



Recreational Program 2023-2024

Coaches Packet

Compiled by Hannah Lesser

VP/Director of Coaches

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Welcome to AYBA Coaching

Thank You for Volunteering your Time – it's a big responsibility!

On behalf of the AYBA Board, I want to say thank you for being such an essential part of the Recreational Basketball Program we offer Agoura Hills and the surrounding communities. We could not do it without you!

At AYBA, we believe the team sport of Basketball is an opportunity for our young athletes to learn essential basketball and life skills in a healthy, safe, and fun environment. Your participation as a Coach is an excellent way to give back to the community and prepare the next generation by helping players build self-esteem and self-confidence through organized basketball.

What differentiates AYBA from other Club Programs is that we strive to educate and motivate each player to achieve their own individual level of success. Character development is to be stressed through teamwork and sportsmanship remembering that the primary goal is for the children to have fun.

In many ways, you will be the face and brand ambassador of our Recreational League Program. As you build your team, interacting with players and their families, we ask that you please keep this important responsibility in mind.

We also want you to know, you are not alone as you take on this responsibility. As the Director of Coaches, I am here as a resource to help you. For example, we are excited to be re-launching our Coaches Clinics throughout the year with William Burr, Head Girls Basketball Coach at Oak Park High School. We also have very experienced AYBA Board members, many of which who have Coached their own Recreational Teams, that are here, as a resource, for you to tap into during the season.

It's going to be a great year! We are very excited to have you and we look forward to creating a safe, healthy, and fun environment for our players!

Sincerely,
Hannah Lesser
VP/Director of Coaches

AYBA Executive Board of Directors

Rhianna Ireland	President
Hannah Lesser	Vice – President
Lara Weiss	Chief Financial Officer
Vicki Crawford	Secretary
Sherice Coleman	Treasurer
Robert Samuels	Executive Girls Division Director
Ken Malouf	Executive Director of Travel
John Somers	Executive Boys Division Director
Ron Dennis	Director of Rules
Hannah Lesser	Director of Coaches
Dean Lee	Webmaster
Dean Lee	Director of Registration

*Find Contact Info on AYBA Website Tab: Contact → Board of Directors

AYBA Code of Conduct

The primary purpose of youth sports programs is to offer each participant the opportunity to pursue, through competitive sports, the physical and emotional benefits of such activities. Too often the emphasis in sports participation has been placed on winning at any cost. The purpose of the AYBA Code of Conduct, to be followed by every participant, is to emphasize good sportsmanship, proper conduct, and full compliance with the rules and policies of the Agoura Youth Basketball Association.

The AYBA Code of Conduct applies to all players, coaches, officials, parents, and spectators. The coaches are solely responsible for the action of their players, parents, spectators. The AYBA Code of Conduct is based on the following principles of sportsmanship:

1. It is expected that all parents and fans will root for their team. The AYBA will not tolerate negative remarks or gestures to the opposing team or to the officials. Parents/spectators are subject to having a technical foul called by an official on their team for negative comments.
2. It is expected the players will do their best at all times, avoid negative remarks to any player, official or coach, and act in a sportsmanlike manner always, win or lose.
3. It is expected that players will play and coaches will coach their team, not officiate the game.
4. It is expected that the coaches will control their teams and the parents of the players on their teams at all times; although the coaches should make an effort to win and have their players try hard at all times, coaches are required to act in a sportsmanlike manner.
5. No official, player, spectator or coach shall lay a hand upon, push, shove, strike, threaten, verbally abuse, or otherwise endanger the safety of any other official, player, spectator, or coach. In addition to forfeiture of the game, violators will be permanently banned from future AYBA participation.
6. No food or beverages are allowed in the gyms at any time for any reason. Only water bottles for the players and coaches. No exceptions! This applies to everyone in the gym. Note: Violators will be subject to ejection from the facilities and their team will be subject to forfeit of the game. Coaches who do not enforce this rule as to their players, spectators and themselves will be subject to being removed as their team's coach.
7. AYBA in all its activities is fully committed to the principles of equality of opportunity in sport, and to ensuring that its members and all other individuals working or volunteering for the league and participating in or watching the league's activities are treated fairly and free from discrimination, harassment or intimidation. AYBA in all its activities will not discriminate, or in any way treat anyone less favorably, nor will it tolerate discrimination on the grounds of age, gender, disability, race, religion, or sexual orientation

We encourage you to root for your team, play hard and have fun. However, the AYBA will not tolerate unsportsmanlike behavior nor will it tolerate those who violate the rules. Parents, coaches, referees, or spectators who violate any of the above will be subject to disciplinary action by the league, including suspension, expulsion and permanent exclusion from AYBA participation. We appreciate your cooperation and support.

I acknowledge that the AYBA's acceptance of the registration form for my child to play in the AYBA is conditioned upon, and subject to, my signing this Code of Conduct, and agreeing, for myself and on behalf of the members of my family, to be bound by its provisions, and to be subject to any disciplinary actions that might result.



AYBA RULES MATRIX

Rule/Grade	G1	B1	G2	B2	G3	B3	G4	B4	G5	B5	G6	B6	G7/8	7	B8	BHS
Full Tryout	All	All	All	All	All	All	All	All	All	All	All	All	All	All	All	All
Playoffs	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Standing	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Ball Size (inch)	27.5	27.5	27.5	27.5	28.5	28.5	28.5	28.5	28.5	28.5	28.5	29.5	28.5	29.5	29.5	29.5
Scorer	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent
Timer	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent	Parent
Scoreboard turns off using 20/10	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Basket Height (Feet)	8	8	8	9	9	10	9	10	10	10	10	10	10	10	10	10
Matchups	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No
Defense	Man	Man	Man	Man	Man	Man	Any	Any	Any	Any	Any	Any	Any	Any	Any	Any
Screens and Picks Allowed	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Defense Only Inside Three Point line (full half court allowed in last 60 seconds of game)	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	No	No	No
Press	No	No	No	No	No	No	No	No	Last 2 2/4 Qs	Last 2 2/4 Qs	Anytime	Anytime	Anytime	Anytime	Anytime	Anytime
15/10 point press rule									Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Isolate 4	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Key (Seconds)	5	5	5	5	5	5	5	5	3	3	3	3	3	3	3	3
Free Throws (feet)	No	No	No	No	11	11	13	13	13	15	15	15	15	15	15	15
Jump Over - FT Attempt	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No
FT Block					Second	Second	Second	Second	Second	Second	Second	Second	Second	Second	Second	Second
Safety	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Overtime	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Injured Player	When a player is injured, player with the least number of quarters played replaces the injured player. If more than one player is eligible to play, then it will be picked by the injured player team coach.															

AYBA 2023/2024 RULES

EACH REFEREE HAS THE AUTHORITY TO RULE ON ANY POINT NOT SPECIFICALLY COVERED IN THESE RULES, ANY CONCERNS SHOULD BE BROUGHT BY THE COACHES TO THE REFEREES PRIOR TO THE START OF THE GAME

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II. Teams

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All team rosters will consist of not less than six (6).

B. Play for only one Team

A player shall be permitted to try out only after the player has submitted a completed application form to the league. After selection of the traveling teams, the remaining teams will be formed under the direction of the Division Directors. No player shall be permitted to play on more than one AYBA league team.

C. 1st – High School Picked by Draft

All teams in the 1st – High School Divisions in the Winter League must be picked through a draft with all coaches or representatives of all the coaches present.

D. Team Requirements

Each team must have a head coach and should have an assistant coach. The only individuals allowed on the player's bench are the head coach, one assistant coach and the team currently playing. There will be no exceptions to this rule and a technical foul shall be called after a first warning for this infraction. All head coaches must be approved by the Division Director. All coaches on the bench, 18 and over, must have an AYBA approved background check completed prior to each season. The Division Director has the discretion to remove any coach.

E. Mandatory Team Meeting and Code of Conduct

Coaches are required to have a mandatory meeting with parents of team members before league practices begin to cover rules, the AYBA Code of Conduct, and encourage parent participation. It is required that every adult and child participating in the league will abide by the AYBA Code of Conduct. At least one parent (or parent's agent/representative) must, at registration, sign the AYBA Code of Conduct on behalf of the player's entire family.

F. Summer Play

For the Summer Season, players will sign up for play in the same division as they had played in the past Winter Season, same school grade as previous year.

G. Travel Teams

All players shall have the opportunity to sign up for a try out for available Travel Teams at the time of winter league sign-ups. All players signing up for a Travel Team try out shall be notified of and entitled to participate in a Travel Team try out. The Travel Team shall be selected by the Travel Team Coach and Travel Director. The Travel **Team coaches shall be selected by a majority vote of a Travel Committee composed of: (1) The Director of Travel (2) The Director of Coaches.** No one shall sit on the committee during any meeting in which the committee deliberates a travel coaching position for which the member is a candidate. If a member is unavailable, the League President shall select a temporary member. Any travel coaching position for which there is more than one candidate must be reviewed by the Selection Committee.

III. League Play

A. Rating Players

The basketball skills of each boy and girl will be rated for purposes of team balance. Players will sign up and teams will then be selected by school grade. No child who is not in the first grade or above as September 1st, prior to the start of the season, will be allowed to participate without prior agreement of the Division Director. Every child must be rated prior to being assigned to a team. Children new to the league in grades K-12 must show report cards from the prior year at the time of registration and are required to attend a try-out to determine their level of ability.

B. Play

1. Start of League Play

League play shall start at the discretion of the Board. Teams may play practice games prior to the start of league play.

2. Maximum Games per Week

No team will be allowed to play more than three games per week, unless make-up games or tiebreakers for a play-off position are necessary. (Summer Leagues may waive this rule). During the playoffs, no upper seeded (top half of seed) team shall be required to play on 3 consecutive days.

3. Game Start Times

Game starting time will be as indicated on the league schedule distributed by the Division Director. Any deviation of the originally scheduled times and/or location can only be made by the Division Director.

4. Minimum Players to Start Play

Failure to field a team of at least four (4) players at the scheduled starting time shall result in an automatic forfeit.

5. Scheduling of Postponed Games

Officially postponed games will be played at a later date if scheduling permits. The date will be decided by the Division Director in conjunction with the Director of Scheduling.

6. Trophies

Trophies will be awarded to 1st and 2nd place teams for both the regular league season and the play-offs. If a Division has 2 conferences, only the 1st place teams will receive trophies. If a division in the 4th grade through high school has more than 12 teams, that division may, at the discretion of the division director, have 2 conferences.

7. Adult Timekeeper required and who is the Home Team

For grades 1st thru 3rd, it is the responsibility of the home team to supply an ADULT scorekeeper and the visiting team to supply an ADULT Timekeeper. The game shall not proceed unless an adult timekeeper and scorekeeper are present. The home team is the team listed first on the official schedule. The league will supply both a scorekeeper and timekeeper for 4th through High School grades.

8. One Coach Standing rule – Technical Foul

Only one (1) coach at a time per team can be standing during the course of a game, the second coach **MUST** sit in a chair. Exceptions: time-outs, injuries, between quarters and at half time. The standing coach may roam only the length of his/her bench not to exceed 14 feet from their first chair and may not go in front of the scorer's table. **The first violation for a team for the game will result in a warning to the head coach. The second violation will result in the head coach being charged with a technical foul. A subsequent violation will result in a technical foul and ejection from the game and an automatic suspension for the next game.** A technical called pursuant to this rule will not be charged to the team for purposes of forfeiting the game. After a coach receives one technical as a result of coach's conduct, the coach receiving the technical must sit for the balance of the game. There will be a maximum of two (2) coaches on the bench only, unless all coaches are youth coaches, then 3 coaches are allowed.

9. Behavior of the Coaches and Talking to the Officials

Coaches are not allowed to communicate (yell, complain, etc.) to officials on any matter while the game is in play. Coaches must take an official "time-out" to discuss any matter (play, call, ruling, etc.) with an official in a quiet, professional manner. (Official time-outs and game breaks are also permissible time for such discussion.) Coaches must control any discussion or comments to officials, from their bench or players' parents, at all times. No one is permitted to discuss any game matters with the officials during time-outs other than coaches. Violations will draw a warning from the officials. Subsequent violations will warrant technical fouls and/or expulsion from the gym. The Division Director or any AYBA Board Member (except when coaching) shall be fully empowered to enforce this paragraph as if he/she were an acting official on the court floor.

10. Mandatory Cordial Handshake

Opposing players and coaches will exchange a cordial, mandatory, congratulatory, handshake after each game.

11. Ejection = Suspension

Any coach or player who is ejected from a game for any reason shall be automatically suspended for a minimum of one game. A coach or player who has been ejected or suspended shall not be in the gym after the ejection or during the suspension period. The Division Director shall, as needed, review the circumstances of any ejection/suspension, and within their discretion may impose further penalty on an offender. ^{or}

12. Three (3) Technical or Flagrant Fouls = Suspension

Technical or flagrant fouls assessed on players or coaches (including assistant coaches) will be cumulative during the course of the season (including playoffs). Third cumulative technical or flagrant is automatic next 2 games suspension. Fourth cumulative technical or flagrant is loss of coaching privileges or playing privileges for balance of season (including playoffs).

13. Summer Rules will not be different

The Board of Directors may, in its discretion, choose to utilize additional or different rules for summer play.

14. Lower Baskets

Baskets: The 1st grade boys and 1st and 2nd grade girls' divisions shall use the lower 8-foot baskets for all games. 3rd and 4th grade girls will play at the nine (9) foot basket height. Boys' 2nd grade shall use 9-foot baskets for all games.

15. No earrings, piercings or any jewelry are allowed. NO EXCEPTIONS.

IV. League Standings

A. Playoffs

1. 1st through 3rd grades / No Playoffs or Standings

1st, 2nd and 3rd grade divisions will not keep standings, nor have playoffs.

2. 4th – High School have playoffs

All fourth-grade teams shall make the playoffs. For the 5th – High School grade teams, the number of playoff teams from each division shall be determined by the Director of Facilities based upon the availability of facilities. The decision of the Director of Facilities in this regard shall be final.

B. Tie Breakers

1. In case of ties for any playoff positions, the following formula will prevail: If two or more teams tie in the standings, the following procedure will decide: 1. head-to-head, 2. if the teams tie during the regular season, the team with the higher point differential of the head-to-head games will be seeded higher. If the top two teams are still tied, then it will be determined by a coin toss.

2. In the case of any dispute arising from this rule section or need for further tie breakers, the Division Director shall have full authority for final resolution of any such dispute or matter.

V. Teams

A. League Assigns Officials

A league representative shall arrange for the assignment of game officials.

B. Game proceeds with one Official

Officials will be provided for all games. No game will be delayed because of the absence or lateness of one official. A game MAY be played with ONE official on the floor.

C. Game cancelled without an Official

If no officials appear for the game, the game will be re-scheduled.

D. Behavior during Timeouts

No persons, including officials, are permitted to play or shoot during the game (including timeouts and quarter breaks) other than the teams scheduled for the game. The Referee must hold the game ball during all time-outs and rest intervals (breaks in play, quarters, halves etc.). Officials should keep courts clear of all spectators and non-participants.

E. Requesting Matchups

For the 1st/2nd and 3rd grade boys' and girls' divisions coaches can request a match-up at the beginning of a quarter. The clock will be started after 60 seconds during match-ups. Game officials will expedite the process. No coaches on the floor for divisions 4th through High School.

F. Officials Authority to stop or cancel games

The referee(s) shall have the unilateral right to stop, cancel or cause a forfeiture of a game if the referee(s) deem it necessary in order to maintain order, to ensure the safety of players or others, to penalize a team or individuals for conduct not subject to control by use of penalties or free throws.

VI. Games Rules

A. General rules

The rules regulating play will be the National Federation of State High School Associations Rules with the modifications that follow.

B. Rests

Rest interval between halves is four (4) minutes; between quarter two (2) minutes.

C. Time Keeping

Time will be kept by a timekeeper on the official time clock or watch. The Official Score Sheet must be kept at mid-court at the scorer's table.

D. Time Periods

All Divisions will have four (4) ten (10) minute running quarters.

E. Stopping the Clock

For all divisions the clock will be stopped for time-outs. Players have ten (10) seconds to shoot free throws from the time the ball is at the disposal of the free thrower at the free throw line to them by the officials. EXCEPTION: During the last two (2) minutes of the 4th quarter and any overtime period the clock stops with any whistle (violation or foul), or time out. After a time-out the clock will not be started until the ball is live. Following a time-out, the ball is not live on the free throw line until the free throws are completed and the ball is touched by the rebounder or a player on the inbound. Clock does not stop in last two (2) minutes of 4th quarter once one team has a fifteen (15) or more point lead and does not stop until the losing team gets the lead down to 9 or less.

F. Overtime

Overtime periods will be two (2) minutes in length. There will be a maximum of two (2) overtimes (except play-offs). Any second overtime, except playoffs, is played as SUDDEN DEATH with the first team to score winning. A game can end in a tie (except playoffs). Summer will have NO overtime play; any game can end in a tie.

G. Game Start and Possession of the ball

The game will start with a jump ball at center court. Therefore, all tie ups will result in alternating possession. The first possession will go to the team that did not gain possession of the jump ball. A jump ball starts all overtime periods.

H. Calling Timeouts

The coach may call time-outs from the bench. Four (4) thirty-second time-outs per team (in any division) are allowed per game. No more than three (3) time-outs may be used per half. A time-out may be called by the coach or a player when his own team is in possession of the ball, or by either team when there is a dead ball. Each team gets one time-out per overtime period. There is no carryover of time-outs from any of the first 4 quarters to any overtime period, and no carryover of time outs from one over time to the next.

I. Minimum and Maximum playing time

The spirit of AYBA is to give ALL members of a team as equal amount of playing time as the rest of the teammates as possible. If the scorekeepers or the officials feel the rules are being applied improperly, they have the right to enforce any changes to rectify the situation. ***

These rules are to be strictly adhered to EXCEPT WHEN A TECHNICAL FOUL IS ASSESSED: Five (5) Players: All players MUST play the entire game (exception if someone is injured or wants to sit out a quarter the game can proceed with 4 players).

Six (6) Players: All players MUST play AT LEAST three full uninterrupted quarters. Seven (7), or more players: ALL players must sit out one uninterrupted quarter.

The logic being to force the coach to play without his best player and work with all the players to help improve them.

All players must play AT LEAST two (2) full uninterrupted quarters, except with Five (5) or Six (6) players.

No player can play all 4 quarters unless all other players have played 3 complete quarters.

Any violation of this rule will result in a suspension from the next game of the head coach and the opposing coach being allowed to select which players from the team that violated this rule to play.

1. Coach Ejected and Suspended for Violation

If a coach/team violates the two (2) full complete-quarter minimum play rule, the head coach will be automatically ejected from the balance of that game and suspended for the team's next 2 games.

2. Injuries and Minimum Playing time

If a player is injured having to leave the game, that quarter will count toward his/her two quarter total. If the player has played only part of one quarter, but cannot return for the balance of the game due to injury, then the player shall receive credit for two periods play. However, the player may return to the game during that quarter, or thereafter, if he/she is able. The injured player may stay in the game without a time-out charged to his/her team. If a coach or parent aides the player on the court, the player must leave the court until the next dead ball (a coach may use a timeout to return the player to the court). There is no playing credit towards the replacement player.

3. Players arriving late

Players arriving late before the start of the 2nd quarter must play 2 quarters. Players who arrive before the start of the 3rd quarter and after the 2nd quarter started must play 1 quarter. Players arriving after the 3rd quarter start are not guaranteed playing time.

4. Fouls and minimum playing time

If a player received a sixth foul prior to having completed two complete quarters of play, that player shall not have fouled out of the game. In addition to the foul penalty, each succeeding foul on that player, after their sixth foul, shall be penalized the same as a technical foul, two free throws, and possession of the ball at mid court away from the scorer's table.

- a. A player who commits a 6th foul, and who has previously met the 2 quarter. --minimum play requirement, is out of the game and may not return (including in overtime) if the team has five or more eligible players.
- b. Player receiving 6th foul during that player's second quarter of play must stay in game and complete that quarter.
- c. Player who receives 6th foul in that player's first quarter must complete that quarter and must play the entire subsequent quarter.
- d. A player who has fouled out of the game in regulation time may not play in overtime unless #6 below applies to the game.

5. No substitutions in the 1st and 2nd quarters

NO SUBSTITUTIONS ARE PERMITTED DURING THE 1st TWO QUARTERS OF ANY GAME (EXCEPT FOR LEGITIMATE INJURIES). Free substitutions are permitted during the 3rd and 4th quarters of any game while they abide by SECTION I above.

6. Minimum play rule supersedes all others

The above minimum/maximum play rules supersede all game developments including foul outs and/or injury. As a result of the minimum/maximum play rules, a team may fall below 5 players as a result of injuries. NO TEAM IS ALLOWED TO fall below five (5) players as a result of a player(s) fouling out. The opposing coach will select one (OR MORE) of the ineligible players to return to the game. The returning player is subject to the rules governing six (6) or more fouls for the remainder of the game. Once a game has begun a team cannot forfeit due to a shortage of players.

7. Suspension can be carried over to the next season

Any Player, Coach or Parent receiving a double technical foul during the last game of the season will have the automatic one game suspension carried over to the following season. This rule will also include any violation of the Code of Conduct. If the Director of Rules and Enforcement feels that a suspension greater than that afforded in the rules is warranted, then the full suspension will be carried forward to the following season until the suspension is served. All suspensions beyond those outlined in the rules will be reviewed by the Executive Board.

J. Time out ball position and use of the backcourt

The ball will be awarded to the offensive team at the out of bounds location closest to where the ball was when the time-out was called.

K. Fouls

1. Technical Fouls

Officials may call technical fouls within the guidelines of the official rules. A technical foul on a parent/spectator will be charged to that team's coach. Penalty for each technical foul shall be two (2) shots from the free-throw line and possession of the ball to the offended team. Use of foul language is automatically a technical foul.

2. Flagrant Fouls

A flagrant foul is any foul where the player or coach charged for the foul has caused, or attempted to cause, harm to another player through his/her actions on the court. Flagrant fouls will be an automatic double Technical Foul with automatic expulsion of the player and/or coach from the game.

3. Intentional Fouls

An intentional foul is any foul where the defensive player is not going for the ball, or there is excessive contact, in the opinion of officials. Penalty for intentional foul shall be two (2) shots from the free throw line and possession of the ball to the offended team.

4. Clock stops for a Technical, Flagrant or Intentional Foul

The clock will stop at any time during the game upon the issuance of a technical foul, flagrant foul or intentional foul and will be restarted when the referee signals the start of the clock or the live ball is touched by a player.

5. Fouls carry over to Overtime

Carryover of fouls: Player's individual fouls carryover to all overtime periods. Team fouls from the second half and thereafter carryover to all overtime periods.

6. Cooling off time for Technical Fouls

Any player committing a technical shall be required to sit out of the game for 5 minutes. This cooling off period will count toward the minimum play time. If the quarter ends before the cooling off period, the player must sit the remaining time in the following or next scheduled quarter before being allowed to return to play.

L. Forfeiture for Technical Fouls

Three technical fouls other than "press" or "non-unsportsmanlike" technical fouls against a player, team, and/or coach constitutes a forfeit. The official calling a forfeit shall make a full and detailed written report to the Division Director within forty-eight (48) hours. A game forfeited in accordance with this rule may not be protested.

M. Defense

- 1.** All divisions 4th grade and up can play a zone or man to man.

Teams in 4th through 12th grade divisions have the option of using either man to man or zone defenses. Teams in the 1st through 3rd grade division can only play man to man defense.

- a.** There will be NO PRESSING AT ANY TIME for the entire First through Fourth Grade Boys/Girls. For the 1st & 2nd grade boys & girls division, the defense will be played inside the three (3) point only, toes behind the three (3) point line and the defenders may reach over. Blended division 1st – 3rd will use the 1st & 2nd grade rule. Full court press allowed in the 4th/5th split division only during last 2 minutes of the game and during all overtime(s) if applicable unless a team is 15 or more points in the lead.
- b.** Modified rules for no front court press or defense only inside 3-point line in the last minute of the game.
- c.** Defense anywhere on the court will be allowed if the team with more points stalls for more than 10 seconds outside the defendable area (in the back court or outside the 3-point line). A time out will not reset the 10 second count. If the clock runs for a total of more than 10 seconds this rule will apply.
- d.** If a ball is in bounded in the back court when the clock is running, the 10 second count will start either when the player on the court first touches the ball or if the ball touches the court.

- e. Special 3rd grade rules: Man to man defense anywhere in the front court. Players may switch to cover another player. Offensive players outside near the three-point line DO NOT have to be closely guarded by the defender, but defender must face the direction of the offensive player.
- f. For the 5th Grade Boys and 4th/5th Girls Division, pressing is allowed in the last two (2) minutes of the 2nd quarter, 4th quarter, and all overtimes. Under no circumstances can a team press or apply backcourt pressure with a fifteen (15) or more point lead. The first violation will be a warning with each further violation being a technical foul. During pressing situations, double teaming is allowed anywhere on the court. 6th Grade through 8th Grade Boys and Girls divisions may press at any time in the game (subject to the fifteen or more-point lead provision stated above).
- g. Pressing and zone defense is always allowed in high school division (boys), regardless of score differential.

2. Defensive rules in a non-Pressing Situation

- a. The offense must be allowed to bring the ball into the front court uncontested, allowing both feet and the dribbled ball in the front court. The defense should allow three (3) feet of space to allow this.
- b. The offensive team must bring the ball across the mid-court line within ten (10) seconds from in-bounding or gaining possession.
- c. If the players forget the "no press" rule and cause a turnover in the back-court area, the officials shall warn the offender and the bench and award the ball out of bounds to the offended team. Repeated violations MAY result in a technical foul.

N. Plays

IN THE 1st/2nd, and 3rd GRADE DIVISIONS ONLY, the offensive team in the front court is not permitted to isolate 4 offensive players on one side of the basket and have the 5th player drive to the basket away from the other 4 players. Penalty is loss of possession.

O. Mercy Rules

In the 1st/2nd and 3rd grade divisions only, at any point during the second half of a game when the scoring differential between two teams equals or exceeds twenty points, the score shall be removed from the scoreboard (i.e., set to zero/zero) and the game shall continue until the clock runs out in its normal course.

P. Free Throws

No free throws will be taken until the seventh (7th) team foul of each half (except for technical, flagrant, intentional, and shooting fouls). On the tenth (10th) foul of the half, any foul requires a two (2) shot penalty. The 1st/2nd Grade divisions do not shoot free throws.

The 3rd Grade Divisions free throw line is eleven (11) feet from the basket. Officials will spot this line to the best of their ability during the game.

The 4th-5th Grade Girls and 4th grade Boys free throw line is Thirteen (13) feet from the basket. Officials will spot this line to the best of their ability during the game.

The 5th Grade Boys, 6th, 7th, 8th and High School Divisions free throw line is fifteen (15) feet from the basket (regulation free-throw line). 5th Grade Boys, 6th Grade and 6th-7th grade girls must start behind the free throw line but are permitted to jump over the line as they take their free throw.

Q. Key Violations

The 1st/2nd, 3rd, 4th, 5th Grade Divisions will play with a five (5) second "key" violation. The 6th, 7th, 8th and High School Divisions will play with a three (3) second "key" violation.

R. Three Point Baskets

Three (3) point baskets are permitted for shots only when there are marked lines on the court indicating the three-point circle.

S. Mandatory Reporting of game scores.

IT IS THE RESPONSIBILITY OF THE WINNING COACH TO TELEPHONE THE DIVISION DIRECTOR AND REPORT THE GAME SCORE WITHIN TWO DAYS OF COMPLETION OF THE GAME. FAILURE TO SO REPORT A WIN MAY, IN THE SOLE DISCRETION OF THE DIVISION DIRECTOR, RESULT IN LOSS OF CREDIT FOR THAT VICTORY.

T. Free throw block rule

Players waiting on the block for a free throw will start at the 2nd block.

VII. Selection of Division Directors and Coaches

A. Rules for Selection of Division Directors

The AYBA Board shall elect the Division Directors by secret ballot at the AYBA annual meeting. In the event of any dispute or complaint regarding Division Directors, the AYBA President shall have total authority to resolve the dispute. If the AYBA President is unable to resolve the dispute or satisfy the complaint, then the AYBA President shall bring the matter to the AYBA Board. The Division Director shall not be permitted to serve in a division where their family members are participating.

B. Rules for Selection of Coaches and Assistants

The Division Directors shall be responsible for the recruitment and selection of all Coaches. A decision by the director of coaching to disqualify a coaching candidate may be appealed by the division director to the Executive Committee. If the Division Director is unable to resolve other disputes, then the Division Director may bring the matter to the AYBA Executive Committee. Coaches shall only coach one team in the League each year. Any exceptions shall only be with the written approval of the affected Division Directors. (Assistant coaches may assist on multiple teams with the approval of the Coaches and Division Directors affected) Coaches and Assistant Coaches must abide by the League's Code of Conduct and must sign the Coach's Pledge. The league reserves the right to limit the number of participants in a division based upon the number of qualified coaches available. No coach or assistant coach shall demand or receive compensation of any kind in return for coaching.

VIII. Draft Rules

The following procedures will be closely adhered to in the Draft. The objective is to form teams which are as equal as possible to ensure the fairest competition for all players. Knowing that every team has been formed fairly will help to make each player's basketball season a positive experience.

A. Winter league only

All players shall be evaluated prior to the Draft, either based on their performance in the prior winter season as determined by the prior coach, or at AYBA league-sponsored tryouts. Division directors may hold make-up tryouts for players unable to attend the league-sponsored tryouts. Players who do not attend AYBA sponsored tryouts or make-up tryouts may be prevented from playing in the winter league at the discretion of the Division Director. Coaches who do not submit an evaluation of all players on their winter team shall not be permitted to coach in the succeeding winter season.

Communication

First Email to Parents

You will be the first point of contact for the parents after registration and throughout the season. We recommend you send your first email within 24 hours after the draft. This is your opportunity to introduce yourself as Coach, set the tone, establish practice times, and recruit parents help.

We recommend you use the AYBA SportsEngine website email toolset; this keeps email addresses private and channels everything to one spot for your organizational purposes. Please remember to use the contact information for AYBA purposes only.

Example Email:

Subject: Welcome to the 2021 Winter AYBA Cavs Team!

Hello Cavaliers!

My name is Hannah Lesser and I have drafted your son to the **Cavaliers** for the **AYBA 2021 Winter Season!** I have coached youth basketball for many years, and I am excited to share my passion and knowledge of the game with the team! The roster will be updated on the Sports Engine website. Check it out! Hopefully you know a few names - *but don't worry, if you don't* - part of the fun of team sports is making *new friends*.

We will be holding the **First Practice Tuesday, November 9, 4pm @ Deerhill Park**, Doubletree Road, Oak Park, CA.

Jerseys:

I will assign **Jersey numbers** on a first email, first assign basis – *so send in request immediately!!!* We need to **get the order in ASAP!** Your request must **end in a 0 or 5**, otherwise it will be randomly assigned.

Website:

Please **Check Out the Website:** <http://www.agourayouthbasketball.org>

Games will be posted on the **Calendar** Sports Engine Website. *Check it out:*

1. Sign in with your email that was used to sign up your son.
2. Select the Calendar tab.
3. Scroll to the bottom of the calendar and select the Show Tag Menu.

4. Scroll to and select Boys K/1 Lesser.

You can also use the **My Teams** menu to select Boys K/1 Lesser:

1. You can Select the Schedule tab and RSVP on games so we know who is planning to attend
2. You can Select the Roster to see your teammates
3. You can Select the Chat to post a comment

Check out the **League Rules** at <https://www.agourayouthbasketball.org/page/show/3140788-rules>, a few highlights are:

1. Ball size is 27.5 – please bring one to practice!
2. It is man to man defense
3. There is no defense outside the 3-point line
4. 8 ft. Rims
5. No screens or picks allowed
6. Running 10-minute quarters
7. No subs in the middle of quarters the 1st half
8. COVID Policy Posted (and current one is attached – please review!)

Practices:

We will be holding 2 practices a week throughout the season on **Tuesdays and Fridays from 4-5pm**. Initially we are going to shoot for **Deerhill Park**, Doubletree Road, Oak Park, CA. If we find this location is too crowded, we will search out other alternatives. At this young age, I would like to ask that you or a designated person stay in the park for practice - *at least initially*. As we get into the flow of things, this team may show the maturity to have you run the quick errands during practice.

Games:

We will play all of our **games at LCMS 5844 Larboard Ln, Agoura Hills, CA 91301**. First game will be **the first weekend in December**. Full schedule will be listed on the Sports Engine website. When the roster updates, look for the **Cavs or Lesser – that's us!**

Please RSVP on the website (see above) especially if you are going to miss. Also let me know if we can sign you up for time/scorekeeper ahead of the game to make game day go smoother.

There are a few parent **Volunteer Opportunities** to make this season run smooth:

Snack Parent - For some of your children, snacks are one of the most exciting thing about team sports. Is anyone interested in organizing parents to providing snacks after our games? If you have a passion for organizing nutritional needs, let me know!

Score/Timekeeper - We will need one parent from each team to either be timekeeper or sore keeper. Is there anyone that has a passion for stats that would like to volunteer? This will be one of those activities that we will have to recruit on game day if we don't prearrange. Let me know if you are interested in signing up for one or all the games.

Assistant Coach – If you have a passion to wrangle, search for open courts to practice on and share their knowledge on how to be a good teammate, is going to make us a stronger team! This will also allow us the opportunity to split the team into stations for specific skill work and have a second set of eyes and hands to help. Thank you very much for stepping up!

That is all for now. I know it is a lot of information, *and I am sure I have missed something*, but I wanted to get this out in an initial email. I will be available before and after practice to answer your questions and by email or phone. Please do not hesitate to reach out!

I am very excited to meet you and your son. ***It's going to be a great season!*** I hope to see you Tuesday @ 4pm, Deerhill Park.

Hannah Lesser

First Practice Opening Speech

The first practice is a great chance to make a good first impression, especially if you have new players on your team. It can be helpful to start your first practice by pulling the players together with their parents and have an Opening Speech. This is an opportunity for you to introduce yourself in person, set expectations on player and parent behavior, explain to the parents how you run practices, what they can expect this season and answer any questions.

Game Ending Speech

At the end of the game, it can be helpful to gather your players for snack and to recap the gametime highlights. You have an opportunity to help framework success and set next step direction for you team and the parents. This is especially important, if you find your players going home to counter productive comments that in turn cause conflict with your coaching

direction. It's not fun for you, it's not fun for the player. Our suggestion is to get out in front of it by leveraging your game ending speech.

We recommend that you take the opportunity to allow your players to own their success. Start the huddle discussion on a positive note, "What did we do well in the game?" You can also take the opportunity to let your players own their development, "What do we need to work on in practice next week?" This helps with the parents as well, as they see you taking an interest in their players opinions.

After your players state their opinions, you can learn from and/or leverage their comments to drive home what you thought of the game and the areas of improvement that will drive your next focus points as a team. You then can do a private huddle with your assistant coaches to shape the discussion into your next practice.

Considerations when giving Players Feedback

The exchange of giving and receiving feedback is an essential part of any learning process. At AYBA we believe that it is important to educate and motivate each player to achieve their own individual level of success. One of the ways a Coach supports this effort is to give players, and sometimes their parents, constructive feedback. Although it is essential to learning, it can be an extremely uncomfortable conversation. Here are a few things to think about, as you prepare to deliver feedback to a player and/or their parent.

1. Take time to think about your intent:
 - a. What are you trying to achieve with the feedback? If you don't know what you are trying to achieve, you are probably not ready to give feedback.
2. Think about timing of delivery:
 - a. Health and safety of our players must be top of mind and any encroachment on these needs to be addressed immediately.
 - b. Feedback is most effective given close to the event and using the event in your explanation. This needs to be weighed against the passions of the moment.
 - i. Are you in the right frame of mind, to give constructive feedback?
 - ii. Is your player in the right frame of mind to receive constructive feedback?
 - iii. Sometimes waiting until the next practice for you to organize your thoughts and give everyone time for reflection, is the best strategy.

3. Is this a public coaching moment or requires a more private setting?
 - a. Is it appropriate to give the feedback in front of the entire team or should you take it to the sideline for a one-on-one discussion?
 - b. Is it better to have the conversation first with the parent before addressing the player?

Feedback: Praise Effort not Performance Method

When addressing a skill set, first take a minute to assess the individual player and their personal journey with the sport. The AYBA Recreational Program accepts players of all skill levels. You will have players that are well developed, and you will have players that have never touched a basketball. What differentiates AYBA from other Club Programs is that we strive to educate and motivate each player to achieve their own individual level of success. Character development is to be stressed through teamwork and sportsmanship remembering that the primary goal is for the children to have fun.

A method to encourage skill development is to praise effort, not performance. It takes 10,000 hours to build a skill set. In any youth programs, if the player is discouraged in the development phase because they are praised only on performance, their motivation will deteriorate, and we will risk losing high potential players to other sports. This discouragement can come from many different places. Here are a few ways to approach with this method:

Sydney: "Coach, my brother says I should pass the ball instead of taking the shot because I am so bad at shooting."

Coach: "Sydney, I love that you are running your portion of the play, finding yourself open and taking the shot. I want you to keep shooting, because eventually those shots are going to fall. Let's focus in practice on toes, elbows and fingertips toward the basket when shooting."

When you see the player Sydney making the effort in practice, praise, praise, praise. As Coach, you will have to find ways to overcome outside noise to make your players successful.

Feedback: Tell and Ask Method

When addressing a behavior issue, ensure there is enough space for two-way communication. A way to do this is the tell and ask method. State what you are seeing and ask what they think. It can look something like this:

Coach: “Patrick, I’ve noticed in the last two practices your attitude has deteriorated significantly and I am concerned with how disrespectful you are showing up. When Assistant Coach Dan was teaching the drill, you were distracting your teammates with jokes. What’s going on?”

Depending on the maturity of the player and the answer they give, you can follow up with an ask of what appropriate behavior looks like and what happens in the future. It can look something like this:

Coach: “What should you be doing instead of making jokes? If you were me, what would you do if a player wasn’t learning a drill and distracting their teammates?”

By letting player Patrick respond, you are doing two things. You are opening two-way communication that allows your player to own their explanation of their behavior – from which you may learn something you didn’t know. You are also allowing them an opportunity to make reparations and own their punishment if they don’t improve.

Some players will not have the maturity to respond to this method at which point you can take your coaching to a more directive style. Reminding the player of your expectations and the consequences that will happen if they do not get themselves under control. It can look something like this:

Coach: “Patrick, I can tell by your response that you are not taking this conversation seriously. I need you to go sit down until you can take this conversation seriously and at the end of practice, we will discuss with your parent what we discussed today.”

In both, an appropriate response from your player and an inappropriate response, we recommend you follow up after practice with the parent in person. The focus should be to guide the players in the right direction to succeed.

Practice Plan

Balanced Practice Planning

The AYBA Recreational Program accepts players of all skill levels. You will have players that are well developed, and you will have players that have never touched a basketball. What differentiates AYBA from other Club Programs is that we strive to educate and motivate each player to achieve their own individual level of success. Character development is to be stressed through teamwork and sportsmanship remembering that the primary goal is for the children to have fun.

As you build your practice plan, we recommend you strive for balance between development and play. Consider the skill level of your players. It takes 10,000 hours to build a skill set. Giving your players the opportunity to learn a new drill they can practice at home is a great way to continue player development. Here is a sample on how you can pace a 60 minute balanced practice plan:

- A. Intro (5 min)
- B. Warm Up (5 min)
- C. Fundamental Drill 1 (10 min)
- D. Fundamental Drill 2 (10 min)
- E. Playbook (15 min)
- F. Ending game (10 min)

Routine and momentum are other ways to look at the balance of your practice. Routine helps set the tone, it keeps players on task, and it helps them meet expectations. Depending on the maturity of your team, you can even pass ownership to the players for certain portions of practice. Perhaps your warmup drill is the same. A way to develop leadership is to allow your players to lead the drill a couple weeks into the season.

Momentum is a function of routine and keeping the content exciting. Throughout your season it will ebb and flow. Over-instruction is a killer of momentum. If your drills are so complicated, it takes a large portion of your practice to explain, perhaps they are too advanced for your players. Considering the skill level of your players, break down the drill and get the players moving through it as soon as possible. Instead of lecturing the instructions, coach the instruction live. Remember to praise effort over performance.

Applied Example of Practice Plan for K/1 Team

- A. Intro (5)
 - a. Listening Clap
 - b. HW: What is the shortest day of the year?

- c. Game Recap
- B. Warm Up – Lines on the court (5)
 - a. Out of bounds lap
 - b. Sideline to Sideline warm up
- C. Toes, Heels, High Knees, Butt Kickers, Open Gate, Close Gate, Karaoke, Toy Soldiers, Step Hops
- D. Fundamental Drill 1 – Layup progression (10)
 - a. Step Hop, Step Hop Shoot, Dribble Step Hop
 - b. Layup Line Drill, Rebounds!
- E. Fundamental Drill 2 – Shooting Form (10)
 - a. BEEF – shoot to a partner
 - b. Shoot in front of hoop(s)
- F. Intro the Play – Around the Horn (15)
 - a. Staged ball movement with Defense
 - i. Butt to basket
 - ii. Ball, you, man
 - iii. Head on a swivel
 - b. Rotate kids through positions & Offense to Defense
- G. Ending game – Scrimmage (10)
- H. Homework – What food helps your sore muscles feel better? (5)

William Burr, Oak Park Girls Head Basketball Coach, is partnering with AYBA on a series of Coaches Clinics throughout the year. We encourage you to take advantage of the drills, ask questions and leverage in your own practices. The Coaches Clinic is also an opportunity for you to network with other Coaches and tap into their experiences.

Six players					Q's Played
	Q1	Q2	Q3	Q4	
1	■		■	■	3
2	■	■		■	3
3	■	■	■		3
4	■	■	■	■	4
5	■	■	■	■	4
6		■	■	■	3
					20

Seven players					Q's Played
	Q1	Q2	Q3	Q4	
1	■		■	■	3
2	■		■	■	3
3	■	■	■		3
4	■	■		■	3
5	■		■	■	3
6		■	■	■	3
7		■	■		2
					20

Eight players					Q's Played
	Q1	Q2	Q3	Q4	
1	■		■	■	3
2	■		■	■	3
3	■		■	■	3
4	■	■		■	3
5	■	■	■		2
6		■	■		2
7		■	■		2
8		■		■	2
					20

Nine players					Q's Played
	Q1	Q2	Q3	Q4	
1	■		■	■	3
2	■		■	■	3
3	■		■		2
4	■		■		2
5	■	■	■		2
6		■	■		2
7		■	■		2
8		■		■	2
9		■		■	2
					20