

2024/25 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 impact 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 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 15+ points.

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.

Play Time Rules

- Teams of 10 players All players on the bench must go into the game at the 4 minute mark of the quarter (15 second grace period)
 - 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.
- Teams of 9 players, substitutions can still be made at the 4-minute mark. 4 players off, 4 on. 1 player stays in the game but must sit at the beginning of the next period. The Players left in cannot be in for more than 2 consecutive playing shifts.
- Teams of 8 players, players can still substitute at the 4-min mark. 3 players off, 3 on. 2 players continue but must sit at the beginning of the next period. The Players left in cannot be in for more than 2 consecutive playing shifts.
- Teams of 7 players, substitutions can be made at the 6, 4, and 2 minute mark **or** the 8, 5, and 2 minute mark.
- If a team only has 6 players, substitutions should be every 2 minutes for the 1 player remaining on the bench.

- The only reason a player may be removed before the minimum play time is for health/safety or three (3) fouls in the first half of the game.
- – A player **may not** be removed in the second half of the game 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 coach’s discretion. Help the player “settle down”.

Enforcement

- All Coaches are responsible for following 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 (7th/8th Grade) and SrG (9th-12th 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. Teams with less than 10 players will follow a separate playtime format. (NEW24/25)
- First Overtime period is 2 minutes in duration.
Regular season games may end in a tie.
Playoff games will have an additional 2-minute OT period as needed until a winner is declared.
*Teams will have 1 Timeout available in OT
No Playtime Restrictions
- 3 Timeouts per team – Can only use 2 per half (NEW24/25)*

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

3rd/4th Grade

- *During November and December any defense can be used.*
- *In January, first half of game must be man-2-man defense.*
 - *One Warning, after that a team foul.*
 - *Second half of game, any type of defense can be played.*
(NEW24/25)
- Pee Wee Boys/Girls, and Junior Girls restrict full court defense
 - In Nov and Dec, full court defense will not be allowed.

For half-court press, the offensive player must be allowed to cross the half court line and establish themselves in the front court before defensive pressure is applied. Defenders must allow 3 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.
 - If a team Full Court presses, they can't go any further than the backcourt's 3-pt line. **For example**, it is a tie game with less than 4 minutes left. Team A decides to full-court press. Team A must allow Team B to inbound the ball from the backcourt and advance past the backcourt's 3-pt line. Team A is then allowed to engage with the press. Think of it as a 3/4 court press.
 - Team Foul for violations.
- 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/Girls cannot double team outside the 3-point line
- Any team with a 15+ point lead must keep all defenders within the 3-point line.

5th/6th 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 4th 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.

7th/8th Grade & (Senior Division)

- *First half of game must be man-2-man defense
One Warning, after that a team foul (NEW24/25)
7th/8th Grade and Senior Boys can full-court press the entire game*

***NOTE: Intermediate Girls will play by Bedford Basketball League game rules*

Fouls (All Divisions)

If a player receives his/her 3rd personal foul in the first half of a game, the coach has the right to pull them from the game until the 2nd half begins, regardless of how much playtime they have received at that point. We do not want a player fouling out in the first half, and not being able to play the rest of the game.

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)
 - 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 (1st/2nd Grade) or the Senior Division (9th -12th 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 the equipment manager or league coordinator . equipment@myabasketball.org

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

Game Play Time Examples

10 Players

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 8 minutes per half, and must sit out a minimum of 2 consecutive minutes per half.

The 8 minutes of play time may be consecutive, or in 2 blocks of 4 minutes.

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. Changes to the player groupings can happen at half time as needed

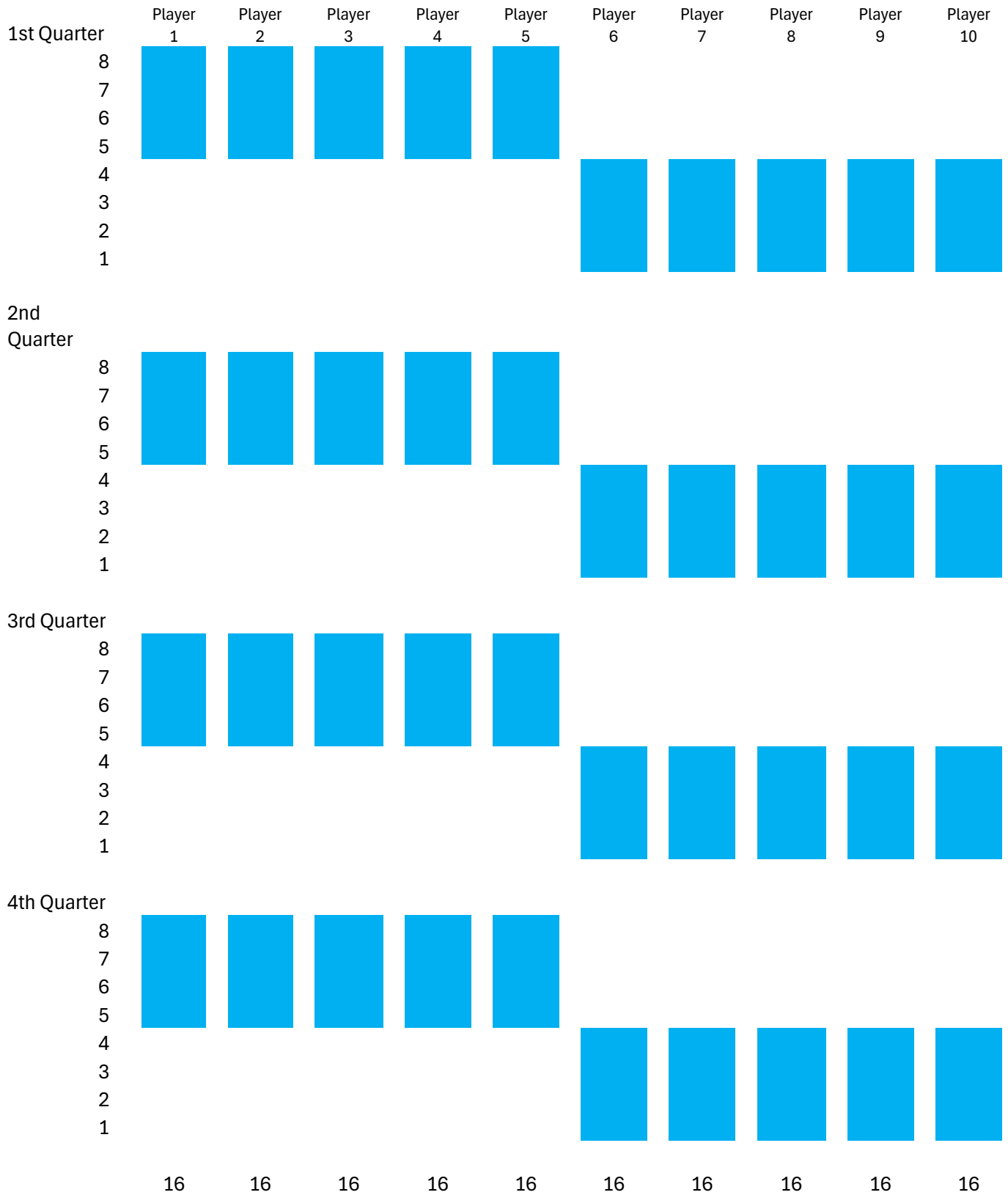
[There are playtime templates available for reference Below.](#)

[Planning line ups ahead of time makes for smoother substitutions on game day.](#)

Game Play Time Example – 10 Players

Example 1: 10 Players, 2 shifts

MYA Basketball Playtime Rotation - 10 players

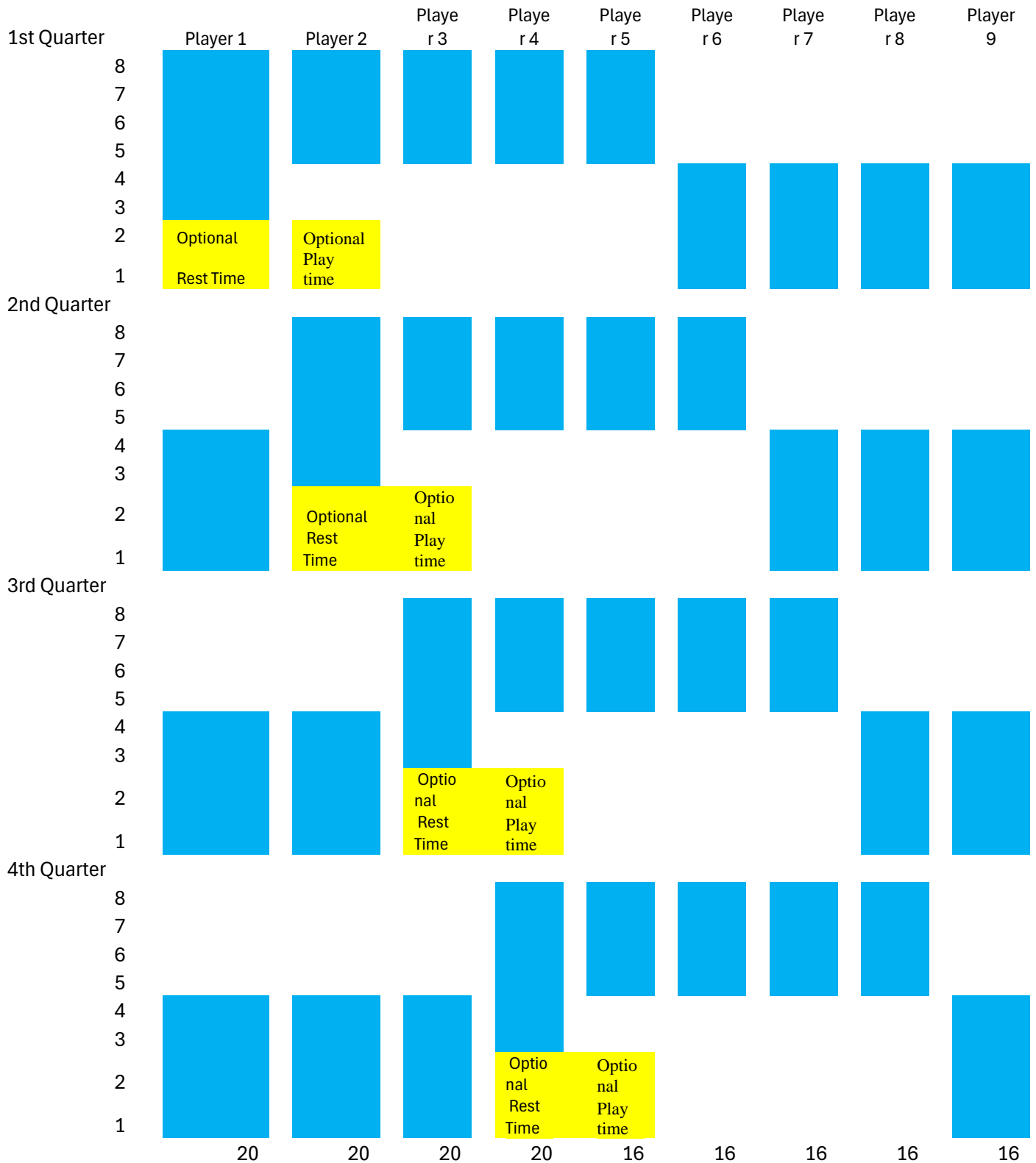


Game Play Time Examples 9 Players

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, whereas the others sat out twice. To help equal the playtime in the second half, use 2 different players, i.e. Player 3 and Player 4, to play more minutes. Although playtime will not be exactly even with 9 players, it will help spread the playtime minutes around. If you use the Optional Rest time at 2 minutes you **MUST** use it for all to even out play time.

Example 2: 9 Players, 2 shifts, substituting every 4 mins

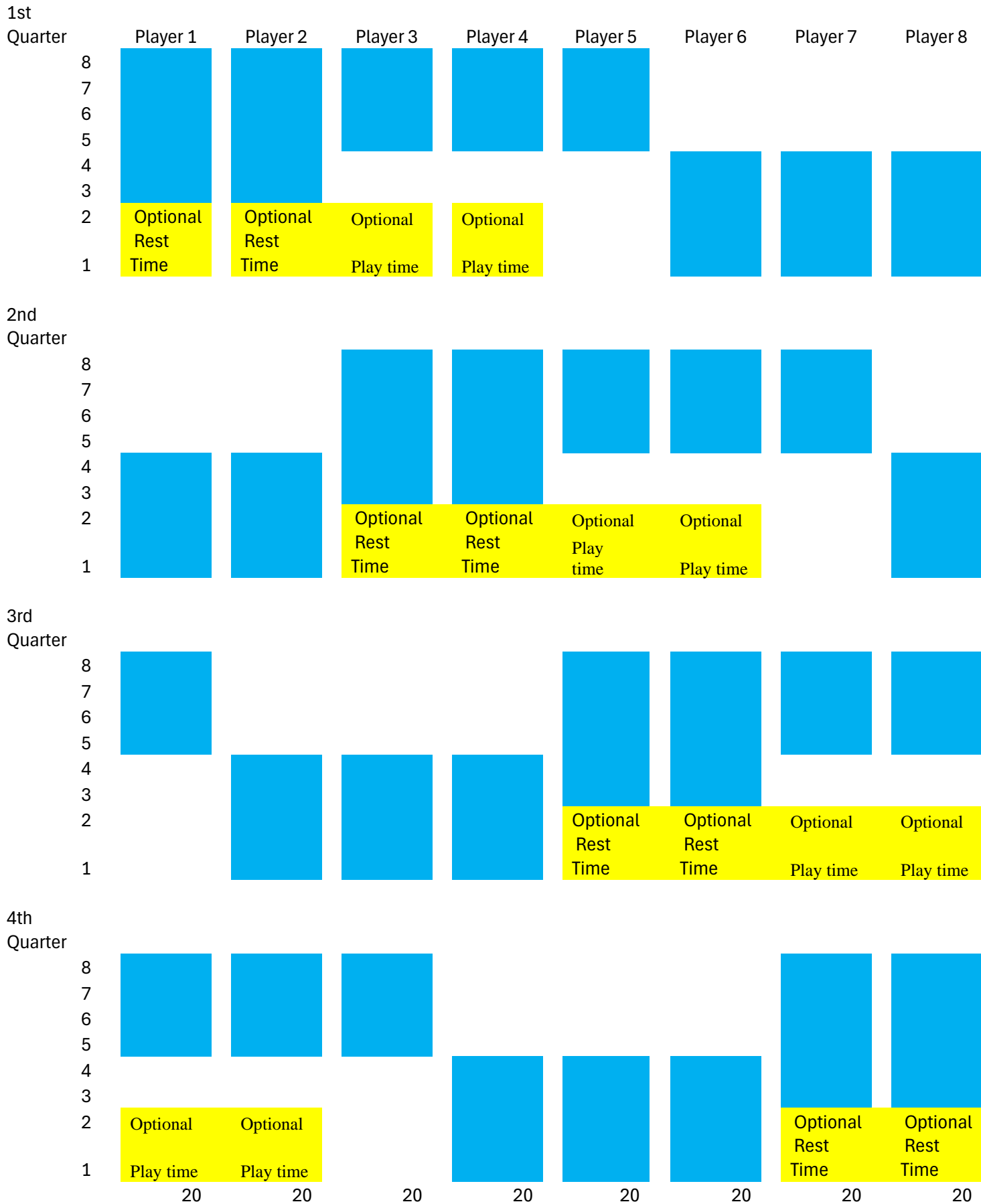
MYA Basketball Playtime Rotation - 9 players



Game Play Time Example – 8 (4 min)

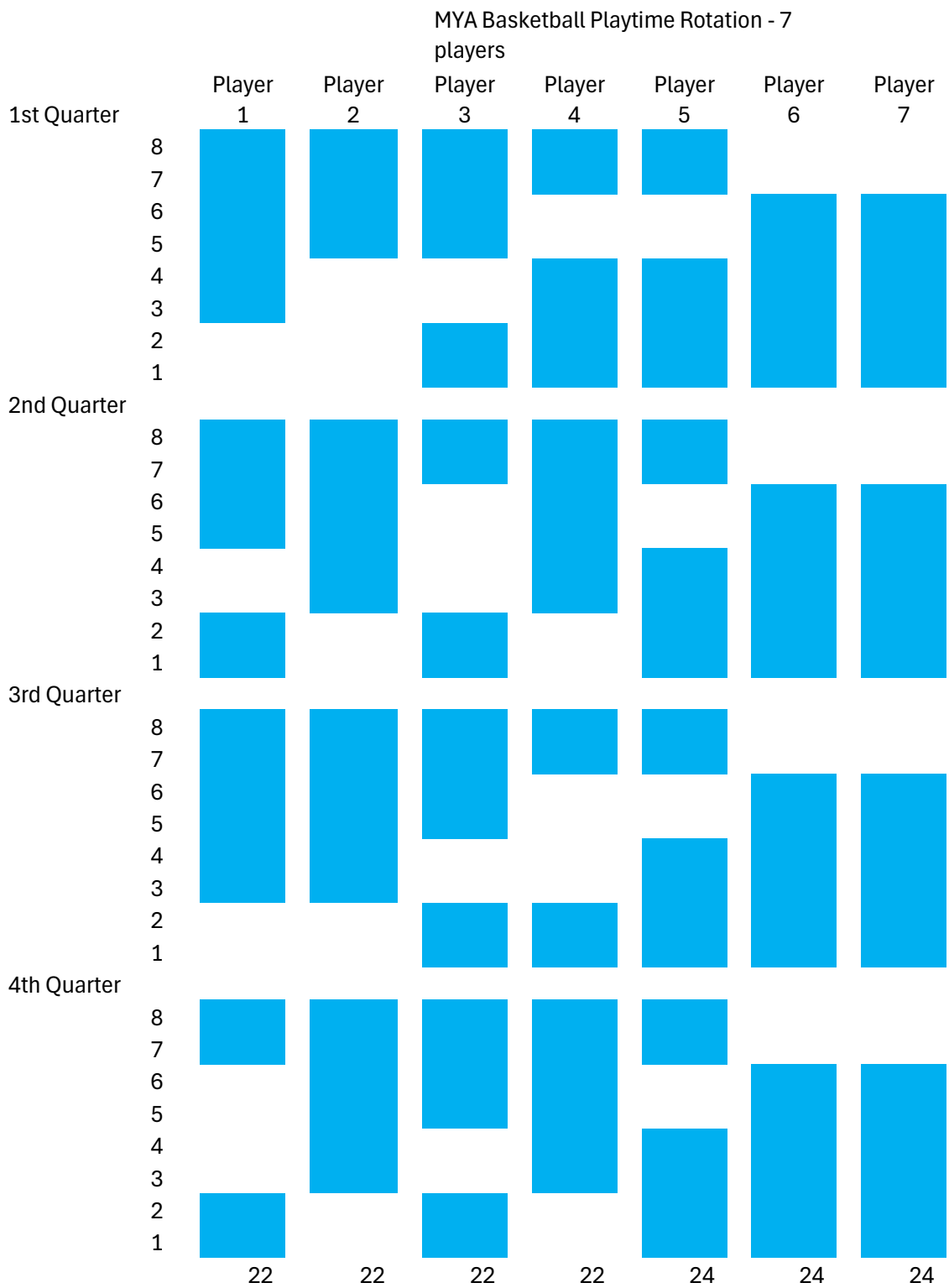
Example 4: Eight Players, substituting every 4 mins

MYA Basketball Playtime Rotation - 8 players



Game Play Time Example – 7 (6,4,2 min)

Example 6: Seven Players, Substituting at 6, 4, and 2 min mark



Game Play Time Example – 7 (5,2 min)

Example 7: Seven Players, Substituting at 5 and 2 min mark

