

# MYBL COACHES CHECKLIST

**2016**

1. Make sure students know that they will not be allowed in the school before the practice time. Students need to leave the building when practice is over.
2. Contact parents and players to inform them of practice schedule. Parents have already begun calling to find out their practice times. Please call them as soon as possible.
3. Contact Dave Frueh at 751-6161 or 220-1472 if you have any problems.
4. As late registrations filter in, players will not be guaranteed their school. Registrants will be assigned to keeps teams even.
5. Games will be: Thursday Nov. 3 – Saturday, Dec. 10
6. T-shirts are at the Raging Rivers offices. If you would like different sizes, please call ahead at 751-6161.
7. Thank you for volunteering your time to the youth of Mandan, with your cooperation many will be able to learn about the sport at a low cost for all.
8. If you have any questions or suggestions feel free to contact me at my office at 751-6161.

Thanks for everything! This program wouldn't run without you!

Dave

# MANDAN YOUTH BASKETBALL LEAGUE

Thank you for being a part of the MYBL. The MYBL is sponsored by the Mandan Parks and Recreation Department. Your help and cooperation as a coach is needed to keep this program strong as well as keeping the cost low so that all can participate.

**Philosophy and Goals:** The MYBL is designed to teach basic basketball skills, game rules, fair play, sportsmanship, and teamwork. But, above all MYBL is about having fun! ***Each participant must receive equal playing time.*** Hopefully with your help each child will leave the program with a love for the game.

**Coaches Guidelines:** All volunteers will be treated as Park District staff. All volunteers must follow these guidelines:

1. Be punctual. Coaches must arrive 10 minutes before players and not leave until all players have left.
2. To present yourself appropriately in dress and behavior.
3. To fulfill job responsibilities and promote the program, staff, and the Park District in a positive manner.
4. Bring new ideas, suggestions, complaints, and problems to Recreation Manager.
5. To find a qualified substitute if you can not attend.
6. To meet with school principals and janitors. To fulfill what is required at each school.

# MANDAN YOUTH BASKETBALL LEAGUE RULES

**Eligibility:** Principals may make a player ineligible due to poor grades or for disciplinary action. Coaches may make players ineligible only for continued and unexcused absences. Talk to the parents about your team rules at the first meeting.

**Participation:** Each player is required to play a minimum of 20 minutes per game and start either the first half or the second half unless the roster size doesn't permit. It may be difficult to keep track of exact playing time but try to keep in mind that all players should see equal playing time.

**Pick – Up Players:** If you need to pick-up a player for any reason, the pick-up player is not allowed to start. Keep in mind that your own players need to play first. A pick-up player is only allowed to play in the game to give players a rest. Coach or pick-up player needs to notify the scorekeeper and official that they are playing for a different team. **You can only pick up players to equal 8 total players for your team. This will give you three subs. Coaches need to use their own players first, and use the subs only in situations.**

## **GAME RULES:**

Two 20 minute running time halves will constitute a game.  
Clock will be stopped during the last two minutes of the game on whistles.  
If the game is 10 points or less. There will be a three-minute half time.

Two thirty second time-outs per half per team.

Teams should keep a scorebook if possible. A bonus situation will occur on the 7th team foul of each half.

Shooting fouls will be shot from 15 ft. for the 5<sup>th</sup> and 6<sup>th</sup> grade and 14 ft for 3<sup>rd</sup>, and 4<sup>th</sup>.

Alternating jump ball. No 3 point baskets

Hoops are set at 10 feet for both divisions.

**Man to man defense only. Pressing is only allowed in the 5<sup>th</sup> and 6<sup>th</sup> grade division and only in the last 2 minutes of the game. Teams may not press if the point difference is over ten points. No double-teaming is allowed except to help around the basket.**

Coaches are responsible for good sportsmanship of players and fans as well as themselves.