

Warren County Basketball League



Rules Handbook

Revised 11/21/2017

The latest updates are underlined in the body of this document.

For more information visit our website at www.warrencountybasketball.org

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1 Introduction

The Warren County Basketball League (WCBL) exists to provide an organized recreational basketball league for boys and girls belonging to its member associations. The rules contained within this document will govern all WCBL members, towns, associations, organizations, players, coaches, referees, teams and games. NFHS and/or NJSIAA rules apply unless otherwise noted (refer to NFHS.org or NJSIAA.org for more information). Request for deviations, appeals and/or grievances may only be submitted in writing by town/association/organization coordinators and must be sent to the WCBL executive board for review.

2 Players

1. The following maximum age restrictions (as of September 1st of the current league season) will apply to players at the appropriate level:
 - a. **Freshman**: players from grades 3 and 4 (no older than age 10 as of September 1st). Younger grades allowed by individual town associations.
 - b. **Junior Varsity (JV)**: players from grades 5 and 6 (no older than age 12 as of September 1st). Younger grades allowed by individual town associations.
 - c. **Varsity**: Players from grades 7 and 8 (no older than age 14 as of September 1st). Younger grades allowed by individual town associations.
 - d. **Select**: Players from grades 7 and 8 (no older than age 14 as of September 1st). Younger grades allowed by individual town associations. Only players rostered to WCBL recreational teams are eligible to play on WCBL Select teams.
2. Players must reside in one of the league's participating towns or attend one of the league's participating schools. Players outside this domain who want to join a WCBL team must have reasonable justification which must be approved by the league.
3. Guest players are defined as players that are pulled up from a lower level WCBL team to play on teams at a higher level of the same gender.
4. Guest players are limited to playing up three (3) times with a single team during the season, this includes league playoffs/tournaments. Anything more needs to be approved by the league.
5. Guest players must be identified to opposing coaches before the start of the game.
6. Freshman level can pull guest players from the clinic level.
7. Guest players are obligated to play for their primary team in the event of a schedule conflict.

3 Team Formation / Player Drafts

It is the individual town's responsibility to draft the teams evenly and fairly.

1. Teams will be formed at the beginning of the season.
2. Towns must have a recreation team in order to participate with a Select team.
3. Paid coaches and trainers are permitted.
4. Boys and girls teams are to be picked equally at Freshman, Junior Varsity, and Varsity levels.
5. There will only be one (1) coach at the start of team selections, or a draft, no assistant coach. The coach will automatically start with their own child/children only on his/her team. All remaining players are to be split between the teams equally, based on their basketball ability.
6. Assistant coach will be chosen after teams are selected.

7. To allow towns to better balance teams at any level, roster changes will be permitted after game play begins; however, rosters must be finalized and resubmitted to the WCBL before a third game is played.
8. The maximum number of rostered players on a team is ten (10), with the exception of Select. Ideal number of players on a team is eight (8). No players may be added to a team that already has eight (8) or more players after the league registrations deadline has passed with the exception of players who move into a town after the registration deadline. No teams may exceed ten (10) rostered players, with the exception of Select.
9. Rosters submitted must include player first and last name, birth date, age, grade, town of residence, and team.
10. Rosters and Coach Lists must be submitted before season starts. Teams who play games without having submitted a roster or coach list will automatically forfeit those games. (see required format in “File Format for Rosters and Coach Lists” section)
11. If a town is unable to place a player on a team due to lack of coaches or maximum number of players on a team, they may contact other towns to find an available spot on an out of town team within the league for that player.
12. If a town is unable to place a player or players on a team, towns should cut players from their program based on a first-come-first-serve basis according to when a registration was received. In other words players who register late should be cut from the program before players who registered earlier.
13. Players whose parents/guardians volunteer to coach or coordinate program activities should not be cut from the program, unless there are not enough players to form a team or there are no coaches to coach at the level in question.
14. Tryouts for recreational level teams are not permitted. Tryouts for Select level teams are permitted.
15. All players must be on roster prior to season to be eligible for tournament play.
16. A player may only be rostered on one (1) recreational team.
17. Teams that are not balanced are at risk of having their seeding adjusted or disqualification from WCBL tournaments/playoffs (see Playoffs/Tournaments section).
18. Associations have the option to place players who move into a town after the season starts on a team. All rules regarding roster size, playing time, team balance, etc. still apply to these teams and players. Rosters must be updated with new player and resubmitted to league. Proof showing date player moved into area may be required to complete rostering with league.
19. Any town/association that plans to deviate from the “Team Formation / Player Drafts” rules must submit their player draft policy to the league for review and approval at a regular league meeting before their teams are formed.

4 Play Time Rules

1. **Freshman and JV Divisions:** Every team member, including guest players, present at regular season games must play at least half the game (two full quarters, one of which must be uninterrupted).
2. **Varsity Divisions:** Every team member, including guest players, present at regular season games must play the equivalent of one (1) full quarter (does not need to be an uninterrupted quarter).
3. Players who arrive late to a game or leave early are to play half the required time for their division. Those players must be identified to the opposing team before the game starts or, if the player is late, when the player arrives.

4. It will be up to the coach's discretion if a player will be permitted to play if he/she arrives after the half time.
5. Guest players cannot start game, unless there are less than five (5) rostered players on bench. If seven (7) rostered players are on the bench, no guest players allowed. For Freshman and JV divisions, rostered players must complete one (1) full uninterrupted quarter, prior to guest players playing.
6. Any player who is present on the bench and is not playing in the game because of illness, injury, or disciplinary action should be identified to the opposing coach prior to the start of the game or, if that player arrives late, when that player arrives. Reasons for disciplinary action will be set and defined by each individual association.
7. Select levels do not have play time requirements.
8. Penalties for violation of play time rules: First violation = probation, Second violation = forfeit; Third violation = forfeit and coach is suspended for season. Written notice including proof of playtime violation must be provided to WCBL in order to process a play time violation complaint.

5 Games

1. Appropriate sneakers must be worn by players on basketball courts during games.
2. A copy of the WCBL Rules Handbook should be readily available at all games.
3. Home team, as listed on the schedule, is responsible for scorer, the game ball, as well as paying for the referees.
4. In the event the visiting team forfeits, the visiting team must reimburse the home coach for referee fees.
5. Only two (2) coaches will be permitted on the team bench during games. Only one (1) coach may stand during a game.
6. Only players may participate in the warm up. Coaches and players are permitted on the court.
7. Host gym responsible for operation of time clock.
8. A forfeited game will count as a loss for the forfeiting team and will be considered accordingly for seeding position in that a forfeit will be considered worse than a loss.
9. Official scorer is the home team as listed on the schedule unless referee designates otherwise. When two books are kept, it is recommended they be kept side by side.
10. Official scorebook must be at the scorer's table.
11. Winning team must report scores to the WCBL within 72 hours of game completion or the game will be considered a tie. Report results with game #, date of game, winning team, losing team and score to results@warrencountybasketball.org. Put game # in subject of email.

6 Basketball Rule Modifications

High School Federation rules apply unless otherwise noted. Refer to NFHS.org or IAABO.org for more information.

6.1 **General**

1. **Overtime:** Regular season tie games will have one (1) overtime of three (3) minutes running with clock rules in effect according to level. Jump ball at beginning of overtime. One (1) additional time-out per team. Regulation timeouts carry over to overtime period. Freshman and JV pressing rules apply last minute of overtime.

2. **Sudden Death:** In the event of a tie after overtime, sudden death (first basket wins) will prevail. Jump ball at beginning of sudden death overtime. No additional timeouts. Full court press allowed at all levels.
3. WCBL coaches who are also WCBL referees cannot officiate games for divisions in which they coach teams. For example, a boys' JV coach who is also a WCBL referee is permitted to officiate any games as long as it is not a boys' JV game.
4. Clock stops only for:
 - a. all shooting fouls whether 1, 2, 3 or 1-and-1. The clock starts when the shooter receives the ball for the last shot or the first shot of a 1-and-1. Last two (2) minutes, high school rules apply or as directed by the referee.
 - b. timeouts
 - c. every whistle during the last two (2) minutes of the game, except for a lead of:
 - i. 15 points at freshman level
 - ii. 15 points at JV level
 - iii. 25 points at varsity level
5. Head referee controls time on clock.
6. High school rules apply when calling time outs.
7. All jump ball situations, after original tap, will be alternating possession, determined by the referee.
8. Technical fouls – two (2) shots and possession at midcourt.
9. Half time intermission shall not exceed five (5) minutes.
10. Time between quarters shall not exceed two (2) minutes.
11. During a free throw, all players will move up one marked lane space, leaving the spaces closest to the end line vacant (applies to all levels except Freshman).
12. Levels with shortened foul lines have the three (3) second violation lane shortened to the new foul line.
13. During foul shooting, a player occupying a marked lane space may enter the lane on the release of the ball by the free throw shooter. The shooter and players outside the 3-point arc may not move into the key for the rebound until the ball hits the rim. (source: NFHS.org)
14. The following acts constitute a foul when committed against a ball handler/dribbler (source: NFHS.org):
 - a) placing two hands on the player
 - b) placing an extended arm bar on the player
 - c) placing and keeping a hand on the player.
 - d) contacting the player more than once with the same hand or alternating hands.
15. Eye glasses must be secure during games.
16. Bleeding player must be removed from game until the bleeding is stopped. If player has blood on uniform, clean uniform must be obtained prior to continuing in the game. Coaches are encouraged to carry an extra jersey to replace bloody jerseys.
17. To enter the game, all subs must report to the score table before a dead ball.
18. Uniform shirts must be tucked in and shorts worn properly.
19. No jewelry may be worn.

6.2 Freshman (Grades 3 and 4)

1. Four eight (8) minute quarters.
2. Five (5) timeouts per game, one minute each. Coach may call for timeout.
3. Both girls and boys use "28.5" ball.
4. Eight (8) foot baskets (suggest measuring height of adjustable baskets).

5. Ten (10) foot foul line. Foul line must be designated with tape or mark. If foul line is not designated, referee will place shooter at approximate distance. Three (3) players on either side of lane will occupy lane spaces in front of shooter. Highest lane spaces next to shooter will be left open and unoccupied.
6. Defense may not start until player crosses three (3) feet past the half court line.
7. No pressing in the back court until last two (2) minutes of game. Violation: One (1) warning per half, then technical foul.
8. No three point shot.
9. Only one (1) defensive player allowed to press in the back court the last two (2) minutes. Presser must wear a wristband at start, or during dead ball when switching players.
10. No pressing when a lead of fifteen (15) points or more is achieved, defense must drop back to the foul line.
11. One referee required. Fee is \$30 per referee. \$25 fee for WCBL Junior Referee.
12. Play Time Rules apply.

6.3 Junior Varsity (JV) (Grades 5 and 6)

1. Four eight (8) minute quarters.
2. Four (4) timeouts per game, one (1) minute each. Coach may call for timeout.
3. Both girls and boys use "28.5" ball.
4. Ten (10) foot baskets.
5. Fourteen (14) foot foul line. Foul line must be designated with tape or mark. If foul line is not designated, referee will place shooter at approximate distance.
6. Only one (1) defensive player is allowed to press in the back court. Presser must wear a wristband at start, or during dead ball when switching players. Violation: One (1) warning per half, then technical foul.
7. Full court press last two (2) minutes of each half.
8. No three point shot.
9. No backcourt pressing when a lead of fifteen (15) points or more is achieved.
10. Two referees are required. Fee is \$30 per referee. If only one referee, fee is \$50. No WCBL Junior Referees allowed.
11. Play Time Rules apply.

6.4 Varsity (Grades 7 and 8)

1. Four ten (10) minute quarters.
2. Four (4) timeouts per game, one (1) minute each. Coach may call for timeout.
3. Girls use "28.5" ball. Boys use regulation size ball.
4. Two referees required. Fee is \$30 per referee. If only one referee, fee is \$50. No WCBL Junior Referees allowed.
5. Three point shot applies.
6. No backcourt pressing when a lead of 25 points or more is achieved.
7. Play Time Rules apply.

6.5 Select (Grades 7 and 8)

1. Four ten (10) minute quarters.
2. Four (4) timeouts per game, one (1) minute each. Coach may call for timeout.
3. Girls use "28.5" ball. Boys use regulation size ball.
4. Two referees required. Fee is \$30 per referee. If only one referee, fee is \$50. No WCBL Junior Referees allowed.

5. Three (3) Point shot applies.
6. No play time requirements.
7. No backcourt pressing restrictions.

7 Game Scheduling

1. Towns need to provide enough gym time to cover home games for all teams, including Select games.
2. Teams from the same town will not play each other in the regular season if there are less than 3 teams from a town entered into a division of thirteen (13) or more teams.
3. Referees will be scheduled by the league coordinator.
4. Towns must provide gym availability and blackout dates prior to schedule being published.
5. It is recommended, but not required, that coaches contact each other one week prior to a scheduled game to confirm date and time, especially if it is a rescheduled game.
6. Teams who do not show up within fifteen (15) minutes for a scheduled game will forfeit that game.
7. A minimum of five (5) players is required for a team to start a game. Anything less than five (5) players will result in a forfeit for that team.
8. Evening games delayed due to unforeseen circumstances have until 8:45PM to start. Delayed start to games is subject to the hours that the gym is available.

8 Game Cancellation Policy

Every team should make a good faith effort to get all games in during the season.

1. All scheduled games are to be played on the assigned date and time as per the schedule provided by the WCBL. Games not played as scheduled will result in a forfeit for both teams.
2. Games are only to be rescheduled due to unforeseen school priority gym conflicts or inclement weather resulting in school closings, early dismissal, or cancellation of after school activities, causing most schools in the WCBL area to close.
3. If one school linked to the league closes due to inclement weather, all league games are cancelled, no exceptions.
4. If league cancels games due to weather and game is played, it will be recorded as a forfeit for both teams.
5. Game cancellations on Saturday following a Friday cancellation will be at discretion of the town coordinator. Town coordinator and coaches need to communicate with each other via phone and notify the scheduled referee if games are cancelled.
6. When a game is cancelled due to weather or school priority gym conflict, the home coordinator/coach must notify the visiting coach. Home town coordinator/coach must notify the referee(s) in the event of a cancellation. All notifications are to be done at least two hours before the scheduled start of a game.
7. With regard to game cancellation, if a home coach does not make an attempt to reschedule, the home team takes a forfeit. If the home coach contacts the visiting coach, and the visiting coach does not respond to rescheduling attempts, the visiting team takes a forfeit.
8. Rescheduling of cancelled games must be completed within seven (7) days of the original game date.

9. Home coordinator must notify league scheduler when a game is cancelled due to weather or school priority gym conflict.
10. If game rescheduling is not completed within seven (7) days of the original game date, league scheduler will have the option to reschedule game at his/her own discretion on next available date based on gym availability across the league.
11. Home coordinator should provide visiting coach with three different days (Monday – Saturday) that do not interfere with any team’s schedule to make up cancelled games. If home team does not have available gym time, then the visiting coordinator may provide 3 days to home coach that do not interfere with any team’s schedule. Home as listed on the schedule is responsible for referee fees for all rescheduled games, regardless of where they are played.
12. The home coach must contact their town representative to obtain gymnasium availability, and coordinate rescheduling of the game with the visiting coach. The town representative of the home gymnasium must contact the referee coordinator to schedule referee(s).

9 Disciplinary Action

As a condition of participation, all WCBL players, coaches, parents, executives and members agree to abide by the rules and to display good sportsmanship and conduct. The league and its members have the right, responsibility, and duty to investigate and consider disciplinary action should a player, coach, executive or parent be accused or found in violation of one or more of the league rules or fails to display proper conduct. Disciplinary action may include fines, probation, suspension, or expulsion.

Furthermore, coaches who are found in violation will get a letter of reprimand for the first offense. For a second offense committed by a coach there will be more disciplinary action along with an automatic forfeit added to the team’s record. All investigations, discussions, and decisions will be held in confidence with the league executive committee and association coordinators who serve as representatives to the league.

Probation: An individual is sent a letter of reprimand, which details the infraction(s) and states the probationary period. Any further violation during the probationary period may be grounds for an extended probation, suspension, or expulsion. At the end of successfully completing the probation, the party will be reinstated to good standing unless otherwise specified by the league executive committee.

Suspension: An individual is sent a letter of reprimand that details the infraction(s) and states the suspension period. The party is not permitted to attend any team practices or games during the suspension. The party may petition the league in writing before the next regular league meeting to be reinstated as a member in probationary status. Any violation of the suspension may result in further suspension or expulsion.

Expulsion: An individual is sent a letter of reprimand, which details the infraction(s) and states the party is permanently banned from participation in any and all WCBL events. The party may petition the league in writing before the next regular league meeting to have expulsion downgraded to a suspension. In the event of a parent expulsion, a player may continue to participate, under such terms as the league executive committee sets forth.

9.1 **Disciplinary Action for Technical Fouls during the Season**

Disciplinary action as it relates to technical fouls is simple, “three strikes during the season and you are out”.

9.1.1 Coaches

Technical 1 – Coach will sit the bench the balance of the game and coach from there. In the event Technical 2 is given during that game, the coach will leave the facility immediately and will be suspended for the next scheduled game. A fine of \$25.00 will be paid to the WCBL prior to coaching the next scheduled game.

Technical 2 – Coach will leave the facility immediately and will be suspended for the next scheduled game. A fine of \$25.00 will be paid to the WCBL prior to coaching the next scheduled game.

Technical 3 – Coach will leave the facility immediately and will be suspended for the balance of the season, this includes tournament games and finals.

9.1.2 Players

Technical 1 – Player will sit the bench for the next 5 minutes of the game. In the event Technical 2 is given during that game, the player will sit the remainder of the game, and will be suspended from the next scheduled game (next scheduled game for this player which may be at recreation or Select level).

Technical 2 - Player will sit the bench for the next 5 minutes of the game and will be suspended for the next scheduled game (next scheduled game for this player which may be at recreation or Select level).

Technical 3 - Player will sit the bench for the remainder of the game and will be suspended for the balance of the season, this includes tournament games and finals.

9.1.3 Spectators

Violation 1 – Spectator will leave the facility immediately.

Violation 2 – Spectator will leave the facility immediately and will be suspended for the next scheduled game.

Violation 3 – Spectator will leave the facility immediately and will be banned from attending games for the balance of the season, this includes tournament games and finals.

9.1.4 Referee’s Responsibility to Report Technical Fouls or Violations

1. Referees are expected to report any and all technical fouls or spectator violations to the league referee coordinator within 48 hours of the incident.
2. Referee coordinator will be responsible for forwarding any and all information surrounding an incident to a member of the Warren County Basketball League executive board.

10 WCBL Playoffs/Tournaments

1. In the event the difference between winning percentages for three (3) or less teams in a town at a specific level exceeds 0.500 by the February meeting of the WCBL, the WCBL executives will review win/loss records, including scorebooks, to determine if any teams’ seeding will be adjusted or if they will be disallowed to participate in the WCBL Playoffs and Tournament Finals.
2. For four (4) or more teams from the same town, if the difference between winning percentages

at a specific level exceed 0.500 between two (2) successive teams in the standings or is more than 0.750 between any two (2) teams from that town by the February meeting of the WCBL, the WCBL executives will review win/loss records, including scorebooks, to determine if any teams' seeding will be adjusted or if they will be disallowed to participate in the WCBL Playoffs and Tournament Finals.

3. Every team member present at a PLAYOFF game must meet playtime requirements as set forth for regular_season play.
4. No guest players will be allowed for PLAYOFF games, with exception of mercy rule.
5. **Mercy Rule:** In the event a team has injury or educational issues which causes lack of player participation by a rostered player(s) and results in a negative impact on the team, upon submission of a medical note or note from school official, the Warren County Basketball League will review the situation and consider the allowance of a guest player(s) participating on the team from a lower level for the playoff/tournament games. However, the guest player from the lower level must take his/her team from his/her level into consideration first. Rules governing guest players found in the Players section of this handbook will be applied if mercy is approved.
6. **Overtime during Playoffs:** Playoff games cannot end in a tie. Additional overtime periods must be played as needed until a winner is determined. Tie games will have overtime of three minutes running with clock rules in effect according to level. One (1) additional time-out per team per overtime period. Regulation time-outs carry over to overtime periods. Freshman and JV, last minute of overtime period is full court press.
7. Five (5) time-outs per game for PLAYOFF games. One (1) minute each.
8. All teams in the PLAYOFFS who win their game, must confirm the win with the tournament coordinator within 24 hours of the time their game was played.
9. JV and Varsity will have two (2) referees, Freshman will have one (1) referee with exception of final playoff game; final freshman playoff game will have two (2) referees.
10. All games to be held at gymnasium of high seed whenever possible. Neutral court may be used if league deems necessary.
11. Neutral official scorebook to be kept at all playoff finals. Official scorer will be provided by the league.
12. In the event a team chooses to boycott tournament participation, the Association will be fined \$100.00 which must be paid immediately. In the event this occurs, no tournament fee refunds will be made.
13. For divisions with fifteen (15) teams or less, top eight (8) teams based on seeding rules will be entered into playoffs. For divisions with sixteen (16) teams or more, top twelve (12) teams based on seeding rules will be entered into playoffs.
14. For divisions of eight (8) teams or less, last two (2) seeded teams will have the option to forfeit their playoff games without penalties or fines.
15. For seeding purposes, any games not played during the regular season due to unavoidable circumstances (multiple weather cancellations or league unable to reschedule) will be counted as a tie for both teams.
16. **Playoff Seeding:** Seeding will be based on win percentage, team with the better win percentage gets seeded higher. If there is a tie based on win percentage, "Head-to-Head", "Power Points", "Forfeits", and then "Coin Toss" will be used to decide seeding.
 - a. **Head-To-Head for Seeding:** Head-to-head will be used as the first tie breaker to decide seeding. If Team-B beat Team-A during the regular season then Team-B would be seeded higher than Team-A.
 - b. **Power-Points for Seeding:** Power-Points will be used as the second tie breaker to decide seeding. A team's power-points will be defined as the sum of the win percentages of all

the opposing teams a team beat during the regular season. Teams with more power-points will be seeded higher.

- c. **Forfeits for Seeding:** Number of forfeits will be used as third tie breaker. Team with larger number of forfeits will be seeded lower.
 - d. **Coin Toss for Seeding:** Tournament coordinator will use coin toss or pick names from a hat to decide seeding.
17. At the discretion of the tournament director, play-in games may only be used to determine the last and lowest seeded position in a bracket when winning percentage, head-to-head power-points and forfeits results in a tie.
 18. Final seeding and brackets will be decided at the end of the regular season.
 19. A division will only have playoffs if there are more than six (6) teams in that division.
 20. First and second place awards will be given in division with more than six (6) teams. Divisions with six (6) teams or less will only receive a first place award.

11 File Format for Rosters and Coach Lists

WCBL expects all Rosters and Coach lists to be submitted as electronic files before the season starts using the formats illustrated below in either MS Excel or MS Word. Files should be sent to the league through email.

11.1 Roster Format

Create a single player roster sheet for all players on all teams in your association using MS Excel or MS Word. There should be a separate column for player first name, player last name, sex (M or F), date of birth, age as of September 1st, grade, township of residence, level (valid entries: Varsity, JV, Freshman, Select) and team. There should only be one player listed per line. Team should be the full team designation used by the league.

Example:

First Name	Last Name	Sex	DOB	Age	Grade	Township of Residence	Level	Team
Elijah	Apple	M	3/8/02	11	4	Blairstown	Freshman	BLFB-A
Drew	Banana	M	10/1/03	9	3	Blairstown	Freshman	BLFB-C
Nicholas	Coconut	M	4/2/02	10	4	Blairstown	Freshman	BLFB-C
Alexis	Donut	F	2/14/03	10	4	Blairstown	Freshman	BLFG-A
Megan	Eggo	F	10/1/99	13	7	Blairstown	Varsity	BLVG-A
Noah	Frankfurter	M	10/3/98	14	8	Hardwick	Varsity	BLVB-C
Sabrina	Pizza	F	5/5/00	12	7	Hardwick	Varsity	BLVG-A

11.2 Coach List Format

Create coach list using MS Excel or MS Word. There should be a separate column for level (valid entries: Varsity, JV, Freshman, Select), association (town or school name), gender being coached (boys or girls), team, coach last name and first name, home phone, cell phone, and email address. There should only be one coach listed per line. Team should be the full team designation used by the league. If more than one coach is going to be listed for a team, designate them as either “head” or “assistant” next to their name.

Example:

Level	Association	Gender	Team	Coach	Home Phone	Cell Phone	Email
-------	-------------	--------	------	-------	------------	------------	-------

Varsity	Blairstown	Boys	BLVB-C	Smith, Dave (Head)	908-362-1234	908-310-1234	dsmith@mail.com
Varsity	Blairstown	Boys	BLVB-C	Jones, Gordon (Assist)	908-362-4321	908-763-4321	gjones@mail.com
Freshman	Blairstown	Girls	BLFG-A	Jones, Lisa	908-362-4321	908-763-4321	ljones@mail.com

12 WCBL Fast Facts

Level	3-Point Shot	Ball Size	Length of Quarters	Time Outs	Foul Line	Pressing	Referees	Ref Fee
Freshman (Playtime reqs. apply)	No	28.5	8 min	5	10 foot (as designated by mark or by referee)	Only one defensive player allowed to press in the back court the last 2 minutes. Presser must wear a wristband. Defense must drop back to the foul line area once a 15 point lead is achieved at any point during game.	1	\$30 (WCBL Jr. Ref: \$25)
JV (Playtime reqs. Apply)	No	28.5	8 min	4	14 foot (as designated by mark or by referee)	Only one defensive player is allowed to press in the back court. Presser must wear a wristband. Full court press allowed last 2 minutes of each half. No backcourt pressing when a lead of 15 points or more is achieved.	2 (or 1)	\$30 per ref for two, \$50 for one
Varsity (Playtime reqs. apply)	Yes	Girls 28.5 Boys 29.5	10 min	4	15 foot (regulation)	No backcourt pressing when a lead of 25 points or more is achieved.	2 (or 1)	\$30 per ref for two, \$50 for one
Select (No playtime reqs.)	Yes	Girls 28.5 Boys 29.5	10 min	4	15 foot (regulation)	No restrictions. Good sportsmanship should be used when there is a significant lead.		

1. **Playing time - Freshman and JV:** equivalent of two full quarters, one of which is uninterrupted;
Playing Time - Varsity: equivalent of one full quarter, does not need to be an uninterrupted quarter
2. Guest players must be identified to opposing coaches before the start of the game. Freshman level can pull from clinic level.
3. Guest players cannot start game, unless there are less than five (5) rostered players on bench. If seven (7) rostered players are on the bench, no guest players allowed. Freshman & JV rostered players must complete 1 full uninterrupted quarter, prior to guest players playing.
4. Guest players are limited to playing up three (3) times with a single team during the season, this includes league playoffs/tournaments. Anything more needs to be approved by the league.
5. Any player who is present on the bench and is not playing in the game because of illness, injury, or disciplinary action should be identified to the opposing coach prior to the game.
6. Players who arrive late to a game or leave early are to play half the required time for their division. Those players must be identified to the opposing team before the game starts
7. It will be up to the coach's discretion if a player will be permitted to play if he/she arrives after the half time.
8. Select level has no playtime requirements.
9. Winning team must report scores to the WCBL within 72 hours of game completion or the game will be considered a tie. Report results with game #, date of game, winning team, losing team and score to results@warrencountybasketball.org. Put game # in subject of email.

1 Appendix: Sportsmanship and Conduct Considerations and Expectations

The WCBL is a family friendly league that promotes an emotionally and physically safe environment where children can have fun playing and learning the game of basketball. Under no circumstances should inappropriate behavior or foul language of any type ever be used. Physical, mental, or verbal abuse by coaches, parents, players or other participants will not be tolerated. Players, coaches, parents and fans must never be obnoxiously loud, threatening, abusive or negative towards players, referees, coaches, timers, parents or other spectators. This type of behavior creates an unenjoyable experience for young athletes and participants that can quickly become hostile and even dangerous. It also sets a bad example which young athletes could mistakenly think is acceptable. If someone acts inappropriately, we expect that whoever witnesses it to exercise restraint and not respond in a manner that is confrontational. We must all (athletes, coaches, parents, administrators, coordinators) pledge to consistently abide by the principles of good sportsmanship, show respect to everyone participating in our league and strive to constantly set a good example.

As we mentioned earlier, kids participate in sports primarily because it's fun. Adults need to keep it fun. Some adults can get too emotional about youth sports because they are too concerned about how their child is doing, have the mistaken belief that winning is very important, or have a desire for glory through their child's success. That last one is part of the concept of living through your kids. Placing too much pressure on children to perform well in sports creates stress and anxiety that can detract from their fun and can affect their self-confidence. For example, instructions shouted to players during games are distracting, usually too late, and sometimes inaccurate or in conflict with what the coach is teaching resulting in a situation where the child becomes confused and insecure on the court. Parents need to remember that their child will not be great at everything and children need to know that as long as they're trying their best, they are winners. We must remember that encouragement and praise for every child, not just the best athletes, is critically important to their self-esteem and their ability to achieve the most they can, both on the court and in life.

1.1 Coaches Sportsmanship

Coaches should pledge to:

1. Uphold the honor and dignity of coaching.
2. Be a role model in promoting and practicing good sportsmanship.
3. Encourage athletes to do their best and have fun!
4. Set an example of the highest ethical and moral conduct in all personal contact with athletes, parents, officials, administrators, athletic associations, the media, and the public.
5. Keep the game – winning and losing – in perspective.
6. Recognize that striving to win, rather than winning itself, is what is important in sports and in life. Striving to win means doing the best you can.
7. Give athletes the best chance to win, in sports and in life.
8. Place the emotional and physical well-being of athletes on both teams ahead of a personal desire to win.
9. Teach athletes how to win and lose graciously.
10. Teach athletes to play fairly and respect the rules, officials, and opponents.
11. Master the contest rules and teach them to the team.
12. Never seek an advantage by violating the spirit or letter of the rules.
13. Never take advantage of a team's strength to humiliate a weaker team. Use an obvious and overpowering strength advantage as a coaching opportunity to challenge a team in practicing new skills, give weak players more playing time, change roles and responsibilities on the court, or establish restrictions on a team during the game that will slow down the rate at which they score.
14. Remember that encouragement and praise for every child, not just the best athletes, are critically important to their self-esteem and their ability to achieve the most they can.

15. Recognize that players must get playing time to improve and gain the confidence that helps them do the best they can.
16. Do the best you can to ensure that all athletes receive equal instruction, support, and opportunities.
17. Promote an atmosphere of respect among the team and its families.
18. Acknowledge that failing to show respect for people who are doing the best they can sets a bad example for our children.
19. Realize that there are four roles in sports – player, coach, official or fan – choose one and always respect the others.
20. Be tolerant of the mistakes of players, coaches, referees, and others.
21. Recognize that mistakes are opportunities for learning.
22. Commit to promoting an atmosphere of healthy and safe competition to ensure fun for all participants
23. Be a positive and encouraging coach and applaud good plays for both teams.
24. Avoid confrontation and exercise restraint in response to negative remarks. Take the high road.
25. Never use inappropriate, negative or foul language, gestures, taunting, baiting, or unwarranted physical contact towards opposing players, coaches, and fans, this is contrary to the spirit of fair play and good sportsmanship.
26. Never criticize officials, coaches and opposing players during the game and after.
27. Never be obnoxiously loud or negative towards players, officials, timers, coaches or spectators.
28. Never act in a way that could lead to ejection from a game or embarrassment for a team.
29. Take an active role in the prevention of drug and alcohol use.
30. Avoid the use of alcohol and tobacco products when in contact with athletes.

1.2 Parents/Guardians Sportsmanship

Parents/Guardians should pledge to:

1. Realize that children play sports for fun, fitness, friends, participation and skill development, and parents should make sure their child's reasons for playing sports come before their own.
2. Acknowledge that making mistakes and losing are part of life.
3. Be tolerant of the mistakes of players, coaches, referees, and others.
4. Recognize that mistakes are opportunities for learning.
5. Display positive support for all players, coaches, and officials at every game, practice, or other event.
6. Place the emotional and physical well-being of my child ahead of a personal desire to win.
7. Respect and show appreciation for the coaches and understand that they have given their time to teach my child the game.
8. Leave team instruction and directions to the coach.
9. Avoid "coaching" from the stands – "I am not the coach, so I will not shout out instructions."
10. Allow my coach to coach my child by providing support, encouragement and reinforcement.
11. Never criticize officials, coaches and opposing players during the game or after.
12. Maintain realistic expectations, stay positive, and avoid criticizing my child's or any other child's play.
13. Be a positive and encouraging fan and applaud good plays for both teams.
14. Demand a sports environment that is safe, healthy, free of drugs, tobacco and alcohol.
15. Realize that there are four roles in sports – player, coach, official or fan – choose one and always respect the others.
16. Recognize that striving to win, rather than winning itself, is what is important in sports and in life. Striving to win means doing the best you can.
17. Keep the game – winning and losing – in perspective.
18. Do my very best to make sports fun for my child.
19. Communicate with association coordinators if I have questions or concerns.
20. Remember that these are just kids, and it's only a game.
21. Laugh, smile and have fun. Cheer using positive reinforcement for everyone.

22. Never be obnoxiously loud or negative towards players, officials, timers, coaches or spectators.
23. Be involved in my child's youth sports experience.
24. Avoid confrontation and exercise restraint in response to negative comments . Take the high road.
25. Never use inappropriate, negative or foul language, gestures, taunting, baiting, or unwarranted physical contact towards opposing players, coaches, and fans, this is contrary to the spirit of fair play and good sportsmanship.
26. Never act in a way that could lead to ejection from a game or embarrassment for my child.

1.3 Youth Athletes Sportsmanship

Youth Athletes should pledge to:

1. Honor obligations and promises.
2. Put the team's needs before their own.
3. Exercise self-control, both physically and verbally.
4. Respect authority.
5. Understand that I must show respect for my teammates, opposing players, all coaches, spectators, and officials.
6. Respect and show appreciation for the coaches and understand that they have given their time to teach you the game.
7. Accept accountability for my behavior and its outcomes.
8. Be fair in dealings with others on and off the court.
9. Play by the spirit, not just the letter, of the rules of the game and the rules of life.
10. Realize that there are four roles in sports – player, coach, official or fan – choose one and always respect the others.
11. Keep the game – winning and losing – in perspective.
12. Show respect for opponents realizing there would be no game without them.
13. Strive to make my community better because of my contributions as an athlete and a citizen.
14. Value my opportunity to compete and thank those who support me.
15. Always do my best to achieve what I can achieve individually and more importantly – help my team reach its goals
16. Shake hands when the game is over - win or lose - it's the right thing to do.
17. Work hard on game fundamentals and other areas needing improvement.
18. Become a student of the rules of the game.
19. Be a team player and a positive role model.
20. Acknowledge that participating in the WCBL is a privilege.
21. Treat all facilities with respect. Leave no trace that I was there.
22. Understand inappropriate conduct on my part may cause me to lose my right to participate in this league, including being present in the gym during practices or games
23. Avoid confrontation and exercise restraint in response to negative comments.
24. Never use inappropriate, foul or negative language, gestures, taunting, baiting, or unwarranted physical contact towards opposing players, coaches, and fans, this is contrary to the spirit of fair play and good sportsmanship.
25. Never act in a way that could lead to ejection from a game or embarrassment for my team.

1.4 Fans Sportsmanship

Fans should pledge to:

1. Have realistic expectations and understand that doing one's best is as important as winning.
2. Respect the official's decisions and encourage all participants to do the same.

3. Encourage athletes and coaches to play by the rules and resolve conflicts without resorting to hostility or violence.
4. Do not offer opinions on the officiating or on a particular call.
5. Be a positive and encouraging fan and applaud good plays for both teams.
6. Respect and show appreciation for the coaches and understand that they have given their time to provide activities for our young people.
7. Show respect for opponents realizing there would be no game without them.
8. Realize that there are four roles in sports – player, coach, official or fan – choose one and always respect the others.
9. Keep the game – winning and losing – in perspective.
10. Always show good sportsmanship since young people learn best by example.

Warren County Basketball League Sportsmanship Pledge

This Pledge summarizes some of the key values of the Warren County Basketball League's (WCBL) sportsmanship and conduct expectations. Anyone signing it is expected to make a commitment to Sportsmanship and Fair Play. Parents/Guardians and Player from one family can all sign one form.

I Pledge To:

1. Be a role model in promoting and practicing good sportsmanship.
2. Realize that children play sports for fun, fitness, friends, participation and skill development.
3. Encourage athletes to do their best and have fun!
4. Realize that there are four roles in sports – player, coach, official or fan – choose one and always respect the others.
5. Recognize that striving to win, rather than winning itself, is what is important in sports and in life. Striving to win means doing the best you can.
6. Always show good sportsmanship since young people learn best by example.
7. Acknowledge that failing to show respect for people who are doing the best they can sets a bad example.
8. Be tolerant of the mistakes of players, coaches, referees, and others.
9. Recognize that mistakes are opportunities for learning.
10. Acknowledge that making mistakes and losing are part of life.
11. Allow coaches to coach by providing support, encouragement and reinforcement.
12. Be a positive and encouraging fan and applaud good plays for both teams.
13. Display positive support for all players, coaches, and officials at every game, practice, or other event.
14. Laugh, smile and have fun. Cheer using positive reinforcement for everyone.
15. Communicate with coaches or association coordinators if I have questions or concerns.
16. Demand a sports environment that is safe, healthy, free of drugs, tobacco and alcohol.
17. Encourage athletes and coaches to play by the rules and resolve conflicts without resorting to hostility or violence.
18. Keep the game – winning and losing – in perspective.
19. Maintain realistic expectations, stay positive, and avoid criticizing others who are doing the best they can.
20. Place the emotional and physical well-being of athletes on both teams ahead of a personal desire to win.
21. Exercise self-control, both physically and verbally.
22. Avoid confrontation and exercise restraint in response to negative comments. Take the high road.
23. Never act in a way that could lead to ejection from a game or embarrassment for a team.
24. Never be obnoxiously loud or negative towards players, officials, timers, coaches or spectators.
25. Never seek an advantage by violating the good sportsmanship spirit or letter of the rules.
26. Never use inappropriate, foul or negative language, gestures, taunting, baiting, or unwarranted physical contact towards opposing players, coaches, and fans, this is contrary to the spirit of fair play and good sportsmanship.
27. Respect and show appreciation for the coaches and understand that they have given their time to provide activities for our young people.
28. Respect the official's decisions and encourage all participants to do the same.
29. Never criticize officials, coaches and opposing players during the game and after.
30. Shake hands when the game is over - win or lose - it's the right thing to do.
31. Show respect for opponents realizing there would be no game without them.
32. Treat all facilities with respect. Leave no trace that I was there.
33. Understand inappropriate conduct on my part may cause me to lose my right to participate in this league, including being present in the gym during practices or games.
34. Acknowledge that participating in the WCBL is a privilege.

Signed: _____
Circle one: Athlete Parent/Guardian Coach Other

Signed: _____
Circle one: Athlete Parent/Guardian Coach Other

Signed: _____
Circle one: Athlete Parent/Guardian Coach Other

Signed: _____
Circle one: Athlete Parent/Guardian Coach Other