



City of Arts & Innovation

City of Riverside

Parks, Recreation and Community Services Department

# Youth Basketball Handbook





## Philosophy of the Program

This league is centered around skill development on both offense and defense. The Parks, Recreation and Community Services Department is committed to the concepts of fair play and good sportsmanship while teaching youth to appreciate the game of football. The main goal is to provide an atmosphere where participants can succeed, feel good about themselves, smile, and have FUN.

## Coach's Responsibilities

**All coaches** must be fingerprinted and cleared by the City of Riverside (This is required by California Health and Safety Code sections 1522 and 1596.871), must attend the mandatory pre-season meeting, be a registered and cleared Municipal Volunteer for the City of Riverside, and read and sign the Coach's Code of Conduct. Coaches shall display good sportsmanship, ethical behavior and must implement league rules and policies in their practices. Coaches will provide participants the opportunity to practice and play in a healthy, supervised, safe and controlled environment. Sportsmanship, team spirit, and a sense of fair play should govern participation.

Coaches are responsible for the conduct of their players, parents and fans before, during and after games. Poor sportsmanship by coaching staff, team members or fans will result in, but is not limited to, a warning, an ejection and/or forfeiture of the game. The Head Coach is responsible for maintaining and having in their possession copies of the Team Roster and Medical Release Forms.

A total of two (2) coaches are allowed per team. Only those coaches whose names appear on the Official Roster are permitted on the team sideline. The designated Head Coach will be the only one allowed to address the game management (i.e. Scorekeepers, Officials, City Staff and Site Director).

You are their ROLE model!!

They're just kids & it's just a game.

They're just kids playing a game **FOR FUN!**

"I love practice. It is when a coach exercises the most control over the improvement of his or her team."

Mike Krzyzewski

"A coach must never forget that he is a leader and not merely a person with authority."

-John Wooden

# General League Information

## Tot, Pee Wee, Junior, A, B, and C Divisions

1. **League Dates:** Tot, Pee Wee, and Junior Division will play six (6) weeks. A, B, and C Division will play eight (8) weeks.
2. **Ages:** The Youth Basketball League is offered for youth 3 - 14 years of age. Participants must meet age and grade eligibility requirements.
3. **Tot and Pee-Wee Divisions:** Designed to teach boys and girls, ages 3-6, sportsmanship, team concepts, and very basic skills associated with basketball, in a **non-competitive/teaching** atmosphere. No score or standings will be recorded.
4. **Junior Division:** Designed to teach youth, 7 years of age, team concepts as well as skills that can be carried over into future participation in the sport. No score or standings will be recorded.
5. **Division A, B and C:** Youth 8 - 14 years of age learn sportsmanship, teamwork, skills of passing, shooting, dribbling, and offensive/defensive plays in competitive game situations.
6. **Eligibility:** The year born is the primary criteria for determining the age for competition as set forth by SCMAF. Age divisions may include one, two, or three year age spans within a division. A player may play in the next highest age division, but may only play for one team per season. Teams which are discovered by league officials to have ineligible players will be required to forfeit the games those players performed in and are subject to further sanctions. A player found to be competing for two different teams will be declared ineligible for both teams.
7. **Verification of Eligibility:** Valid written birth verification, such as a birth certificate, baptismal certificate, or documentation by a school official must be furnished at time of registration. Team players are subject to random checks. In the event of question about age eligibility, proof of age/grade must be provided by the coaches or parent. No more than 2 provisional player may play on any team unless in a Gold division.
8. **Practice:** Practice will begin December 15 and will be held at your local community center. No more than 2 per week will be held.
9. **Location:** **A Division-** Bobby Bonds Park, **B Division-** Hunt Park, **C Division-** Bryant Park and/or La Sierra Park, **Tot and Junior Division-** Reid Park, **Pee Wee Division** – Nichols Park, **Orange Terrace Community Center** will host their own teams for C Division, Junior Division, Pee Wee Division, and Tot Division.
10. **Skills Assessment:** All participants in A, B, and C Divisions must participate in a skills assessment to be placed on a team. The skills assessment allows the teams to be balanced within the league. Participants who are not assessed will be placed in the Gold Division. Skills Assessment will be on Tuesday, December 1 @ Hunt Park, Wednesday & Thursday, December 2&3 @ Orange Terrace park, and Tuesday, December 8 @ Hunt Park. All Skills Assessment will be from 6:00 p.m. – 8:30 p.m.
11. **Rosters:** A completed waiver, payment, and birth verification must be submitted to the PRCSD for each player prior to the team beginning practices. Each team will have a minimum of 7 and maximum of 10 participants. The last day to add a player to a team is January 15 for all divisions.
12. **League Information:** Coaches in A, B, and C Division must check-in with Recreation Staff at their corresponding game table for their line up cards fifteen (15) minutes prior to their scheduled game time. If you have any questions or concerns, please contact the On-Site Field Supervisor. (OSFS)
13. **Participation Requirement:** There will be a minimum and maximum play rule for all divisional levels of play. All players will play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one quarter to another. Each player must also sit out a minimum of four (4) consecutive minutes per game. Players must start his/her consecutive minutes at either the beginning or midway point of the quarter. Official's time out, not charged to either team, shall be called at the nearest midway point of the quarter or on the next dead ball, for the purpose of substitution to meet the minimum play rule.
14. **Forfeit Regulations:** Teams will be granted a ten (10) minute grace period for the **first game of the day only**. For all subsequent games, game time is forfeit time. Teams that have less than the minimum of 4 players to begin will borrow players from the

opposing team. Teams will play two (2) ten (10) minute halves, and all forfeited games must be played.

15. **Protests:** There will be no protests, as the OSFS will have final authority. An OSFS will be available every game day. The OSFS has the authority to rule and resolve all issues involving youth sports the same day.
16. **Standings:** Score will be recorded for A, B, and C Divisions, no score will be recorded for Tot, Pee Wee, or Junior Division. All A, B and C Division teams will have the opportunity to participate in the SCMAF-Inland Empire post season tournament at the end of the season. Teams must submit SCMAF waivers, grade verifications, birth certificates and fee of \$245 to the Parks, Recreation and Community Services Department c/o Mike Mitchell or PRCSD Representative by February 18, 2016.
17. **Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current game ejected and the following game. The Youth Sports Committee and Supervisor will decide if further suspension is warranted. Any individual team ejected from a regular season game will not be allowed to participate in the SCMAF tournament.
18. **Officiating:** The City of Riverside contracts a licensed, independent official's association. This contractor assigns two officials to referee each game. Because of the number of games at each site, officials must keep games moving quickly without compromising safety. League officials will not tolerate actions that prohibit game officials from administering the games.
19. **Schedules:** Teams will be given a first half schedule of games at the beginning of the season and the second half schedules midway through the season. Sports staff has the authority to move teams from one division to another at the midpoint of the season if a team has an unfair advantage over other teams in the division or a team is not competitive in their current division.
20. **Team Sideline:** Visit us online at [www.teamsideline.com/Riverside](http://www.teamsideline.com/Riverside) for up to date schedules.

**Community Center Contact Information:** Please contact your local community center for questions or concerns.

Bobby Bonds Park – Nick Avila, Recreation Services Coordinator  
951-826-5746 or [navila@riversideca.gov](mailto:navila@riversideca.gov)

Bordwell Park – Valerie Espinoza, Recreation Services Coordinator  
951-826-5355 or [vespinoza@riversideca.gov](mailto:vespinoza@riversideca.gov)

Bryant Park – Raymond Aguirre, Recreation Services Coordinator  
951-351-6135 or [raguirre@riversideca.gov](mailto:raguirre@riversideca.gov)

Hunt Park – Desiree Gurrola, Recreation Services Coordinator  
951-351-6132 or [dgurrola@riversideca.gov](mailto:dgurrola@riversideca.gov)

La Sierra Park – Jovan Fontenot, Recreation Services Coordinator  
951-351-6131 or [jfontenot@riversideca.gov](mailto:jfontenot@riversideca.gov)

Nichols Park – Jovan Fontenot, Recreation Services Coordinator  
951-351-6130 or [jfontenot@riversideca.gov](mailto:jfontenot@riversideca.gov)

Orange Terrace Community Center – Danielle Smith, Recreation Services Coordinator  
951-826-5858 or [dasmith@riversideca.gov](mailto:dasmith@riversideca.gov)

Reid Park – Ebony Perkins, Recreation Services Coordinator  
951-826-5654 or [eperkins@riversideca.gov](mailto:eperkins@riversideca.gov)

Villegas Park – Betty Perez, Recreation Services Coordinator  
951-351-6142 or [bperez@riversideca.gov](mailto:bperez@riversideca.gov)

**Youth Sports Department Contact Information – email: [Sportsoffice@riversideca.gov](mailto:Sportsoffice@riversideca.gov)**

Mike Mitchell – Recreation Services Coordinator  
951-826-5449 or [mpmitchell@riversideca.gov](mailto:mpmitchell@riversideca.gov)

Ernesto Bautista – Assistant Recreation Coordinator – Adult Sports  
951-826-5462 or [ebautista@riversideca.gov](mailto:ebautista@riversideca.gov)

Jessica Ochoa – Recreation Supervisor  
951-826-2041 or [jochoa@riversideca.gov](mailto:jochoa@riversideca.gov)

## Tot/Pee Wee Division Rules of Play

1. **Players on the court:** The maximum number of players on the court for each team is five (5). Teams may borrow players from the opposing team to make a full team. Players must wear an official City of Riverside Youth Basketball t-shirt. If a player does not wear a t-shirt provided by the Youth Sports Department they will not be allowed to play.
2. **Coaches on the court:** One (1) coach for Tot Division and one (1) coach for Pee Wee Division who have been Live scanned and cleared by the City of Riverside are permitted on the court for the entirety of the game. Coaches can only direct players while on the court, coaches cannot interfere with plays. One (1) additional coach may be on the team bench. Only those coaches whose names appear on the official roster will be allowed to address the game officials, score keepers, and OSFS.
3. **Basket Height:** The baskets will be six (6) feet high for the Tot Division and eight (8) feet high for the Pee Wee Division.
4. **The Ball:** Tot Division will use a Rookie size (26.5) basketball; the Pee Wee Division will use a Junior size (27.5) basketball.
5. **Game Time:** Tot Division games will consist of two (2), twelve (12) minute halves with a two (2) minute half-time. Pee Wee Division Games will consist of two (2), Sixteen (16) minute halves with a two (2) minute half-time. The clock will run continuously, except during timeouts. The clock will not be stopped during substitution.
6. **Time-outs:** Each team will have one (1) time-out per half. Time-outs will not carry over to the second half.
7. **Score:** No Score or standings will be kept
8. **Minimum/Maximum Play Rule:** All players will play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one half to another. Consecutive minutes to fulfill players minimum four (4) minutes must be played within one quarter in each half and cannot be carried over to the next quarter. Late arriving players, if time permits, should play the minimum consecutive minutes within the half of their arrival. Failure to comply will result in forfeit of the game. Each player also must sit out a minimum of four (4) consecutive minutes for the entire game.
9. **Defense:** Before playing defense, the defensive player must have both feet in the key area. The defensive players must keep both feet in the key to allow the offense to have an opportunity to shoot the ball.
10. **Offense:** There will be no fast breaks. The offensive team must dribble the ball past the mid court line. Offense may shoot up to three shots before the opposing team receives the ball. Offense will only receive multiple shots if the offensive team gets the rebound of a missed shot. If the defensive team gets the rebound after any shot, possession will change.
11. **Ball Possession:** The visiting team will receive the ball to begin the game. The home team will receive the ball at half time.
12. **Fouls:** All fouls and violations will be taken out-of-bounds at the spot of the foul or violation. Fouls will be called by the Youth Sports staff facilitating the game.
13. **Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current game and the following game. The Youth Sports Coordinator, Supervisor and Youth Sports Committee will decide if further suspension is warranted.
14. **UNSPORTSMANLIKE CONDUCT:** Swearing, obscene language or actions, etc., either on or off the court by the players, coaches, or spectators will not be tolerated. No player may show baiting or taunting acts or words which can cause ill will or any delayed, excessive or prolonged act by which a player may attempt to focus attention upon himself. Any player/coach/spectator behaving in an unsportsmanlike conduct will be subject to warning by officials/site coordinator and or ejection of the game and or suspension from future games.

**15. SCMAF Blood Rule:** A player, coach, or official who is bleeding, has an open wound, or has blood on his body or clothing shall be prohibited from participating further in the game, until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game. A player, coach, or official will not be allowed to participate unless:

- A. All bleeding has stopped
- B. Any exposed cut / scrape, which has bled, is completely covered
- C. Bloody clothing is removed.

**16. Unsafe Objects Not Allowed:** Jewelry, pierced earrings, and any other items determined dangerous by staff/officials.

## Junior Division Rules of Play

1. **Players on the court:** The maximum number of players on the court for each team is five (5). Teams may borrow players from the opposing team to make a full team. Players must wear an official City of Riverside Youth Basketball t-shirt. If a player does not wear a t-shirt provided by the Youth Sports Department they will not be allowed to play.
2. **Coaches on the court:** One (1) coach who has been Live scanned and cleared by the City of Riverside is permitted on the court for the first and third quarter of the game only. One (1) additional coach may be on the team bench. Only those coaches whose names appear on the official roster will be allowed to address the game officials, score keepers, and OSFS.
3. **Basket Height:** The baskets will be eight (8) feet high for the Junior Division.
4. **The Ball:** Junior Division will use a Junior size (27.5) basketball.
5. **Game Time:** Games will consist of four (4), eight (8) minute quarters with a two (2) minute half-time. The clock will run continuously, except during timeouts. The clock will not be stopped during substitution.
6. **Time-outs:** Each team will have one (1) time-out per half. Time-outs will not carry over to the second half.
7. **Score:** No Score or standings will be kept
8. **Minimum/Maximum Play Rule:** All players will play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one half to another. Consecutive minutes to fulfill players minimum four (4) minutes must be played within one quarter in each half and cannot be carried over to the next quarter. Late arriving players, if time permits, should play the minimum consecutive minutes within the half of their arrival. Failure to comply will result in forfeit of the game. Each player also must sit out a minimum of four (4) consecutive minutes per game.
9. **Defense:** Defensive players must have at least one foot in the key to allow the offense to have an opportunity to shoot the ball.
10. **Offense:** There will be no fast breaks. The offensive team must dribble the ball past the mid court line. There will be no three (3) point shots allowed in the Junior Division, if a player makes a three (3) point shot it will be counted as two (2) points.
11. **Ball Possession:** The visiting team will receive the ball at the start of the game. The home team will receive the ball possession at the beginning of the half.
12. **Fouls:** All non- shooting fouls and violations will be taken out-of-bounds at the spot of the foul or violation. Players fouled in the act of shooting will shoot free-throws from the ten (10) foot free-throw line. Fouls will be called by the Youth Sports staff facilitating the game.
13. **Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current game and the following game. The Youth Sports Coordinator, Supervisor and Youth Sports Committee will decide if further suspension is warranted.
14. **UNSPORTSMANLIKE CONDUCT:** Swearing, obscene language or actions, etc., either on or off the court by the players, coaches, or spectators will not be tolerated. No player may show baiting or taunting acts or words which can cause ill will or any delayed, excessive or prolonged act by which a player may attempt to focus attention upon himself. Any player/coach/spectator behaving in an unsportsmanlike conduct will be subject to warning by officials/site coordinator and or ejection of the game and or suspension from future games.

- 15. SCMAF Blood Rule:** A player, coach, or official who is bleeding, has an open wound, or has blood on his body or clothing shall be prohibited from participating further in the game, until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game. A player, coach, or official will not be allowed to participate unless:
- A. All bleeding has stopped
  - B. Any exposed cut / scrape, which has bled, is completely covered
  - C. Bloody clothing is removed.
- 16. Unsafe Objects Not Allowed:** Jewelry, pierced earrings, and any other items determined dangerous by staff/officials.

# Youth Basketball

## A, B, and C Division Rules of Play

Play will be governed by National Federation and Southern California Municipal Athletic Federation (SCMAF) Basketball Rules. Where noted, these rules are superseded by the City of Riverside's Youth Basketball Rules. All coaches, players and spectators are subject to the Riverside Youth Sports League Code of Conduct. The Riverside Parks, Recreation and Community Services Department and its representatives reserve the right to review and act on any issues or disputes pertaining to the youth sports program.

1. **Players on the court:** The maximum number of players on the court for each team is five (5). Teams must have four (4) players present in order to start a game. Less than four players at game time will result in a loss for the team not meeting the minimum player requirements. Upon a forfeit teams will play two (2), ten (10) minute halves. All forfeited games must be played. Players must wear an official City of Riverside Youth Basketball jersey. If a player does not wear a jersey provided by the Youth Sports Department they will not be allowed to play.
2. **Coaches:** A total of two (2) coaches are allowed per team and must be Live scanned and cleared by the City of Riverside. Only those coaches whose names appear on the official roster will be allowed on the team bench. All coaches shall be seated at all times on the bench except to do one of the following: substitute a player; signal players to request a time-out; react to an outstanding play by a member of his or her team; replace a disqualified or injured players; attend to an injured player when beckoned onto the court by an official; rise during a charged time-out; or intermission between quarters and extra periods.
3. **Basket Height:** The baskets will be ten (10) feet high for all divisions.
4. **The Ball:** A Division will use an Official size (29.5) basketball, B and C Division will use an Intermediate size (28.5) basketball.
5. **Game Time:** Games will consist of four (4), eight (8) minute quarters, running clock, with regulation clock the last two (2) minutes of the fourth (4) quarter. The clock will stop during timeouts and technical fouls. The clock will not be stopped during substitution.
6. **Overtime:** Overtime will consist of one (1), two (2) minute period. There will be a maximum of two (2) overtime periods allowed per game. The first minute is running time. The last minute is regulation time. If there is not a clear winner after two (2) overtime periods, the game will be considered a tie.
7. **Time-out:** Each team will have two (2) time-outs per half. Time-outs shall be thirty (30) seconds in length. Time-outs will not carry over to the second half or any over-time period. One (1) time-out will be given for each overtime period. A time-out will not be assessed to a coach who requests that a correctable error, timing, scoring, or alternating possession mistake be prevented or rectified. A time-out will not be allowed in the last three (3) minutes for any team that is ahead by twenty (20) points or more. Time-outs will only be granted by officials not the scorekeepers.
8. **Score:** There is one official score book that will remain at the scorer's table at all times. It is the only accepted recording of the score, minimum/maximum play regulations and recorded fouls. If a team is leading by twenty (20) points or more, the scoreboard will be "zeroed" out. If a team is leading by twenty (20) points or more, the OSFS will recommend the leading team make necessary substitutions. The coach must adhere to the request of the OSFS.
9. **Minimum/Maximum Play Rule:** All players will play four (4) consecutive minutes in the first and second half. Minutes cannot be carried over from one half to another. Consecutive minutes to fulfill players minimum four (4) minutes must be played within one quarter in each half and cannot be carried over to the next quarter. Late arriving players, if time permits, should play the minimum consecutive minutes within the half of their arrival. Failure to comply will result in forfeit of the game. Each player must also sit out a minimum of four (4) consecutive minutes per game.
10. **Defense A and B Division:** Full court press is allowed for A and B Division. If one team leads by twenty (20) points or more, no

press will be allowed until the margin has been reduced to twelve points or less.

11. **Defense C Division:** No back court press is allowed. Once the offense is in possession of the ball the defense must retreat and allow the offense to move the ball across the hash mark (six feet past mid-court). Teams may defend the ball only after the ball penetrates the hash mark. The defensive players must allow the ball to cross the mid court line. The first infraction will result in a warning all subsequent violations will result in a technical foul.
12. **Offense A, B, and C Division:** The offensive team has ten (10) seconds to advance the ball passed the half court line. Otherwise, the whistle will be blown and there will be a change in possession.
13. **Offense C Division:** There is a five (5) second key violation. 1<sup>st</sup> pass/Back-Court Rule: The defensive player that secures the rebound can dribble the length of the court. If a fast break is started through a pass, the pass must occur in the back court. A fast break cannot be started by making the first pass to another offensive player if the pass crosses the mid court line. There will be no three (3) point shots allowed, if a player makes a three (3) point shot it will be counted as two (2) points.
14. **Ball Possession:** Ball possession will be determined by a jump ball to start the game and will continue on an alternating basis.
15. **Fouls:** Player disqualification is on the fifth (5) personal foul. The free throw Bonus Rule (1 and 1) is in effect on the seventh (7) team foul. The free throw Bonus Rule will be increased to two (2) free throws on the tenth (10) team foul of the half. Players fouled in the act of shooting will shoot free-throw from 12 foot free-throw line for C Division only.
16. **Poor Sportsmanship Ejection:** The minimum penalty for ejected players/coaches/spectators is suspension from the current and following game. The Youth Sports Coordinator and Supervisor will decide if further suspension is warranted.
17. **Unsportsmanlike Conduct:** Swearing, obscene language or actions, etc., either on or off the court by the players, coaches, or spectators will not be tolerated. No player may show baiting or taunting acts or words which can cause ill will or any delayed, excessive or prolonged act by which a player may attempt to focus attention upon himself. Any player/coach/spectator behaving unsportsmanlike will be subject to warning by officials/site coordinator and/or ejection from the game/
18. **SCMAF Blood Rule:** A player, coach, or official who is bleeding, has an open wound, or has blood on his body or clothing shall be prohibited from participating further in the game, until appropriate treatment has been administered. If first aid is required for a player, the player must be immediately removed from the game. A player, coach, or official will not be allowed to participate unless:
  - A. All bleeding has stopped
  - B. Any exposed cut / scrape, which has bled, is completely covered
  - C. Bloody clothing is removed.
19. **Unsafe Objects Not Allowed:** Jewelry, pierced earrings, and any other items determined dangerous by staff/officials.

**City of Riverside**  
**Parks, Recreation and Community Services Department**  
**Youth Basketball**

<b>Game Format</b>	<b>A Division</b>	<b>B Division</b>	<b>C Division</b>	<b>Tot/Pee Wee/ Junior Division</b>
<b>Ages</b>	12-14	10-11	8-9	3-4 Tot/5-6 PW/ 7 JR
<b>Total # of Players on team</b>	7 min- 10 max	7 min- 10 max	7 min- 10 max	7 min- 12 max
<b>Beginning Game Visiting Team</b>	1 <sup>st</sup> Team Listed on Schedule			
<b>Players on Court</b>	5	5	5	5
<b>Minimum Play Rule</b>	Each Player must play a minimum of 4 consecutive minutes in each half.	Each Player must play a minimum of 4 consecutive minutes in each half.	Each Player must play a minimum of 4 consecutive minutes in each half.	Each Player must play a minimum of 4 consecutive minutes in each half.
<b>Officials</b>	2	2	2	1 recreation staff, 1 coach per team
<b>Standings</b>	No	No	No	No
<b>Time Outs</b>	Total of 4 (2 in each half) 30 seconds	Total of 4 (2 in each half) 30 seconds	Total of 4 (2 in each half) 30 seconds	1 per half (2 total) 60 seconds
<b>Coaches on Sidelines</b>	(2) Must be Fingerprinted and cleared			
<b>Score</b>	Score will be kept	Score will be kept	Score will be kept	Score will <u>not</u> be kept
<b>Length of Games</b>	Four (4), Eight (8)minute quarters with running clock. Last 2 minutes of 4th is regulation clock	Four (4), Eight (8)minute quarters with running clock. Last 2 minutes of 4th is regulation clock	Four (4), Eight (8)minute quarters with running clock. Last 2 minutes of 4th is regulation clock	Tot – Two (2), Twelve (12) minute Halves Pee Wee: Two (2), Sixteen (16) minute halves Junior Division: Four (4), Eight (8) minute quarters
<b>Half Time</b>	3 minutes	3 minutes	3 minutes	3 minutes
<b>Ball Size</b>	Official Size Basketball	28.5 Basketball	28.5 Basketball	Junior Size Ball: Pee Wee and Junior Div. (27.5) Pee Wee size Ball: Tot Division (26.5)
<b>Sportsmanship Rule</b>	If leading by 20 pts the score will be removed	If leading by 20 pts the score will be removed	If leading by 20 pts the score will be removed	N/A

## Warming Up

Another important part of ensuring players perform to the best of their ability is simply having the players warm up correctly. Players should warm up for 10-15 minutes before practice and games to help reduce injuries and pulled muscles. **NOTE:** Warm-ups should be tailored to be age appropriate. Physical exercise should be used to enhance a healthy lifestyle and **not** be used as a form of punishment.

1. Move one arm across your body, almost as if you were going to take a backhand swing, hold for fifteen (15) seconds and repeat with the other arm.
2. Grasp the elbow of the arm in motion with your other hand and gently pull the arm further across your body, hold for a count of ten (10) and repeat three (3) times with each arm.
3. Interlace your fingers above your head. With the palms facing up, push your arms up and back gently, hold for fifteen (15) seconds.
4. With your arms overhead, hold the elbow of one arm with the hand of the other arm. Gently pull your elbow behind your head, creating a stretch, hold for fifteen (15) seconds, and repeat three (3) times.
5. Other areas of emphasis for stretching should include the back muscles, hamstrings, groin, and calf muscles. Some players may think that warming up is a waste of time; remind them that everyone including professional teams, have to warm up. Warming up ensures in keeping all players healthy and playing like champions.
6. This leg stretch actually works the muscles in the groin. Start by kneeling on soft surface. Keeping back straight, place left foot on ground and gently press forward until knee is bent at a 90-degree angle (the knee is directly over the ankle). Place hands or elbows on left knee to stabilize and hold for 10 to 30 seconds, and repeat three (3) times.
7. Sit on the ground with legs apart in a straddle position. Bend over right leg, then to the center, then to left leg. Hold each stretch for 10 to 30 seconds without bouncing. These stretches work the lower back, sides, inner thighs, and hamstrings (the muscles on the back of the thighs).
8. The side lunge stretch works the inner thighs, also called adductors, and the hips. Stand up straight with legs apart. Bend one leg to a 90-degree angle (straight line from knee to ankle) and keep the other leg stretched out straight, with toes and heels on the floor pointing out at about a 45-degree angle. Feel the stretch in the inner thigh and hold. Keep back straight.
9. Stretch the back and the hamstrings with a toe touch. Stand with arms hanging loosely at sides and feet together, with knees very slightly bent. Slowly roll down from the back and reach for the toes with your hands. Hold without bouncing.
10. Start in a seated position with left leg stretched forward, toes pointing up. Bend right leg and place the sole of the right foot along the knee or inner thigh of the left leg. Reach forward to the toes of the left foot until you feel the hamstring stretch (the hamstring muscles are on the backs of the thighs). Hold for 10 to 30 seconds without bouncing.
11. Run 100 – 300 yards with a thirty second rest in between and stretching.

# YOUTH FLAG FOOTBALL FUN FACTS TO SUCCESSFUL

## COACHING & HAVING FUN

The PRCSD Team is committed to providing a recreation Youth Basketball league with the emphasis on Safety, Sportsmanship, Teamwork, and Fun. Here are a few tips to assist coaches, parents, and players to have a great season.

1. **Have Fun!!!** Make sure the kids have fun! Make sure the parents have fun!! Listen to yourself and the way you talk to your players. If you're not having fun, get off the field, go to your car and listen to the Moonlight Sonata. Or Bach. Or Norah Jones. Not Metallica. Then come back and have some fun.
2. **Rules are Rules:** Please review the playing guidelines for your age group in the PRCSD Youth Basketball Handbook. When in doubt ask questions. Youth Sports Staff can be reached at (951) 826-5449 or by email at [sportoffice@riversideca.gov](mailto:sportoffice@riversideca.gov).
3. **You're the Coach:** Wear your Coach's shirt – Introduce yourself to the officials. Remember, you have one assistant on the sideline with you– make sure he/she wears the coach's shirt too. Also, try to look like a coach, not Laird Hamilton. Flip-flops and board shorts look good on the beach, but not the field. If you don't have a shirt, contact the PRCSD Sports Team. Remind your parents that you're the coach. Parents should cheer from the spectators bleachers not the team sideline. All comments by coaches and parents should be made to your team and not the opposing team/parents. Positive comments only.
4. **The Youth Sport Staff are your Friend:** – Remember the Youth Sports Staff are trained in the very basics of football. Many are still learning the game. Staff are human beings, sometime during the season there will be a missed or bad call. Do not be surprised when it happens and do not overreact. Don't challenge/criticize the staff on any call during or after the game. Also, if you, an assistant coach, or a parent challenges, argues or verbally criticizes staff members, the head coach and the person who makes the challenge will subject the team to possible penalties. You and your assistant coach should stay in the coach's box the entire time unless asked by the staff to step onto the court, with the exception of the Pee Wee, Junior, and Tot division, as a coach is allowed on the court the entire game.
5. **Coaches are like Scouts:** Be prepared – know in advance when you are going to substitute/rotate players during breaks 'Map it out". Remember each child should play four (4) consecutive minutes in each half.
6. **Hydrate before you have to!** Make sure your players are drinking plenty of water before, during and after games and practices. Know the signs of heat exhaustion and heat stroke and what to do. Notify Sports Staff immediately if you observe a child, parent or coach display signs of heat exhaustion.
7. **Respect the Courts:** We have the best gyms in the Inland Empire. Please clean up after yourself; have your 'snack parent' bring a trash bag and clean up after the team. Keep it clean and green!
8. **Court set-up and take down:** BE RESPONSIBLE. Please work with participants and parents to assist in picking up equipment after practices and or games. Home team is responsible for Court Set Up and Break Down.
9. **Last but not least:** We appreciate your dedication and support. Without volunteers like you, kids wouldn't be able to have fun and enjoy the sport of Basketball.

## Safety Tips



1. Walk the court before each game and practice. Check for glass, spills, or other hazardous conditions.
2. Keep your players alert at all times.
3. Pre-game warm-ups reduce the chance of muscle or tendon strain.
4. Inspect your equipment before each game and practice.
5. Keep equipment out of harm's way when not in use.
6. Have players remove watches, rings, earrings, chains or metal objects that may be dangerous. We suggest that a player refrains from chewing gum or candy during the game/practice.
7. Keep spectators, especially babies and toddlers, a safe distance from the court/practice areas.
8. Sneakers/tennis shoes must be worn at all times.
9. Keep all players sitting on bench when not playing/practicing.
10. No shorts with pockets (Tape if needed).