

# **STONEHAM YOUTH BASKETBALL**



# **HANDBOOK**

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## **Part I.- Welcome Message**

### **Welcome to Stoneham Youth Basketball!**

Dear Players, Coaches, and Parents,

Welcome to Stoneham Youth Basketball (SYB) program! Our organization is dedicated to fostering a love for basketball among young athletes while promoting the values of teamwork, respect, and sportsmanship. We strive to create a positive and inclusive environment where players can develop their skills, build lasting friendships, and learn important life lessons.

Our program offers a variety of opportunities for players of all skill levels, from beginners to advanced athletes. We provide structured practices, competitive games, and skill development sessions to help each player reach their full potential. Our experienced coaches and volunteers are committed to supporting the growth and development of every participant, both on and off the court.

At SYB, we believe in fostering a love for the game while emphasizing the importance of respect, dedication, and hard work. Our dedicated coaches and volunteers are committed to helping each player reach their full potential, both on and off the court.

We encourage open communication and collaboration among players, coaches, and parents to ensure a supportive and enjoyable experience for everyone involved. Together, we can create a vibrant and inclusive community that celebrates the spirit of youth basketball.

Thank you for being a part of our basketball family. We look forward to a fantastic season filled with growth, learning, and fun!

Warm regards,

The Stoneham Youth Basketball Board of Directors

## **PART II. – Who We Are**

### **Mission Statement**

Stoneham Youth Basketball offers a safe and enjoyable learning environment where participants can grow both as basketball players and responsible citizens. Through practices, games, and positive instruction from our dedicated volunteer coaching staff, participants will develop their basketball skills. They will learn the importance of commitment, responsibility, hard work, and teamwork, all while improving through healthy competition. Guided by our core values of respect, commitment, sportsmanship, accountability, and excellence, we ensure that all participants leave with a love for the game, lifelong bonds with friends and coaches, and a foundation of life skills that will serve them well in all their endeavors.

### **SYB Core Values**

**RESPECT**- Be respectful to all, opponents, teammates, coaches, players, officials, spectators, etc.

**COMMITMENT**- Be committed, show up on time for practices, games, etc. communicate when necessary

**SPORTSMANSHIP**- All must exhibit the highest level of sportsmanship, at all times.

**ACCOUNTABILITY**- Hold ourselves accountable to be fair, equitable; adhere to the core values and rules

**EXCELLENCE**- Strive to do the best we can at all times, effort, behavior, attitude, communication, etc.

Our handbook covers a wide range of topics, including the rules and regulations that govern our league. While it is not feasible to address every possible scenario within this document, our core values serve as essential guiding principles for our decision-making processes. This handbook is a dynamic document and will be updated as necessary over time.

# **Board of Directors**

## **Executive Positions:**

President	Allen Wallace
Vice President/Referee Coordinator	Juan Yopez
Treasurer	Mike Innocenti
Secretary	Vicki Svendsen
Registrar	Claude Mack

## **Board Positions:**

Town Coordinator - Boys	Ryan Walsh
Town Coordinator - Girls	Peter Boccelli
Division Coordinator (Town)	Ashley Radley
Division Coordinator (Town)	Michael Granese
Division Coordinator (Town)	Ralph Sully
Travel Coordinator - Boys	Tim O'Keefe
Travel Coordinator - Girls	Dave Lord
Permits/Practice Schedule Coordinator	Ryan Petersen
Scheduling Support Coordinator	Scott Papek
Sponsorship Coordinator	Chrissie Saponjian
Social Media/Special Events Coordinator	Lindsay Lobao
Equipment Coordinator	Mike Terrio

## **PART III. - Conduct & Behavior**

The Board of Directors would like to thank all league participants for conducting themselves with exemplary and ethical behavior. In general, sportsmanship and ethical behavior dominates our program. To encourage the continuation of this tradition the Board would like to provide a clear statement of conduct expectation; cite examples of acceptable and unacceptable behavior; and state the consequences for misconduct.

### **Board of Directors Conduct Statement**

It is the mandate of the Board of Directors that integrity exemplified by ethical behavior and sportsmanship apply to all SYB related activities. *This mandate is broadly applied to the Board of Directors, Coaches, Referees, Players, Parents or Guardians and Spectators.*

#### **a) Parent/Guardian/Spectator Expectations – all Leagues**

It is the expectation that all spectators who attend either town and travel contests to endorse and be a part of a positive atmosphere. All players are learning the game of basketball, coaches are volunteering their time and officials are necessary for games to be played. All are contributing to providing an opportunity to play the game and foster a love for the game of basketball. Spectators also play an important role in maintaining an environment conducive to learning, fostering love for play, and encouraging giving a full effort and being good teammates and goodsports throughout competition.

It is appropriate to cheer and be loud but to do so in a positive manner for your team, and for others. Yelling, taunting, picking on individuals on the court, be it players or officials is not acceptable and will not be tolerated.

As a parent, concerns or questions you may have for a coach should be raised at an appropriate time. There should be an email or phone call, requesting a time to talk, stating your concern. Then a time can be decided on when to communicate. If concerns or questions persist after a communication occurs, it is then best to reach out to a division coordinator, town coordinator or travel coordinator for further discussion.

### **Examples of Unacceptable Behavior**

- Yelling, negative chanting, or gestures toward opponents.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper regarding an official's call.
- Taunting or trash talk.
- Refusing to shake hands or recognize an opponent's good performance
- Blaming loss of game on officials, coaches, or participants.
- Laughing or name calling to distract an opponent.

- Using explicit or near-profanity, or displays of anger that distract attention from the game.
- Using social media outlets to make negative comments or blame loss of game on coaches, officials, opponents or other players.

## **Consequences for Parent / Guardian or Spectator Misconduct**

- 1. First Verbal Offense:** At any SYB event, a parent/guardian or spectator who verbally abuses, intimidates, is flagrantly rude, or cannot control their language or actions with players (including their own child), officials, a coach, an SYB volunteer, or other spectators will be asked to leave the event immediately. If applicable, his or her child (ren) will be removed from the event. SYB will issue a first written warning regarding their behavior which may include additional punitive measures.
- 2. Second Verbal Offense:** At any SYB event, a parent/guardian or spectator that commits a second similar offense will be asked to leave the event immediately and will be banned from SYB events for the remainder of that season. If applicable, his or her child (ren) will be banned from SYB for the remainder of that season. SYB will issue a second written warning regarding their behavior.
- 3. First Physical Offense:** Any adult who physically assaults any player (including their own child), officials, a coach, an SYB volunteer, or other spectators will be asked to leave the event immediately and will be banned from all SYB events for a *minimum* of two years from the date of the offense. Upon consideration of the facts, SYB may elect to extend the ban period. If applicable, his or her child (ren) will be removed from the event and may not participate in another SYB event during the sanction period. SYB will issue a written warning regarding their behavior.

The term physical assault includes, but is not limited to: hitting, slapping, pushing, spitting, kicking or striking in any way with any part of the body or any physical implement.

## **b) Player and Coaches Conduct – Town League**

Any player or coach being assessed one conduct related technical foul will be issued a warning. The next conduct related technical foul, either in the current game or a future game will result in a one game Town League suspension, to be served the very next game. Any player or coach issued a third conduct related technical foul will be expelled from the Town League.

All game ejections will be the equivalent of two technical fouls for penalty purposes.

Technical fouls and game ejections must be reported by phone to the Town Coordinators within 24 hours of the conclusion of the game. All conduct related technical fouls/ejections will be subject to review by the Board of Directors. All conduct related technical fouls/ejections may be appealed to the Board of Directors within one week of the incident.

<b>Player and Coach Technical Fouls and Game Ejections Penalties</b>	
<b>Combined Season Individual Technical Fouls</b>	<b>Penalty</b>
1 <sup>st</sup>	Verbal Warning Issued
2 <sup>nd</sup>	Dismissed from the game. Next game suspension.
3 <sup>rd</sup>	Season suspension.
* The SYB Board reserves the right to levy additional penalties above and beyond the ones listed above based on the severity of the infraction	

- No coach or player will use profanity or will attempt to embarrass a player, coach and/or referee during a game. This type of behavior will be brought to the attention of the Executive Board regardless if a technical foul/ejection was issued.
- Any unnecessary roughness or harassment of an official, opposing coach, or player will result in an automatic ejection from the game and a one game suspension for the next scheduled game regardless if a technical foul/ejection was issued.
- Any fighting will result in a immediate ejection from the game and a one game suspension, regardless if a technical foul/ejection was issued.

### **c) Player and Coaches Conduct – Travel League**

Any player or coach being assessed one conduct related technical foul will be issued a warning. The next conduct related technical foul, either in the current game or a future game will result in a one game Travel League suspension, to be served the very the next game. A third conduct related technical foul will result in a three game Travel League Suspension, to be served the very next three games. Any player or coach issued a fourth conduct related technical foul will be expelled from the league.

All game ejections will be the equivalent of two technical fouls for penalty purposes.

Technical fouls and game ejections must be reported by phone to the Travel Coordinators within 24 hours of the conclusion of the game. All conduct related technical fouls/game ejections will be subject to review by the Board of Directors. All conduct related technical fouls/game ejections may be appealed to the Board of Directors within one week of the incident.

<b>Player and Coach Technical Fouls and Game Ejections Penalties</b>	
<b>Combined Season Individual Technical Fouls</b>	<b>Penalty</b>
1 <sup>st</sup>	Verbal Warning Issued
2 <sup>nd</sup>	Dismissed from the game. Next game suspension.
3 <sup>rd</sup>	Dismissed from the game. Next 3 game suspension.
4 <sup>th</sup>	Season suspension.
* The SYB Board reserves the right to levy additional penalties above and beyond the ones listed above based on the severity of the infraction	

- No coach or player will use profanity or will attempt to embarrass a player, coach and/or referee during a game. This type of behavior will be brought to the attention of the Executive Board regardless if a technical foul/ejection was issued.
- Any unnecessary roughness or harassment of an official, opposing coach, or player will result in an automatic ejection from the game and a one game suspension for the next scheduled game regardless if a technical foul/ejection was issued.
- Any fighting will result in a immediate ejection from the game and a one game suspension, regardless if a technical foul/ejection was issued.

#### **d) Coaches Code of Conduct**

**“We teach and exemplify the ideals of sportsmanship, fair-play, and good competition.”**

##### **1. Player-Centered Coaching**

- Prioritize the development, enjoyment, and safety of all players.
- Foster a positive and inclusive environment where every child feels valued and supported.

##### **2. Respect and Sportsmanship**

- Treat all players, referees, parents, and fellow coaches with respect.
- Model good sportsmanship at all times—win or lose.
- Never engage in yelling, intimidation, or derogatory language.

##### **3. Fair Play and Equal Opportunity**

- Ensure all players receive equitable playing time, especially in developmental leagues.
- Avoid favoritism and make decisions based on effort, attitude, and team needs.

##### **4. Communication and Transparency**

- Maintain open and respectful communication with parents and guardians.
- Share schedules, expectations, and updates in a timely manner.
- Address concerns constructively and professionally.

## 5. Preparation and Organization

- Arrive on time and prepared for practices and games.
- Plan age-appropriate drills and activities that promote skill development and teamwork.
- Keep accurate records of attendance, game results, and incidents.

## 6. Safety and Wellbeing

- Ensure proper warm-ups and hydration.
- Be alert to signs of injury or distress and respond appropriately.
- Follow all league safety protocols and emergency procedures.

## 7. Professional Conduct

- Refrain from alcohol, tobacco, or inappropriate behavior during team activities.
- Dress appropriately and maintain a professional demeanor.
- Use social media responsibly and avoid posting anything that could reflect poorly on the team or league.

## 8. Continuous Improvement

- Seek feedback from peers and league coordinators.
- Attend coaching clinics or training sessions when available.
- Stay informed about league rules, updates, and best practices.

## e) Practice Facility Conduct

Stoneham Youth Basketball practices in the Stoneham school gyms on a “guest” basis. We use the gyms without paying a custodial fee because a custodian is already on duty working elsewhere in the school. Accordingly, **an extremely high expectation is placed upon the SYB coaches by the school principals and custodians for self-policing to keep the schools and gyms clean and to keep them undamaged.**

To meet these expectations the SYB board requires its coaches to adhere to the practice conduct list below. This list is simply the documented version of rules that SYB coaches have been using for years. Reviewing them with your players should achieve two things: coaches and players are reminded of what is expected of them (ideally preventing any possibility for future misconduct) and should any future allegations occur, the clearly written conduct list below will become the first discussion area.

1. Call the practice coordinator if you will not use your practice slot.
2. Arrive at practice before the players so that they are attended. Similarly, you or your assistant should not leave before your players have been picked up by an adult.
  - a. Avoid leaving doors propped open that may let in non-SYB people.
3. Do not enter the schools before your assigned practice time.
4. Only the Janitors on duty are allowed by the school district to let you into the schools. Many of the schools have afterschool programs and the individuals who run these programs are not allowed to let you in. Do not engage these individuals in an attempt to access the school.

5. Players must be escorted to and from the bathrooms. A coaching assistant or volunteer parent can help in this regard so that you can stay in the gym.
6. Do not allow anyone access to the schools through the gym. You can say “the principal has directed SYB not to allow school access through this gym.”
7. Check the bathrooms before and after practice. Leave the bathrooms clean.
8. Have your players clean up the gym floor before the end of practice.
  - a. Examples: water spills, water bottles, gum, papers.
9. Keep the players (or anyone else attending your practice) off gym equipment; from climbing the wall pads; or horsing around.
  - a. Examples: whipping basketballs from full court smacking the ceiling along the way; performing the long jump off the MS bleachers; at the end of sprints running through and pad climbing for the elevated wall-slap.
  - b. Suggestion: conduct your practice as if the principal or custodian is watching your practice – in some schools they are.
10. Treat all school staff with the utmost respect.
  - a. Examples: after school program staff, teachers, and custodians.

Additionally, players can bring basketballs to practice for use, however no extra basketballs should be brought to games. All basketballs should remain in the gym and not be bounced, passed or played with in the school hallways or cafeterias. Please do not bring sports drinks or soda into the gyms, if spilled they eat away at the finish of the basketball court. Players are encouraged to bring water. Respect each other’s practice time. Do not stay later or enter the court prior to your time slot.

## **PART IV – Town League Rules and Regulations**

### **a) Team Formation**

#### **PHILOSOPHY**

We strive to teach and exemplify the ideals of sportsmanship, fair play and good competition in the town league program. We want to encourage players of all skill level to participate. To that end in the town league we take steps as a board to make the teams as fair and equal as possible.

#### **EVALUATION**

SYB will conduct evaluations for the town league in the High School, College and Pro divisions. The Town Coordinator and Division Coordinators, along with help from select Board Members, are expected to attend the evaluations for their respective divisions. As a board we hope this opportunity to view the players will assist the Coordinators in dispersing the players evenly throughout each division.

At the evaluations each Coordinator and Board Member is attendance will rate and rank each player. Utilizing the rankings, the Coordinators will assign the players to each team.

## ADDITIONAL RULES

1. Siblings may be placed on the same team at the request of the family.
2. Players are not to be placed on or moved to teams at a family's request.
3. Player trading is not allowed once the Coaches for each team have been selected.
4. Only the Division Coordinator may add players to teams once the draft is completed.

## **B. SYB Town League Rules and Regulations**

### 1. PLAYING TIME

Every player must play a minimum of four (4) playing segments. Every player must play a minimum of 2 playing segments and a maximum of 3 playing segments per half unless a team has 6 players or less. No player should sit more than one segment without substituting into the game. No player can play more than 1 playing segment more than any other player. (total for the game, including overtime segments)

Any coach or assistant that does not follow these guidelines will be subject to a review by the SYB Board of Directors to determine what disciplinary action will be taken, up to and including forfeiture of the game.

#### **Playing Time 8 Segment Breakdown:**

10 PLAYERS - 10 PLAY 4 SEGMENTS
9 PLAYERS - 4 PLAY 5 SEGMENTS / 5 PLAY 4 SEGMENTS
8 PLAYERS - 8 PLAY 5 SEGMENTS
7 PLAYERS - 5 PLAY 6 SEGMENTS / 2 PLAY 5 SEGMENTS
6 PLAYERS - 4 PLAY 7 SEGMENTS / 2 PLAY 6 SEGMENTS
5 PLAYERS - 5 PLAY 8 SEGMENTS

### 2. LOSS OF A PLAYER

A team that loses a player for three consecutive games due to injury, illness, or withdrawal from the league, must notify the League Coordinator and Town Coordinator of the loss of that player. The Board of Directors will attempt to equalize the situation by adding a player to that team from any waiting list if available or by elevating a clinic player in the case of the high school division.

### 3. PLAYER ARRIVING LATE

Any player arriving after the start of the 2<sup>nd</sup> playing segment of the game will not be allowed to participate in that game. Coaches are not allowed to agree to let a player participate and overrule this SYB rule. Share this information prior to the first game. This rule is intended to promote team accountability, to allow coaches to plan the segments, and to discourage casual attendance (arriving at

half-time).

#### **4. COACHES AND ASSISTANT COACHES**

A. Prior to the start of the season, the Board of Directors must approve all coaches and assistant coaches. All coaches will be subject to a review by the Board of Directors at the conclusion of each season. If the Board determines that any coach or assistant has not participated or acted in good faith, or reinforced sportsmanship, the Board will then decide as to whether or not the coach or assistant will be allowed to return for next season.

B. All coaches and assistants must fill out a complete CORI to be processed through the Commonwealth of Massachusetts Criminal History Systems Board before being allowed to coach.

C. Every coach, head or assistant must complete and submit evidence of concussion training.

D. All coaches and assistants must be present 15 minutes before the scheduled game time. (To warm-up their team, fill out the official score book, secure a timekeeper / scorekeeper and complete all other duties necessary to assure an orderly and timely start to all games.) Note: scorekeepers and timekeepers are not coaches and only the head and assistant coaches are allowed to coach at the bench.

E. All coaches or assistants will be required to maintain a playing segment sheet for all players while the game is in progress. An official Segment Sheet will be kept at the scorer's table.

#### **5. GENERAL RULES**

A. Official High School Basketball Rules and Regulations will be observed unless otherwise noted.

B. Games in all Divisions will consist of 8, four minute (stop time) playing segments. (This means that the clock stops every time the referee blows the whistle, or for any other infraction that stops play.)

C. Thirty-seconds will be allowed between each playing segment for player substitution, and four minutes allowed at half time.

D. Overtime periods will consist of a 3-minute playing segment (stop time). There will be one time out allowed per overtime segment per team. In the event of a second 3-minute overtime segment, Players who did not participate in the first must play in the second overtime. If the game is still tied after the second overtime, the game will be decided by a "sudden death" 3<sup>rd</sup> overtime segment.

E. Teams are allowed 3 timeouts per game. A maximum of 2 can be used per half. Only the team in possession of the ball may call a timeout.

F. Zone defenses will be allowed in the Pro and Senior Divisions only.

G. Three-point shots will be allowed in the Pro and Senior Divisions only.

H. Full Court Press is allowed in the Pro/Senior Divisions during the 4<sup>th</sup> and 8<sup>th</sup> segments.

I. Five personal fouls and a player will foul out of the game. The substitute (picked by the opposing coach) replacing the fouled out player will not be charged for having played in that segment.

J. Seven team fouls in any half of play results in a "One and One" situation. The tenth foul in any half results in 2 foul shots.

K. The HOME team coach is responsible for providing a scorekeeper. The VISITING team coach is responsible for the timekeeper.

L. If a team has less than 5 players, a game can be delayed 5 minutes to allow a full team of 5 players to arrive. Failure to start a game with five players will result in a forfeiture of the team causing the delay.

M. The HOME team has the advantage of putting their team on the court last. Once your team has been put on the court you cannot make a change.

N. Only coaches will be allowed to question the referee on an interpretation of the rules. There will be no questioning of a judgment call made by a referee.

O. Free substitutions are not allowed.

P. The ball must advance over the half court line in 10 seconds.

Q. Only coaches and players that are participants in the game are allowed in the bench area.

R. All team members and coaches must stay in the appropriate areas designated on the court, while the game is in progress.

S. Once a game has started, it may be played with less than 5 players on a team. These games will count as official games and all rules will apply during these games. Teams do not have to reduce players to match opponents playing with less than 5.

T. All shirts must be tucked in when on the court.

U. There is to be no defacing of the uniforms. Anyone violating this rule will not be allowed to play until a proper uniform is obtained.

## **6. HIGH SCHOOL, COLLEGE DIVISION AND CLINIC – ADDITIONAL RULES**

A. Teams in the Boys College Division will use a men's basketball, Boys High School Division and Girls College Division will use a 28.5 size basketball, the Girls High School Division and Boys and

Girls Clinic will use a 27.0 size basketball. Rims will be at 10 feet as they are in all other divisions with the exception of the Clinic which will be lowered to 9 feet.

B. On each possession, the defense must retreat to the half court line for the College Division and the white line for the High School Division to allow the offensive team the ability to advance the ball past that point. Once the ball is past that point, defense can cover anywhere on the court for the remainder of that possession.

C. Full court presses are not allowed until 1 minute remains in each half, or until 1 minute remains in any overtime period.

D. Zone Defense are not allowed in the High School and College Divisions. The first infraction of this rule will result in a warning; the second and all subsequent violations will result in a technical foul.

E. A 5 second lane violation will be enforced inside the key for the high school and 3 seconds for the college division.

F. In the High School Division, the foul line will be moved 1 foot closer to the basket. This is to encourage proper shooting technique. No violation will be assessed to the shooter for crossing the line on the foul shot; however the shooter cannot get the rebound. Lane violations will be observed and enforced.

## **7. PRO AND SENIOR DIVISION – ADDITIONAL RULES**

A. Zone Defense is allowed at all times. Full Court Defense is also allowed in the 4<sup>th</sup> and 8<sup>th</sup> segments, however it is the hope of the Board that coaches up by 15 points will retreat to half-court defense.

## **8. PLAYER INJURY**

At the discretion of the referee, the game will stop when a player is injured. The coach, SYB board member on duty, or parents / guardian if present, will evaluate an injured player. An injured player may return to a game only after he or she has been evaluated and approved for re-entry. The substitute replacing the injured player will not be charged with having played in that segment. The opposing coach will select the replacement player. The 2 coaches will speak privately to determine the substitute. If cleared, the injured player may replace the substitute in the same segment at the next whistle.

Any player missing a game, or any part of a game, or practice, for medical reasons may be required, at the Board's discretion, to provide written documentation from a doctor stating that the player may resume SYB activities

## **9. GRIEVANCES**

All game related grievances must be submitted to the Board of Directors, in writing and to the care of the President within one-week of the incident. The Board will review the matter and decide on what, if

any action will be taken and is sue its ruling within one-week of receiving the grievance.

## **10. DISCIPLINING A PLAYER**

If a coach feels it is necessary to discipline a player by removing him/her from a game (examples: not listening, out of control), the disciplining coach will select the player he will use to substitute. The coach will advise the Board member on duty of the situation that he/she is substituting that player. The coach must also notify the League Coordinator after the game of the necessary substitution.

## **11. MISCELLANEOUS**

Any interpretation of league rules during actual games will be decided by a majority of the Board of Directors present in the gym at that time.

## **12. SPORTSMANSHIP**

There will be games when there is a clearly superior team. The winning coach is expected to display fairness by not “running up the score”. This is a perfect time to make sure everyone on the winning team scores a basket or players are tried at different positions such as point guard. Players should be encouraged to pass the ball or work on their “weak hand” instead of trying to score more points.

There is no need for any team to win by more than 20 points. If your team is leading by 10 or more points, please pull off the press as it can result in extreme frustration for the losing players and coaches.

**13. IABBO RULES** – If you are unable to find a rule interpretation above please refer to the IABBO rules.

## **PART V. – Travel League Rules and Regulations**

### **A) Tryouts**

Tryouts are held annually to determine travel teams for 4th, 5th, 6th, 7th and 8th grade teams. It is important to note that making the team one year, does not “guarantee” a spot on a travel team the following season. SYB employees the use of paid independent evaluators to rate the players at the tryout. Roster sizes range between 9 to 10 players making the team is based on several factors, including but not limited to:

- **Fundamentals:** Ball handling, shooting, passing, defense, and rebounding.
- **Athleticism:** Speed, agility, endurance, and strength.
- **Basketball IQ:** Offense and Defense awareness

The final rosters are set within 1 week of the tryouts, once approved by the SYB Travel Subcommittee. The Travel Subcommittee is made up of Boys and Girls Travel Coordinators, Vice President, President, and Board Member At Large.

Parents and prospective players will be notified by email or phone as to the results of the tryout.

### **B) Travel Leagues**

Stoneham Youth Basketball Boys and Girls Travel Programs are members of travel leagues which include several cities in towns throughout the state, and into Southern New Hampshire. These leagues are set up by divisions, and allow each community to compete in a division appropriate to the skill level of the individual team.

Girls Travel Basketball competes in the River Valley League, all information can be located at <https://www.rivervalleygirlsbasketball.com/>

Boys Travel Basketball competes in the Merrimack Valley League, all information can be located at <http://www.mvbasketball.com/>

### **C) Players Per Team**

Individual Travel Team Rosters must have a minimum of 9 players and cannot exceed 10 players.

### **D) Playing Time**

The Travel program differs from the Town program in several key ways, particularly regarding playing time. While the Town program ensures equal playing time for all participants, the Travel program is more

competitive and performance-based.

In Travel, Stoneham Youth Basketball (SYB) mandates a minimum of **6 minutes of playing time per player during the regular season**, and **4 minutes during playoff games**. Some players may play only the minimum, while others may see significantly more time on the court. This can vary from game to game or remain consistent throughout the season.

Joining the Travel team requires a strong commitment from both players and their families. It's important to understand that every player's role is valuable—regardless of minutes played. The competitive nature of Travel basketball means that playing time is earned and not guaranteed equally.

SYB's mission is to help all children grow and improve their basketball skills. This can be achieved through participation in either the Travel or Town programs—or both. The Town program offers equal playing time, skill development opportunities, social engagement, and a chance to simply enjoy the game.

Many factors affect playing time:

- 1) Practice effort, attitude, following instructions and listening to the coaching staff. You play like you practice and many impressions are made at practice.
- 2) Court sense, skills, each player is expected to “know the plays”.
- 3) In game matchups, there will be games where more rebounding, scoring, defense, or ball handling skills will be required to compete with the opposing team.

Please don't read too much into the substitution patterns during games. Every player selected for the team brings unique value. Some may excel at scoring, others at rebounding or defending, and some may play a crucial role in motivating teammates and pushing them to improve during practice. Basketball is a true team sport, and every individual contributes to the team's success—regardless of how many minutes they play.

We understand it can be frustrating for parents or guardians when friends or family attend a game and their child sees limited playing time. However, coaches are focused on maintaining a competitive edge, and many factors influence substitution decisions.

If your child isn't seeing much time on the court, it's perfectly appropriate to ask the coach: “What can my son or daughter work on to earn more playing time?”

Demonstrating passion, effort, and a strong work ethic in practice can lead to increased opportunities during games.

## **E) Practice Policy**

There are usually two practices per week starting November through mid-March. All players are expected to attend all practices; with understanding that family, school and religious obligations take priority. If your child has a conflict, please communicate with the coach as soon as possible. Not all conflicts will be considered excused. After the Fall sports season concludes, travel basketball practice **MUST** be a priority over other recreational activities. Playing time can be reduced in fairness to those who do attend as

scheduled.

Excused” practices are allowed for sickness, family, religious, or school conflicts and require notice from the parents. “Excused” does not include other sports or extra-curricular activities. Parents must notify the team coach for the missed practice to be excused

<b>Practices Missed in a Week</b>	<b>Excused</b>	<b>Unexcused</b>
1	No penalty.	Minimum Playing Time not Guaranteed for 1 <sup>st</sup> Half of Game
2	Minimum Playing Time not Guaranteed for 1 <sup>st</sup> Half of Game	Minimum Playing Time not Guaranteed for Full Game

Coaches are not expected to act as disciplinarians at practice. Respect for coaches and teammates is expected. Parents/guardians will be requested to oversee players that repeatedly interrupt practice by excessive talking, not listening, or with other acts of disrespect. Repeat offenders may suffer practice or game suspensions.

## **PART VI. Appendix**

### **A) Gym Locations, Access and other information**

- a. Central Middle School- Please enter the school from the Main entrance. Players and spectators should only be seated in the gymnasium and access the bathrooms on the first floor across from the cafeteria. No one is allowed access to any other part of the building
- b. Colonial Park School- Please enter through the cafeteria gym to the left of the main entrance. All players, coaches and spectators can walk straight into the gymnasium, and can use the bathrooms just outside of the gym in the adjacent corridor. Do not allow children to play on the stage or the cafeteria.
- c. Robinhood School- Please enter through the main entrance, unless the gym door to the right of the school has been designated for use. Players, coaches and spectators can use the bathrooms on the 1st floor.
- d. South School- Please enter the building through the gym entrance. This is located to the left of the main entrance up the ramp or stairs. Players, coaches and spectators can use the bathrooms on the 2nd floor just outside the gym to the left.
- e. Stoneham High School- Please enter through the gymnasium entrance door, this is to the right of the main entrance up the stairs. The bathrooms for use in the high school are just outside the main gym in the corridor. At no time should players, or spectators play on or jump on any high school equipment, pads, or gymnastics equipment. No one should pass by the blue dividing curtain, as the high school gymnastics equipment is stored there for the winter season.

### **B) Concussion Awareness Policy**

1. Concussion awareness education: All SYB participants Parents, Players and SYB Board Members should log onto and watch the concussion education course. Coaches must complete the course annually and receive a completion certificate before they are eligible to coach. The course readily available using the below link:
  - Center for Disease Control  
<https://www.cdc.gov/headsup/youthsports/training/index.html>
  - There is also a Parent Face Sheet available at:  
[http://www.cdc.gov/headsup/pdfs/youthsports/parents\\_eng.pdf](http://www.cdc.gov/headsup/pdfs/youthsports/parents_eng.pdf)
2. Any SYB player who exhibits signs, symptoms, or behaviors consistent with a concussion (loss of consciousness, headache, dizziness, confusion, loss of balance) shall be immediately removed from the game or practice as an injured player (the “Removed Player”). Any player removed from a game or practice for this reason shall not return to the SYB sponsored activity from which he or she was removed.
3. Before returning to any SYB game or practice the Removed Player must obtain and provide to his

or her coach a clearance to play note from a physician. The coach shall provide a copy of the physician's clearance note to the designated member of the Board of Directors.

4. All coaches shall be made aware of this policy and agree to abide by it as a condition of coaching.

## **B) Teaching Guidelines**

Attached you will find a table of basketball skills / rules / concepts and coaching recommendations versus division. It is meant as a guide to the basics of what we would like to teach our players. Depending on the team, you may not get to all of these things. However, in 10+ weeks of practices, games, and finals, you can cover some of them.

You may not be familiar with all these terms. Our Coordinators are available to provide you some basics on basketball drills. There are numerous references on youth basketball instruction on the internet. Use a mixture of drills and games to teach fundamentals. If you're stuck and want to know more about a subject, we encourage you to ask your division coordinator or other coaches for ideas. A good way to pick up new ideas is to attend other practices.

SYB typically practices two to three teams in a gym together for an hour. Use the below practice outline to help organize your town league practice. Remember, if you only get 3 at your practice, and the other team has 8, make even teams to even everything out.

### **Town Practice Outline:**

- Warmup (5 minutes) - Little stretching and jogging
- Fundamental drills: (20 Minutes) - Shooting, dribbling, passing, footwork
- Team strategies: (5 Minutes) Offensive spacing, defensive rotations, out of bounds plays
- Game-like scenarios: (30 Minutes) – Scrimmaging. This balance keeps players engaged and improves overall team performance.

	<b>SKILLS / RULES / CONCEPTS</b>	<b>HIGH SCHOOL (3<sup>rd</sup> &amp; 4<sup>th</sup> grade)</b>	<b>COLLEGE (5<sup>th</sup> &amp; 6<sup>th</sup> grade)</b>	<b>PRO (7<sup>th</sup> &amp; 8<sup>th</sup> grade)</b>
<b>BASICS</b>	COURT TERMS	I	R	R/A/M
	HOW IS THIS GAME PLAYED?	I	I/R	---
	POSITION NAMES / ROLES	I	R	A/M
<b>FOOT WORK</b>	PIVOT FOOT	I	R/A	A/M
	TRIPLE THREAT POSITION	I	R/A	A/M
<b>BALLHANDLING &amp; PASSING</b>	TRAVELING VIOLATION	I	R	A/M
	DOUBLE-DRIBBLE VIOLATION	I	R	A/M
	CONTROL DRIBBLING	I	R/A	A/M
	SPEED	---	I	R/A
	CROSSOVER DRIBBLE	---	I	A
	PUSH PASS	I	R	A
	BOUNCE PASS	I	R	A
	OVERHEAD PASS	I	R	A/M
	WRAP-AROUND PASS	I	R/A	A
	BASEBALL PASS	I	R	A
	RECEIVING THE BALL	I	R	A/M
	POSITIONING	I	R	A
<b>SHOOTING &amp; OFFENSE</b>	3-SECOND RULE	I	R	A/M
	IN-BOUNDS RULE	I	R	M
	LANE VIOLATIONS	I	R	M
	LAY-UPS	I (2-hand)	I (dominant hand)	I (either hand)
	SET-SHOTS	I	R/A	A
	FOUL-SHOTS	I	R	A
	BANK VS. SWISH	I	R	A
	SETTING PICKS / SCREENS	---	I	R/A
	PICK & ROLL	---	I	R/A
	TEAM PASSING	I	R/A	A
	TEAM OFFENSE	---	A	A
<b>DEFENSE</b>	CONTACT FOULS			
	REACHING IN	I	R	R
	BLOCKING	I	R	R
	INDIVIDUAL DEFENSE	I	R/A	A/M
	ON-BALL STANCE	I	R/A	A/M
	OFF-BALL STANCE	---	I	A/M
	SHOT DEFENDING	I	R/A	A/M

	BOX-OUT REBOUNDING	I	R/A	A/M
	DEFENDING PICKS / SCREENS	I	R/A	A/M
	HELP DEFENSE	---	I	A/M
	ZONE DEFENSE	NOT ALLOWED	NOT ALLOWED	I

I = INTRODUCE R = REVIEW A = APPLY M = MASTER

## TOWN SEGMENT SHEETS

### PRE-ASSIGNED TOWN SEGMENT SHEET – JUST FILL IN THE NAMES

#### 9 PLAYERS

	Name	Seg 1	Seg 2	Seg 3	Seg 4	Seg 5	Seg 6	Seg 7	Seg 8
1		X	X		X		X		X
2		X		X	X		X		X
3		X		X		X	X		X
4		X		X		X		X	X
5		X		X		X		X	
6			X	X		X		X	
7			X		X	X		X	
8			X		X		X	X	
9			X		X		X		X

#### 8 PLAYERS

	Name	Seg 1	Seg 2	Seg 3	Seg 4	Seg 5	Seg 6	Seg 7	Seg 8
1		X	X		X	X		X	
2		X	X		X		X	X	
3		X		X	X		X	X	
4		X		X	X		X		X
5		X		X		X	X		X
6			X	X		X	X		X
7			X	X		X		X	X
8			X		X	X		X	X

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#### 7 PLAYERS

	Name	Seg 1	Seg 2	Seg 3	Seg 4	Seg 5	Seg 6	Seg 7	Seg 8
1		X	X	X		X	X		X
2		X	X		X	X	X		X
3		X	X		X	X		X	X
4		X		X	X	X		X	X
5		X		X	X		X	X	X
6			X	X	X		X	X	
7			X	X		X	X	X	

**6 PLAYERS**

	<b>Name</b>	<b>Seg 1</b>	<b>Seg 2</b>	<b>Seg 3</b>	<b>Seg 4</b>	<b>Seg 5</b>	<b>Seg 6</b>	<b>Seg 7</b>	<b>Seg 8</b>
<b>1</b>		X	X	X	X	X		X	X
<b>2</b>		X	X	X	X		X	X	X
<b>3</b>		X	X	X		X	X	X	X
<b>4</b>		X	X		X	X	X	X	X
<b>5</b>		X		X	X	X	X	X	
<b>6</b>			X	X	X	X	X		X

**Forms are available on the SYB website.**

If there is a form that you would have trouble locating, please check our SYB Website or request it from a member of the Board of Directors.