

Coaching Packet



Thank you so much for coaching!! We are excited to start the season and hope you and your team have FUN. Please turn in your packet, complete with roster, all player fees, signed waivers, background check form, and signed code of conduct at registration. Background checks are valid for two years. Please make sure that each parent has read the Code of Conduct before they sign the liability waiver. If you are not able to fill a team, please check our Facebook page for players looking for a team. Players must play at grade level or play up, but will not be permitted to play down a level. Practices are held at each coach's discretion. The elementary schools, if available, charge 2.50/hour for practice use and may be scheduled with the school secretary (the sooner, the better). Game schedules will be available online as well as emailed to you when completed, usually 2-3 weeks before the first game.

Season Begins: January 5th-February 23th on Saturdays at various District 93 elementary and secondary schools. Grades 4-6 will be using full sized gyms.

Leagues: Kindergarten, 1st, 2nd, and 3rd grade are co-ed.

4th, 5th, 6th grade girls

4th, 5th, 6th grade boys

Fee: \$41 includes reversible

Registration: Tuesday, November 13th from 5-7 pm, Iona City Building
Thursday, November 15th from 5-7 pm Iona City Building

For additional questions: 208.716.8907, cityofionasports@hotmail.com, or City of Iona Sports Facebook Page

City of Iona/District 93

Basketball League Rules and Regulations

General Information/Game layout:

- ✓ Rim heights:
 - Kindergarten= 6-7 ft.
 - 1st grade = 7 ft.
 - 2nd grade= 8 ft.
 - 3rd grade= 9 ft.
 - 4th/5th/6th grade= 10 ft.
 - Rim heights are approximate. Some gyms will be slightly different.
- ✓ Ball size:
 - K-3rd leagues will use a junior size (27.5) ball.
 - 4th-6th girl's leagues will use a women's size (28.5) ball.
 - 4th-5th boy's leagues will use a women's size (28.5) ball.
 - 6th boy's leagues will use a men's size (29.5) ball.
- ✓ Four (4) players needed to start the game.
- ✓ No abusive language or behavior to the players or officials.
- ✓ This league is to gain basketball skills, PLEASE follow all rules as outlined.
- ✓ A jump ball will begin all games K-6th. Please teach your team how this works.
- ✓ Please have your team there on time. There will be a ten minute grace period and then a forfeit will occur.
- ✓ Four (4) quarters per game. Eight (8) minutes per quarter with a five (5) minute halftime.
- ✓ Two (2) 1 minute timeouts per half
- ✓ No score kept in K-3rd leagues.
- ✓ Clock will stop the last two minutes of the last quarter in 4th-6th leagues. If lead is greater than 10 points in last quarter, clock will continue to run.
- ✓ Score is not displayed in grades 4th-6th if score is greater than 20 points.
- ✓ K-3rd substitutions will be done at mid-quarter and at the end of the quarter. 4-6th substitutions must be done on a dead ball. Clock will stop for dead-ball subs in 4-6th leagues. Subs need to hustle on and off.

Violations: (K-5th)

- ✓ No three (3) second key will be enforced.
- ✓ No back-court will be enforced.
- ✓ No ten second line is used. We will instruct our referees to prevent extended backcourts.
- ✓ Full court press is not allowed. Please instruct your players to wait until half court to defend.
- ✓ Shot blocking is not allowed in K-3rd leagues. If defender's hands are straight up, it may result in a blocked shot. Referee discretion will decide outcome of play.
- ✓ Shot blocking is allowed in 4th-6th leagues.
- ✓ In K-3rd leagues, turnovers will not be a result of the violations.
- ✓ There will be no stealing in the K-3rd leagues, unless it is on a pass or the player clearly loses control of the ball. Please do not instruct your players to continue attempting to steal from a player who is learning to dribble once the referee has warned them. After being warned twice to not steal on a dribble, a player will sit for four minutes.
- ✓ Man to Man defense. No zone defense.
- ✓ No purposeful double-teaming. Understand that some double-teaming may inadvertently happen at times when a ball-handler moves through the defense or a teammate crowds the ball handler and draws their defender to the ball handler. In 4th & 5th leagues, the second defender may steal the ball if he/she

is “within reach” while closely guarding their man. Referee discretion will determine a purposeful double-team.

- ✓ “Switching” or “Help Defense” is allowed. In K-3rd leagues, help defense is allowed on fast breaks or when a legal screen is executed by the offense and frees the ball handler from the defender with a matching wrist band. The help defender must immediately return to the matching wrist band once their teammate has recovered. Players do not switch wristbands among teammates after teams have lined up and have identified the player they will defend. In 4th & 5th leagues, the help defender can either make a true switch with their teammate, or they must immediately abandon their position once their teammate has recovered.

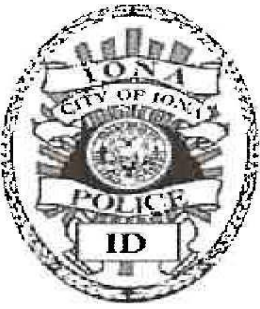
Fouls/Free throws:

- ✓ No fouls will be kept in K-3rd leagues. Team and personal fouls will be kept in 4th-6th leagues.
- ✓ A player will foul out after five (5) personal fouls in 4th-6th leagues.
- ✓ No free throws in K-3rd leagues.
- ✓ Two free throws will be awarded on a shooting foul in the 4th-6th leagues.
- ✓ Clock stops for free throws in 4th-6th leagues. Referees will instruct players not to jump over the foul line when shooting free throws, but it will not be a violation this year except for 6th grade.
- ✓ A I-and-I free throw attempt will be given on team fouls 7-9 in the 4th-6th leagues. A “double-bonus” will be given on team fouls 10+.

6th grade rules: Typical Idaho High School rules with the following exceptions:

- ✓ Clock will only stop throughout the game on time-outs, free throws, and if the game is within 10 points the last 2 minutes of the 4th quarter or overtime. If overtime occurs, it will be 2 minutes.
- ✓ A player will receive 2 free throws on a shooting foul. On team fouls 7-9, a I-and-I will be given. On team fouls 10+, a player will be given 2 free throws.
- ✓ No double-teaming if lead is greater than 15 points.
- ✓ No full court press if lead is greater than 15 points.

Rules may change at director’s discretion. Please be compliant!!



CITY OF IONA
3548 N. MAIN/PO BOX 487
IONA, ID. 83427
1-208-523-5600



**CRIMINAL BACKGROUND CHECK WAIVER
AND RELEASE OF ALL CLAIMS**

Please read this form carefully and be aware that by agreeing to allow the City of Iona to investigate your criminal background, you will be waiving and releasing all claims for damages you might sustain out of the criminal background check and review.

I understand that a successful criminal background check is a condition of my employment/volunteerism with the City of Iona. Furthermore, I understand that providing false information will result in a negative background check and you will not be allowed to be an employee or volunteer for the City of Iona.

I agree to waive and relinquish all claims I may have against the City of Iona and their officers, agents, servants and employees, as a result of participating in the criminal background check.

I do hereby fully release and discharge the City of Iona, their respective officers, agents, servants and employees from any and all claims from damages which I may have or may occur to me on account of the results of any aspect of the criminal background check.

I understand I will not be able to work or volunteer in any manner until this background check is complete and approval is confirmed through the Iona Police Department.

I understand background checks for employment/volunteerism with the Iona Sports Program will be valid for the current calendar year, the positive check was completed, and the following calendar year.

I have read and fully understand this Waiver and Release of All Claims.

Please read carefully and print clearly.

First Name

Middle Name

Last Name

Date of Birth (00/00/0000)

Sex (M or F)

Social Security Number

Current Email Address

Address

City

Zip Code

Signature

City of Iona

Participant/Coach/Spectator Code of Conduct

Participants (Coaches, Parents, Spectators, and Players) WILL:

- Be respectful to teammates, coaches, opposing coaches and members of the other team, umpires, fans, spectators, and City of Iona/District 93 property.
- Never place the value of winning above the value of instilling the highest ideals of character.
- Respect the decisions of the referees/umpires, even when their calls do not go in your favor.
- Remember that this is a recreational league to teach skills and enjoyment of the game, and to have fun.
- Help ensure that the game environment, including City of Iona and District 93 property, is free of illegal drugs, tobacco, and alcohol.

Participants (Coaches, Parents, Spectators, and Players) WILL NOT:

- Exhibit unsportsmanlike conduct toward players, referees/umpires, spectators, and opposing team members.
- Use abusive, obscene, profane, or damaging language.
- Begin or engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, referee/umpire, City of Iona Staff, or any other attendee.
- Initiate an argument, fight, or scuffle with any coach, parent, player, participant, referee/umpire, City of Iona staff, or any other attendee.
- Cheer or chant against the opposing team.

Rights of the City of Iona

- The City of Iona reserves the right to eject any offender from the game premises, or to suspend the offender from future City of Iona/District 93 games, who violates any standard of the City of Iona Code of Conduct. This is solely to the discretion of the City of Iona Staff.
- The City of Iona reserves the right to conduct a background check on any coaches as the City of Iona sees necessary.

Acknowledgement

By submitting my team's registration for the City of Iona District 93 Basketball League, I agree:

- My team (parents included) and I have read and will abide by The City of Iona Code of Conduct.
- My team (parents included) and I will report unaddressed violations of The City of Iona Code of Conduct to City of Iona Staff.

Signature: _____

Date: _____

Team Roster

Team Name: _____ Team Grade: _____

Coach: _____

Address: _____

Phone #: _____ Email: _____

Team Skill Level: Beginner or Intermediate (Please circle one)

Shirt Size (circle one)		Team Member Name & Phone Number	Grade
1	YXS YS YM YL YXL AS AM AL AXL		
2	YXS YS YM YL YXL AS AM AL AXL		
3	YXS YS YM YL YXL AS AM AL AXL		
4	YXS YS YM YL YXL AS AM AL AXL		
5	YXS YS YM YL YXL AS AM AL AXL		
6	YXS YS YM YL YXL AS AM AL AXL		
7	YXS YS YM YL YXL AS AM AL AXL		
8	YXS YS YM YL YXL AS AM AL AXL		
9	YXS YS YM YL YXL AS AM AL AXL		
10	YXS YS YM YL YXL AS AM AL AXL		
11	YXS YS YM YL YXL AS AM AL AXL		
12	YXS YS YM YL YXL AS AM AL AXL		

Release of Liability: I am the parent or legal guardian of the participant _____, a minor child. I understand that participation in youth athletic programs inherently involves risk of bodily harm and that injuries may occur despite the best efforts of the sponsors. I represent that participant is physically fit and has no physical condition that would materially limit his or her involvement in the program or create an unusual risk of bodily harm through participation in the program. In consideration for the City's agreement to allow participant's involvement in the program, I release and forever discharge the City of Iona and District 93, along with their representatives from all actions, causes of action and claims for damages, injury or loss to person or property, including attorney's fees and costs, that may be sustained during or as a result of participant's participation or involvement in the program. I further consent to and agree to allow participant to receive emergency first aid treatment for injuries suffered during program activities and I agree to hold the City and its officers, agents, and employees harmless from any and all claims arising out of the delivery of such emergency first aid treatment. This release is signed in behalf of my spouse and in behalf of such minor participant. **Rules, Policies and Regulations.** I acknowledge and represent that I have read and understand the City's rules, policies and regulations concerning the program and that on behalf of myself and participant. I understand that the goals and objectives of the City of Iona's Sports Program are based on fun, fair-play, skill development and team work. The use of obscenities, abusive language or improper conduct can result in being asked to leave the premises. I agree to abide by such rules. I also understand that participant's right to participate in the program may be withdrawn in the event of any material violation thereof.

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