Additions/Exceptions for Specific Divisions**

## 3<sup>rd</sup>/4<sup>th</sup> Grade

- *First half of game must be man-2-man defense (Starts in January)*

*One Warning, after that a team foul*

*During November and December Any defense can be used.*

*Starting in January the first half defense must be Man-2-Man Defense. Second half defense can be any type of defense.*

*(NEW24/25)*

- Pee Wee Boys/Girls, and Junior Girls restrict full court defense

- In Nov and Dec, full court defense will not be allowed.

The offensive player must be allowed to **cross** the half court line (that's 2 feet and the ball!) before defensive pressure is applied. Please allow 4 feet from the half court line.

- For the rest of the season, and including playoffs, defensive pressure is allowed during the last 4 Minutes of the game, and any overtime periods. Pee wee boys can have defensive pressure the last 2 minutes of the game.
- Technical Foul for violations, at referee discretion
- Pee Wee Boys/Girls have a longer “3 Second Violation”
  - Offensive players are allowed 5 seconds in the lane before a violation is called (Will still be called “3 second violation”)
- Pee Wee Boys/Girls will not use a “3 Point Shot”
  - All field goals will count for 2 points
- Pee Wee Boys/Girls will have a shorter free-throw
  - The free-throw line will be moved 2 feet closer to the basket
- Pee Wee Boys cannot double team outside the 3 point line

### 5<sup>th</sup>/6<sup>th</sup> Grade

- *First half of game must be man-2-man defense*  
*One Warning, after that a team foul (NEW24/25)*
- No full-court defense allowed until 4<sup>th</sup> quarter  
No full-court defense if team is up by 15+ pts  
One defense violation warning in the first half - Afterwards, Team foul issued for each occurrence.

### 7<sup>th</sup>/8<sup>th</sup> Grade & (Senior Division)

- *First half of game must be man-2-man defense*  
*One Warning, after that a team foul (NEW24/25)*
- Intermediate and Senior Girls will play 20 minute halves of running clock play, except in the last 2 minutes of each half



# MYA Basketball Supplemental Rule

## regarding Technical/Flagrant Fouls

- Once a player receives a technical foul for unsporting behavior he/she loses the minimum playing time requirement. It is recommended that a player receiving a technical *immediately be removed* from the game, to allow time for the player to regain control. The coach is free to sit the player for the rest of the game if it is necessary or appropriate. The offending player should not be allowed to re-enter the game until he/she is calm and in full control.
- A player, coach or assistant coach that receives (2) technical fouls, or (1) flagrant foul, in a game is disqualified for the remainder of that game, and is suspended for the next game.
- A player, coach or assistant coach that accumulates (3) technical fouls, or the equivalent, throughout the regular and playoff season, is suspended for a minimum of (2) games. The board, at its discretion, may suspend the player for the rest of the season.
- A player, coach or assistant coach that accumulates (4) technical fouls, or (2) flagrant fouls, or the equivalent, throughout the regular and playoff season, is suspended for a minimum of (3) games. The board, at its discretion, may suspend the player for the rest of the season.
- Any player receiving more than the equivalent of (3) technical fouls in one season is suspended from all MYA basketball activities for the rest of the season.
- A suspended player **MUST** attend the whole game(s) that they are suspended from, and must sit on the bench, but not participate
  - Any coach who knowingly allows a suspended player to participate in a game is suspended for the season. The game in which the player participated will be a forfeit.
  - Game suspensions cover any MYA basketball sanctioned game including regular, playoff, and tournament games, including teams participating in “out of town” games.
- The board, at its discretion, may suspend a player for an amount of time up to the season for any single action it deems especially egregious. Examples of such action include, but are not limited to, willful property damage or fighting.

Flagrant fouls can be personal or technical, they count as the equivalent of (2) non-flagrant technical fouls.

For example: 1 flagrant foul = 1 game suspension

1 flagrant foul + 1 technical foul is equivalent to 3 technical fouls  
and results in a 2 game suspension

2 flagrant fouls = 3 game suspension

# Accident Protocol

The MYA Basketball Board would like all coaches to be aware of, and adhere to, the following when an injury occurs;

1. **If there is any doubt**, as to the severity of a child's injury, **call 911**. Safety for our participants is, above all else, is our first and main responsibility.
2. In the event of an injury involving blood, the person responding must wear latex gloves while helping the injured player. The blood should be wiped up with disposable towels, and exposed skin should be wiped clean with a disinfectant wipe.
4. A player may not play with a blood stained uniform, blood on their body, or with an exposed open wound. Players may change jerseys without penalty in the event their jersey is contaminated with blood or other bodily fluids.
5. If a player receives a blow to the head during play, the referee team will evaluate the player for signs of concussion symptoms. If the referees suspect concussion symptoms, the player will be removed from the game, and will not be allowed to play the rest of the game.

No one is allowed to overrule the referee's decision.

6. Any injury that results in excessive blood, bad sprains, concussion symptoms, a doctors visit, or hospitalization, needs to have an Incident Report filled out, and reported to your Division Coordinator ASAP.

# Insurance Coverage/ Incident Report

- Merrimack Youth Basketball has insurance coverage for it's participants
    - The coverage is a “secondary” insurance coverage, unless primary insurance is not available
  - In case of an injury in which medical care is needed;
    - First take care of the player!
    - Fill out an Incident Report right after the player is taken care of, and get it to your Division Coordinator and Director.
      - Or at least right after the game
- Note: Accurate details are important, especially if a claim needs to be processed later on
- Incident Report Form on next page, or get it from the website ( [myabasketball.org](http://myabasketball.org) )
  - If requested, get an Insurance Claim Form from your Division Coordinator, and get it to the guardian of the player involved in the incident

# Incident Report

Type of Incident (circle one): Injury Rule Violation Ejection Sportsmanship Other

Originator: \_\_\_\_\_ League: \_\_\_\_\_

Name and phone number

Date of Incident: \_\_\_\_\_ Location: \_\_\_\_\_ Activity at time of incident: \_\_\_\_\_

Team (s) involved: \_\_\_\_\_ Coach: \_\_\_\_\_

\_\_\_\_\_ Coach: \_\_\_\_\_

Officials: \_\_\_\_\_

**Details** ( be specific, attach separate sheet if necessary)

---

---

---

---

---

---

---

---

**Coordinator Review** (include contact(s), dates, and comments) \_\_\_\_\_

Coordinator name

---

---

---

---

---

---

---

---

**Disposition:**

Name and position of person closing this item: \_\_\_\_\_

Action: \_\_\_\_\_

---

---

# Practice Time Rules

- Any changes in a team's practice schedule must be approved by the Division Coordinator
- If a practice is canceled by a coach, the Division Coordinator, and ALL players must be notified right away
  - Early notification may enable another team to use the space
- If school is out or canceled, all practices are canceled as well
  - Holidays, Teacher Workshops, Snow Days, etc..
- The individual schools control their own gym space, and their programs have priority, so last minute cancellations can occur. If this happens;
  - Politely and Quietly, do not enter/leave the gym space.
  - Ensure ALL your players have a safe way home with their parent/guardian.
  - Report this to your Division Coordinator as soon as possible.
- No team is allowed to practice, compete, or scrimmage outside of their assigned practice time without Board Approval.
  - No practices at other gyms you may have access to.
  - No more than 1 weekday MYA practice per week.
- Coaches must keep their team off the court before and after their scheduled practice time.

- The clock on the wall of the gym is the official practice time clock.
- Team meetings / discussions can be held outside of the gym, so other teams can use the gym.
- . Please respect all school property. Carry in and carry out all trash. We have access to the gym ONLY, there should be no running up and down the halls.

- \*\*\*NEW\*\*\* Tournament Team players will be identified by Tryout and will have 1 additional practice per week in conjunction with their rec regular practice. This will allow for approximately 2 month of “Tournament” practice prior to the end of the season tournament. Additional fees may apply for these players as they may be entered into an out of town tournament. TBD.

.Volunteer “Tournament” coaches will be needed and player selection will be based on coaches and coordinator recommendations.

– Does not include the Instructional Division (1<sup>st</sup>/2<sup>nd</sup> Grade) or the Senior Division (9<sup>th</sup> -12<sup>th</sup> Grade)

# Equipment

- Equipment will be distributed following this meeting
- Division Coordinators will sign out the equipment to you
  - Each bag has a tag with a number on it
  - The Coordinators will write the bag number and your name on the Coordinators sheet
- Each bag has 2 game ball, game shirts, first aid kit, ice packs. Warm up shirts will be distributed before the first game .
- After distributing shirts to players;
  - **Complete an inventory sheet (w/ player name/shirt #)**  
Turn in one of the sheets to your Coordinator before the first game. Keep the second sheet for your records, as you will need it at the end of the year to collect the shirts!
- Ice packs are in a heavy duty Ziploc bag. You can transfer them to a small tackle box if you feel this would be better
  - !! Ice Packs Freeze, and burst into a mess, so protect them from other equipment, and your car!!**
- Equipment issues/needs can be resolved by Stacey or league coordinator . Email her at [equipment@myabasketball.org](mailto:equipment@myabasketball.org)

**COACHES ARE RESPONSIBLE FOR RETURNING EQUIPMENT TO THE DIVISION COORDINATOR AT THE END OF THE SEASON**



# Game Play Time Examples

Play time is something that can be a little confusing for coaches in the competitive Divisions (PeeWee through Senior).

The rule is that every player must play for a minimum of 6 minutes per half, and must sit out a minimum of 3 consecutive minutes per half. If there are only 6 Players, the minimum sit rule is reduced to 2 consecutive minutes.

The 6 minutes of play time may be consecutive, or in 2 blocks of 3 minutes.

For example; It can NOT be 3 blocks of 2 minutes each.

What a coach should remember is that every team makes the play-offs. This makes it easier to try to build the strength of the ENTIRE team during the regular season, without having to overly worry about winning. Player confidence is the key!

Most importantly, have a written substitution plan prior to the game, so no player plays too much, and no player gets left on the bench for too long. Stress to the parents that it is important to let you know if their player will be at the game, so you can put a good plan together. Minor adjustments during the game are then much easier to deal with.

With a 10 Player roster, the simplest thing is to use 4 min shifts. This allows keeping 5 players together for the whole game. A good mix to use with the 2 shift plan is to have stronger players on each shift, which will help the other players improve, and keep the game well balanced.

Example 1: Ten Players, 2 shifts

Qtr 1		Qtr 2	
Start:	4 min mark	Start:	4 min mark
Player 1	Player 6	Player 1	Player 6
Player 2	Player 7	Player 2	Player 7
Player 3	Player 8	Player 3	Player 8
Player 4	Player 9	Player 4	Player 9
Player 5	Player 10	Player 5	Player 10

# Game Play Time Examples

With a 9 Player roster, there is a bit more flexibility with play time. Building the skills of each player is the key to a successful season, so although you can play your strongest player more than the others, the rest of the team may not improve as much as you need. Play Time is the key!

Example 2: Nine Players, 2 shifts

Qtr 1		Qtr 2	
Start:	4 min mark	Start:	4 min mark
Player 1	Player 1	Player 2	Player 1
Player 2	Player 6	Player 3	Player 2
Player 3	Player 7	Player 4	Player 7
Player 4	Player 8	Player 5	Player 8
Player 5	Player 9	Player 6	Player 9

In this scenario, you will have played and sat each player enough. Player 1 and Player 2 will have played more than the others, because they only sat out once, where the others sat out twice. This is not ideal.

Example 3: Nine Players, Open Substitution ( 2 minutes/half)

Qtr 1			Qtr 2		
Start:	5 min mark	2 min mark	Start:	5 min mark	2 min mark
Player 1	Player 1	Player 1	Player 2	Player 1	Open
Player 2	Player 6	Player 2	Player 3	Player 2	Substitution
Player 3	Player 7	Player 3	Player 4	Player 7	
Player 4	Player 8	Player 4	Player 5	Player 8	
Player 5	Player 9	Player 5	Player 6	Player 9	

In this scenario, you will have played and sat each player enough, and will have 2 minutes at the end of the half, and at the end of the game, for open substitution.

Player 1 and Player 2 will have played more than the others, because they only sat out once, where the others sat out twice. In the Open Substitution time, try to balance this out as best possible.

# Game Play Time Examples

With a 8 Player roster, there is a bit more flexibility with play time. Building the skills of each player is the key to a successful season, so although you can play your strongest player more than the others, the rest of the team may not improve as much as you need. Play Time is the key!

## Example 2: Eight Players, 2 shifts

Qtr 1		Qtr 2	
Start:	4 min mark	Start:	4 min mark
Player 1	Player 6	Player 3	Player 8
Player 2	Player 7	Player 4	Player 1
Player 3	Player 8	Player 5	Player 2
Player 4	Player 1	Player 6	Player 3
Player 5	Player 2	Player 7	Player 4

In this scenario, you will have played and sat each player enough. Player 1 and Player 2 will have played more than the others, because they only sat out once, where the others sat out twice. This is not ideal.

## Example 3: Eight Players, Open Substitution ( 2 minutes/half)

Qtr 1			Qtr 2		
Start:	5 min mark	2 min mark	Start:	5 min mark	2 min mark
Player 1	Player 1	Player 3	Player 8	Player 5	Open
Player 2	Player 2	Player 4	Player 1	Player 6	Substitution
Player 3	Player 6	Player 5	Player 2	Player 7	
Player 4	Player 7	Player 6	Player 3	Player 1	
Player 5	Player 8	Player 7	Player 4	Player 2	

In this scenario, you will have played and sat each player enough, and will have 2 minutes at the end of the half, and at the end of the game, for open substitution.

Player 1 and Player 2 will have played more than the others, because they only sat out once, where the others sat out twice. In the Open Substitution time, try to balance this out as best possible.