

***Jefferson City Parks & Recreation  
& Jefferson City Public Schools  
6<sup>th</sup> Grade Basketball Packet***

**BASKETBALL**



***Winter 2016***

Department of Parks, Recreation & Forestry  
427 Monroe Street  
Jefferson City, Missouri  
Fax (573)634-6489

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## MEMORANDUM

TO: 6<sup>th</sup> Grade Basketball Coordinators  
FROM: Missy Morarity, Recreation Supervisor  
DATE: December 1, 2015  
RE: Indemnification Forms

Enclosed, please find the indemnification forms for 6<sup>th</sup> grade basketball.

Please make copies of the next two pages as needed and distribute these forms to the students who wish to register for the program.

When completed, these forms will need to be given to the appropriate school coordinator. **Please do not send these completed forms to the Parks and Recreation Department.**

These forms should be given to the coach to whom the participants are assigned. Coaches need to keep these forms accessible during games or practices in the event that a medical emergency may occur.

No players should be permitted to participate in games or practices without these forms thoroughly completed and returned to each individual team's coach.

Please turn your completed rosters in to me by **Tuesday, January 19, 2016.**

Thank you!

*Missy*



## EMERGENCY CONTACT PERSON

In the event that you are unable to be reached in an emergency, who would you like the coaching staff or hospital to contact?

Name:	
Relation to participant:	
Phone number:	

## RECOGNIZED MEDICAL CONDITIONS

Does your child have any medical conditions that the coaching staff should know about (allergies, asthma, cardiovascular deficiency is he/she allergic to any medications, is he/she using any medications that may affect performance)?

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As the parent/guardian of the participant, I understand that due to the inherent nature of sports, physical contact will occur and physical injury may occur while participating in the 6th grade basketball program.

Signature of parent or guardian:	Date:
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"THANK YOU FOR TAKING TIME TO HELP US INSURE YOUR CHILD'S SAFETY!"

**"This Form must Be Returned to Your School's Office  
Please Do Not Bring this Form to the Parks and Recreation Office!"**

**JEFFERSON CITY DEPARTMENT OF PARKS & RECREATION  
& JEFFERSON CITY SCHOOL DISTRICT  
6TH GRADE YOUTH BASKETBALL VOLUNTEER APPLICATION 2016**

**Mission Statement:**

"It is the mission of the Parks and Recreation Youth Sports programs to serve young players, their families, and the Jefferson City community at large by providing fun, safe, and enjoyable youth sports experiences by recognizing each player's physical and emotional well-being, by teaching skills development, by treating them with respect and dignity, by encouraging positive parent involvement, and by enriching young lives with meaningful recreation and socialization."

**Program Objectives:**

The Jefferson City Parks and Recreation Department and the Jefferson City School District have established the following objectives for its youth sports program. It is our hope, our goal, and our responsibility to see that youth sports will be approached by all concerned as programs which will:

- 1) provide enjoyment for the participants, coaches, and parents;
- 2) contribute to the mental, emotional, physical, and social development of the children;
- 3) foster character by teaching participants how to win and how to accept defeat, while continually placing emphasis on fair play and fun;
- 4) provide an opportunity for parents and children to participate in a common leisure interest;
- 5) provide all children, regardless of skill level, the right to participate as a child with competent, caring adult leadership and guidance;
- 6) treat all children with dignity;
- 7) provide adults with an opportunity to teach children the importance of sportsmanship, mature behavior, and the fun of participation in sports.

**Program Explanation/Sponsors responsibilities:**

As a program participant, it is important that you understand the responsibilities of each of the program sponsors.

Parks and Recreation provides assistance with registration materials; prepares all league schedules; offers coaches training; conducts pre-season coaches' orientation and administers all games; provides game sites for outdoor sports, game equipment, personnel and officials necessary to provide a positive, enjoyable learning experience for all involved. The schools organize the registration procedure; set cut-off registration dates to give school coordinators time to secure the necessary volunteer staff needed for the program; prepare and mail rosters; communicate directly with players and parents; enforce school eligibility rules; recruit and instruct volunteer coaches; distribute and review program sports packets; provide practice facilities and equipment for all of their teams; provide game uniforms; monitor the behavior of and instruct youth sports teachers and players as appropriate to insure that the program is meeting its objectives; provide game facilities for indoor sports, and provide supervision of all game sites.

**The Role of volunteer staff members:**

You have generously volunteered to assist with a youth sports program offered and conducted by Parks and Recreation and the Jefferson City School District. We appreciate your willingness to help. As a volunteer staff member, it is imperative that you understand our expectations for this position, in effect, your job description. This begins with the explanation that these programs are designed to provide all participants with an opportunity for fun and success; an occasion for youngsters to improve their physical fitness, their social talents, and their attitudes towards exercise and sports while developing skills. These programs, as with all programs offered by the schools, must be a positive learning experience for all children who wish to participate.

You, therefore, assuming that your application is accepted, will be a Teacher! As with all teachers, the expectations are demanding. If you are good at instructing sports skills and the children perceive you to be a fair person, they will respect you greatly. You have a wonderful opportunity to enrich their lives by setting an example of sportsmanship and personal integrity.

Your job is to instruct, guide, direct, and assist youngsters in developing skills and enjoying the sport; to help the youngsters grow, mature, and develop a healthy attitude toward recreation and sports; and to foster an atmosphere of mutual respect with the dignity and self-esteem of the children as the highest priority.

It is expected that you will provide safe, well-organized practice sessions; that you will communicate constructively with the youngsters and their parents; that you will effectively teach the fundamental skills of your sport; that you will know and abide by all league rules; that you will respect game officials and provide a positive example of sportsmanship for your team; that you will properly care for all equipment and return it in good condition immediately after the season, and that you will remain drug, alcohol, and tobacco free at any and all activities involving your team and will assure that your assistants do the same.

Teaching is a hard job! The children are watching all the time and we cannot let them down.

**Have you ever been convicted of a crime other than a minor traffic violation? Yes or No**

If yes, please explain (record situation on attached sheet if necessary).

Agreement:

As a prospective volunteer staff member responsible for teaching youth sports and all it involves, I understand my role as described herein, the nature of the program and its objectives. I pledge to fully comply with the expectations of the Department of Parks and Recreation and the Jefferson City School District and agree to willingly relinquish this position if Program Supervisors, Extramural Coordinators, or Physical Education teachers feel that my performance does not meet these requirements.

\_\_\_\_\_  
Volunteer Staff Applicant

\_\_\_\_\_  
Date

Application Accepted by:

\_\_\_\_\_  
School Program Coordinator

\_\_\_\_\_  
Date

**"PLEASE RETURN TO THE SCHOOL PROGRAM COORDINATOR"**

**JEFFERSON CITY DEPARTMENT OF PARKS & RECREATION  
& JEFFERSON CITY SCHOOL DISTRICT  
6TH GRADE YOUTH BASKETBALL  
VOLUNTEER CLINIC INFORMATION**

It is not mandatory, but we highly recommend that all basketball coaches be certified through the National Youth Sports Coaches Association (NYSCA). Youth sports can and should be a fun, positive experience for the children as well as the parents. We feel training and education of volunteer coaches and parents is an important part of youth sports. There are times when coaches with good intentions get caught up in the competition of the sporting events and the event becomes more important than the child. Your coach can receive their certification on-line:

**On-Line Clinic**

[https://www.nays.org/nyscaonlineclinics\\_secure/](https://www.nays.org/nyscaonlineclinics_secure/)

**Uncertified coaches must complete both the first year certification and the sports specific portion** of the clinic. Coaches certified through NYSCA in another sport need only complete the sport specific portion.

The objective of NYSCA clinics is to make the volunteer coach aware of his/her responsibilities in the psychological needs of children, safety, conditioning, practice organization, and teaching proper techniques. The first year certification fee is \$25 (due at registration) and includes \$1,000,000 Excess Liability Insurance Coverage, Membership Card, and four issues of Youth Sports Journal. There is no charge for completing the sport specific portion only.

Coaches already certified who wish to continue their membership and qualify for the **NYSCA Continuing Education Program** do not have to attend/complete additional clinics. All that is required is that those coaches re-sign (form should be mailed direct to the coach) and comply with the Coaches' Code of Ethics Pledge and pay the \$20 fee. Those NYSCA members receive \$2,000,000 Excess Liability Insurance Coverage, \$250,000 Excess Accident/Medical Insurance (\$50 deductible for injuries sustained while coaching), Membership Card, four additional issues of Youth Sports Journal, and cost saving programs from NYSCA corporate sponsors for another year.

For more information concerning NYSCA certification, please call the Parks and Recreation office.

## **6TH GRADE MIDDLE SCHOOL BASKETBALL PROGRAM LEAGUE RULES 2016**

### ***PARTICIPANT BLEEDING/BLOOD ON A UNIFORM:***

In youth basketball a player or coach who is bleeding or who has blood on his/her person or clothing shall be prohibited from further participation in the game until appropriate treatment, including bandaging as necessary to prevent recurrence, has been administered. If medical care is needed, the player must leave the game until the problem situation has been resolved. A 70% isopropyl alcohol solution must be used to disinfect the skin and uniforms. All infected areas must be thoroughly cleaned before this individual is allowed to continue participating in a game or practice. This may require that the player remove affected clothing and replace it in order to be able to continue participating in the event.

### ***ELIGIBILITY***

1. Each Extramural Coordinator and coach are responsible for the eligibility of team members. Each roster should consist of at least 8 players and should be limited to 12 players. Each school should divide the number of players wanting to play by 12 to determine the number of teams they will have. Each school's Extramural Coordinator is responsible for team roster information.
2. Players must currently be enrolled the 6th grade.
3. All individual school rules governing eligibility are in effect and coaches are expected to cooperate with the administration in enforcing these policies.
4. No player may play on more than one team.
5. **All players must have equal playing time** (unless disciplinary action is needed parents need to be informed).

### ***UNIFORM & EQUIPMENT***

1. Players of each team must be dressed in shirts of the same color with a minimum 4" number on either the front or back, preferably both. Gym shorts are recommended. (Players must furnish their own uniform shirt).
2. Players must wear tennis shoes--soft soled street shoes are not permitted.
3. No wet or muddy shoes will be allowed (if necessary, players should carry their shoes into the gym).
4. Parks and Recreation will provide the game ball, which will be a regulation size women's basketball of 28" 1/2 to 29" in circumference (instead of a Junior size basketball 28").
5. No players with casts/braces, no matter how well padded, will be permitted to play. Jewelry, including earrings, and headgear are prohibited.

### ***SCHEDULING***

1. Each team will be scheduled for seven games. Each team will have one double-header. **Canceled games will not be rescheduled.**
2. Game dates begin Saturday, **February 6, 2016.**
3. Games will be played on Saturdays at **9, 10, 11 a.m., 12, 1, and possibly 2 p.m.**
4. Games will be played at Thomas Jefferson and Lewis & Clark Middle Schools.
5. For information on cancellations due to adverse weather conditions please call the



Parks and Recreation ACTIVITIES HOTLINE at 634-6485 ext 4. The hotline will be updated by 8 a.m. on Saturdays mornings.

### **PRACTICES**

1. No team may require more than two practices in any Sunday-to-Saturday period.
2. The beginning practice date for this program is at the discretion of each school's Extramural Coordinator or principal.
3. Please see your school officials concerning practice facilities and equipment.

### **GAME ADMINISTRATION**

1. Game officials will keep time with stopwatches.
2. Each team is required to provide one volunteer to keep track of alternating possessions, team and personal fouls, and timeouts. A game administration form (attached) will be provided.
3. Coaches are asked to complete a game administration form listing all team players and their shirt numbers prior to each game.

### **PROTESTS**

1. Protests will not be permitted. This program is designed to emphasize skill development and fun. Standings or scores are not kept and no awards will be presented.

### **SMOKING AND ALCOHOL**

1. Parks and Recreation and the schools are asking that parents help set a healthful example for the children. Please do not smoke at the game or practice sites during youth activities.
2. Alcoholic beverages are not permitted. Fans and coaches under the influence of alcohol or in possession thereof are asked to leave the premises immediately. Failure to do so, even if the offender is a fan, will result in termination of the game. Coaches are reminded that they are responsible for the conduct of their team's fans.

### **GAME PROCEDURE**

1. Due to the recreational objectives of the program, league standings are not kept. Teams may keep score as long as someone volunteered to monitor the flip score board. All games will be played according to the official rules of high school basketball except for the stipulations herein (a copy of the high school rulebook is available by writing the MSHSAA, P.O. Box 1328, Columbia, MO 65205). They have detailed and illustrated versions.
2. **Games will consist of six - seven minute periods with a continuous clock.** One minute will be allowed between periods. There will be no "halftime" break.
3. Each team will be permitted TWO timeouts per game, during which the clock will be stopped.
4. The one-and-one bonus goes into effect on the FOURTH team foul of each period.
5. Free throws will be shot from the regulation free throw line. Players may enter in to the lane only after the ball hits the rim. This includes the shooter!
6. In this league the three (3) second violation will be extended to a five (5) second

violation.

7. Rosters are limited to 12 players, each of whom **MUST** play two full periods in each game (these periods do not have to be back to back). **Each player must play the ENTIRE period in which they start. NO substitutions are allowed during a period unless a player fouls out, is injured, or exhausted.** REMEMBER, THIS IS A SKILL DEVELOPMENT/FUN PROGRAM. PLEASE ASSIST IN HELPING US MEET OUR OBJECTIVES BY ABIDING BY THIS RULE.
8. A team may substitute freely only after each player has played his/her two full periods.
9. Attempts to illegally substitute will be penalized with a technical foul and removal of the substitute for the remainder of the game.
10. **Teams will shoot at the same basket the first three periods and the opposite basket the last three periods.**
11. Alternating possession will be played on tie balls after the opening jump ball.
12. **Absolutely NO defense is allowed in the backcourt at any time** (no full court press, no attempt to hinder the offensive advancement of the ball until the ball passes the half-court line, and no attempt to steal an inbound pass in the backcourt). PENALTY: 1st --a warning is given and the ball is taken out of bounds; 2nd and repeated violations--technical foul, two free throws and the ball out of bounds at half court.
13. Players and coaches are expected to conduct themselves appropriately. Coaches or participants may not "officiate" games from the bench by yelling calls such as foul, traveling, 5-seconds in the lane, etc. Verbal abuse or harassment of opponents will not be permitted. Players should be taught to encourage teammates rather than criticizing opponents or officials. Officials have the authority to eject repeat offenders of this provision from the game. Coaches are ultimately responsible for the conduct of players/assistant coaches/fans. Profane or abusive language will be cause for immediate ejection. All ejections for unsportsmanlike conduct will also be penalized by suspension from attendance at the team's next regularly scheduled game. If the ejected player or coach continues with unsportsmanlike conduct the game will be terminated. Failure to abide by the objective of the program will result in disciplinary actions and possible removal from the program!
14. The bench conduct rule is in effect as follows--coaches may leave their seat only to applaud a good play, call timeout, replace an injured or disqualified player, or attend to an injured player after being beckoned by an official. Coaches off their seat at any other time will be assessed a technical foul.
15. Coaches, please have your teams warm up at the opposite end of the floor away from your team's bench so that in the fourth period when the teams switch baskets, your team will play offense in front of your bench for the last three periods.

**Sample method for playing 12 players:** Coaches do not have to use this format. Players will be considered 1-12. Simply substitute players name for the number.

Period 1: Players 1, 2, 3, 4, 5  
Period 2: Players 6, 7, 8, 9, 10  
Period 3: Players 11, 12, 1, 2, 3  
Period 4: Players 4, 5, 6, 7, 8  
Period 5: Players 9, 10, 11, 12, your choice of players 1-8  
Period 6: use the combination of your choice.

As you can see the fifth player for period five can be any of the first eight players who have already played. Players 9, 10, 11, 12 will need to play the entire fifth period, but the fifth player may be substituted for freely.

#### 11 Players

Period 1: Players 1, 2, 3, 4, 5  
Period 2: Players 6, 7, 8, 9, 10  
Period 3: Players 11, 1, 2, 3, 4  
Period 4: Players 5, 6, 7, 8, 9  
Period 5: Players 10, 11, 3 players--your choice of players 1-9  
Period 6: use the combination of your choice.

For period 5, players 10 & 11 must play the entire period, but the other three players can be substituted for freely during the fifth period.

#### 10 Players

Period 1: Players 1, 2, 3, 4, 5  
Period 2: Players 6, 7, 8, 9, 10  
Period 3: Players 1, 2, 3, 4, 5  
Period 4: Players 6, 7, 8, 9, 10  
Period 5: Your choice of players 1-10  
Period 6: Your choice of players 1-10

For period five and six you have the choice to use any of your players.

**JEFFERSON CITY PARKS AND RECREATION YOUTH BASKETBALL  
6TH GRADE GAME ADMINISTRATION SHEET**

TEAM \_\_\_\_\_ GRADE \_\_\_\_\_ TEAM COLOR \_\_\_\_\_

COACH \_\_\_\_\_ STATISTICIAN \_\_\_\_\_

When an official reports a foul to the statistician table, you will need to record the foul in the section marked "Personal Foul" for that player. You must also record it as a foul against that team for the period. In the section marked "Periods Played" you must have five numbers marked per vertical row of numbered periods. Each mark in a vertical column represents the five participants who played in that particular period.

PARTIC. #. & NAME	PERSONAL FOULS					PERIODS PLAYED					
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6
#	1	2	3	4	5	1	2	3	4	5	6

**The Participants Are Disqualified on the 5th Recorded Personal Foul and Each Participant must Play Two Periods (Barring Injuries)**

TEAM FOULS: (INFORM THE OFFICIALS AT THIS POINT)

PERIOD #1:	1	2	3	SHOOTING BONUS SHOT "ONE AND ONE"
PERIOD #2:	1	2	3	SHOOTING BONUS SHOT "ONE AND ONE"
PERIOD #3:	1	2	3	SHOOTING BONUS SHOT "ONE AND ONE"
PERIOD #4:	1	2	3	SHOOTING BONUS SHOT "ONE AND ONE"
PERIOD #5:	1	2	3	SHOOTING BONUS SHOT "ONE AND ONE"
PERIOD #6:	1	2	3	SHOOTING BONUS SHOT "ONE AND ONE"

TEAM TIMEOUTS:            1        2        (Each Team Is Permitted Two Timeouts Per Game)

BACK COURT DEFENSE:        Warning

**THANK YOU FOR VOLUNTEERING!**

**JEFFERSON CITY DEPARTMENT OF PARKS & RECREATION  
AND JEFFERSON CITY SCHOOL DISTRICT  
6TH GRADE BASKETBALL ROSTER 2016**

"PLEASE PRINT AND COMPLETE ALL INFORMATION!"

SCHOOL \_\_\_\_\_ (Circle one) BOYS GIRLS

TEAM NAME \_\_\_\_\_ SHIRT COLOR \_\_\_\_\_

HEAD COACH \_\_\_\_\_

ADDRESS \_\_\_\_\_  
street, city, zip code

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

PLAYERS:

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

5. \_\_\_\_\_ 6. \_\_\_\_\_

7. \_\_\_\_\_ 8. \_\_\_\_\_

9. \_\_\_\_\_ 10. \_\_\_\_\_

11. \_\_\_\_\_ 12. \_\_\_\_\_

Coaches are strongly encouraged to not allow the participation of any players in a practice or game until the parental permission/Indemnification sheet is in their possession.

**Please return this roster to Parks and Recreation, 427 Monroe St., no later than 5 p.m. Tuesday, January 19, 2016. If your roster is not in by this deadline your team will not be scheduled.**

(INFORMATION CALLED IN WILL NOT BE ACCEPTED)