

Tewksbury Girls
Basketball League

2023-2024

COACH'S
HANDBOOK

www.tgbl.org

TEWKSBURY GIRLS' BASKETBALL

LEAGUE OBJECTIVES

- To provide "Tewksbury Girl Residents" an opportunity to participate in the team sport of basketball.
- To provide each participant the opportunity to become more knowledgeable of the game of basketball.
- To provide each participant the opportunity to gain self confidence.
- To foster team development, sportsmanship and fair play.

LEAGUE STRUCTURE

Tewksbury Girls' Recreational Basketball League, henceforth referred to as the Tewksbury Girls' Basketball League or TGBL, is an independent, volunteer, non-profit organization providing for the recreational girl basketball players in the Town of Tewksbury. The league was founded in 1990 and the Town of Tewksbury provides the courts for the program. The league, through its many volunteers, provides the administration, coaching, and refereeing. An elected Board of Directors manages the TGBL. TGBL membership is comprised of players, parents, volunteers and a Board of Directors.

LEAGUE PROGRAMS

IN-TOWN (Recreation) PROGRAM– The league shall be comprised of three (3) divisions as follows:

Junior League – 3rd and 4th Grades

Intermediate League – 5th and 6th Grades

Senior League – 7th and 8th Grades

CLINIC PROGRAM– The purpose of this league is to introduce the basics of the game with emphasis on fundamentals.

Clinic League – Kindergarten, 1st and 2nd Grades

TRAVEL PROGRAM– The league may be comprised of teams from as many as five grades: 4th, 5th, 6th, 7th, and 8th Grade Teams. All girls must be in the grade of the appropriate team and must be residents of Tewksbury. Players will be selected for Travel League Teams by way of an annual tryout. All players must play for the team equal to their school grade level. There will be an additional fee to play on all travel teams. TGBL Travel program shall abide by the rules of the River Valley League; notwithstanding, minimum playing time for Travel teams is regulated by the TGBL Board of Directors.

ELIGIBILITY

The Tewksbury Girls' Basketball League will be open only to girls who reside in the Town of Tewksbury at the time of registration, regardless of race, creed, or financial ability to participate.

ATTENDANCE

Players are expected to attend all team practices and games. Any player who misses 5 practices and/or games without just cause can be dropped from the team upon request of the coach to the Board of Directors and subsequent approval by the Board of Directors.

JEWELRY RULE

No player is allowed to play while wearing head decorations or jewelry of any kind. Any jewelry which truly cannot be removed must be properly taped or padded to the satisfaction of the referees.

TRAVEL PLAYER – Current participant of one of the TGBL travel teams.

TRYOUTS & TEAM SELECTIONS

TRYOUTS: Prior to the start of the season, a tryout will be held for each division (Juniors, Intermediates and Seniors). The tryout will last for a minimum of 1 hour, and during this time, the players will be guided through a set of drills during which time the coaches will evaluate the players.

Coaches are required to attend the tryout session, or designate a representative to perform the evaluations for them in the event of a scheduling conflict preventing the coach from being able to attend the tryouts themselves.

All players are expected to attend the tryouts. In the event of a player being unable to attend the tryout due to a scheduling conflict, they will still be eligible for team selection.

TEAM SELECTIONS: As soon as possible after the tryouts, a Team Selection meeting will be held whereby the Coaches will select the players they wish to be on their teams. At the start of the selections, all team names will be put into a hat, and the League Rep will draw the order in which the teams will select players. The selection process will follow a “snake” format, meaning selections in the first round will be 1 through 6 sequentially, and selections in the second round will be 6 through 1 sequentially. Every odd numbered round will follow the same order as the first round, and every even numbered round will follow the same order as the second round.

More specific details of the selection process are outlined in the “TGBL Draft Rules” document.

GAME RULES

GAME TIME

- Junior Division: 4 six minute quarters.
- Intermediate Division: 4 six minute quarters.
- Senior Division: 4 six minute quarters.

Stop time will be employed throughout the entire game.

STAY ON SCHEDULE - All players and coaches are expected to arrive at the gym 20 minutes before their scheduled game time. The Divisional Representative reserves the right to start games up to 15 minutes earlier than the published start time in order to keep the games flowing and to maximize the use of the gym. If the previous game finishes late, a maximum 3 minute warm-up period will be allowed. There will be a maximum 3 minutes half time period and 2 thirty second time outs per team per half. **If games are running behind schedule, the referee has the right, and is encouraged, to start the second half immediately.**

A team must begin the game with 5 eligible players. A team can finish a game with less than 5 players, due to injury or disqualification.

START OF GAME – Nets will be at 9 Feet for Junior League and 10 Feet for Intermediate and Senior Leagues.

Players designated to start the beginning of the game must register or check in with the scorers table a minimum of 2 minutes prior to the start of the game. Failure to report to the scorer’s table will cause a delay in the start of the game. The referee will call a time out and charge it to the offending team.

All players must check in to the scorer’s table at the start of each quarter. The game schedule identifies the “Home and Visitors” teams. The order for checking in as follows:

First Half: Home Team checks in first

Second Half: Visitor Team checks in first

LATE ARRIVALS – A player who arrives after the start of the second quarter is considered late and will only be allowed to play 1 of the remaining 2 quarters. The only exception allowed is for a Rec League participant (s) who has a game day conflict with a TGBL Travel game or an interscholastic basketball practice or game.

EQUAL PLAY RULE – Each player is required to play 2 quarters per game with no substitutions allowed during quarterly play unless an injury occurs or a player is disqualified. A Travel or an interscholastic player may play a third quarter only if ALL non-Travel and non-interscholastic players have completed at least three quarters of play, or are currently entering their third quarter of play. In case of substitution due to injury or disqualification, the player entering will be considered to have played the entire quarter if that player plays 3:00 minutes or more during the quarter in total playing time. Any extra playing time that occurs as a result of a disqualification should be given to a player not already playing extra time. Travel players could be substituted only if all non-Travel players have received extra time first.

Failure to adhere to the Equal Play Rule will result in forfeiture of the game.

PLAYING TIME CHART (Get organized prior to the game)

4 Qtrs X 5 Players per qtr. = 20 Total Playing “Slots” Available

- 7 Players: 7 X 2 slots = 14 slots (6 extra slots)
- 8 Players: 8 X 2 slots = 16 slots (4 extra slots)
- 9 Players: 9 X 2 slots = 18 slots (2 extra slots)
- 10 Players: 10 X 2 slots = 20 slots (No extra slots)
- 11 Players: 11 X 2 slots = 22 slots (2 designated players)

DESIGNATED PLAYERS RULE – Each team with **11 players** in attendance requires 9 players playing 2 full quarters and 2 players playing one half of two quarters each. One designated player will be substituted for the other designated player as near to halfway point during the quarter as possible. The designated player will be asked to report to the scorer’s table prior to the halfway point to remind the scorer and the referees to allow the substitution. It will be the coaches’ choice which 2 quarters the designated players will split. Designated players must be identified **PRIOR TO GAME TIME** by indicating the designated players in the official scorer’s book. A designated player must be used to replace injured or disqualified players. The adherence to any aspect of the designated player rule is the responsibility of the head coach.

NO PLAYER MAY BE THE DESIGNATED PLAYER TWICE DURING THE SEASON UNTIL ALL TEAM MEMBERS HAVE BEEN THE DESIGNATED PLAYER ONCE.

Designated Travel Player Rule - If a Travel player has already played more than 2 quarters in a game during the season (assuming all other playing time rules are followed), they cannot play more than 2 quarters in another game until all other Travel players have done so. Rule will **continue through the duration of regular season and post-season tournament** and will continue to apply if players meet all criteria and play more than one game for more than 2 quarters, Example: If a Travel player plays more than two quarters for two games (this assumes every travel player has already done so once) they cannot play more than two quarters for a third game until all other Travel players have done so. This will be tracked via tracking sheet in back of league binder to be completed at the end of every game. The adherence to any aspect of this rule is the responsibility of the head coach.

Failure to comply with these rules will result in the forfeiture of the game.

PRESSING RULE

Senior League team are allowed to play full court defense, however the following restriction applies: "A SENIOR LEAGUE TEAM CANNOT PLAY FULL COURT DEFENSE WITH A LEAD OF **TEN (10) POINTS** OR GREATER." (No Pressing Rule) Teams with a ten (10) point lead must retreat behind the half court line once full possession of the ball is achieved by the opposing team.

If a team violates the No Pressing rule:

1. The first offense is a "Warning" to the offending team.
2. The second and succeeding offenses are a "Technical Fouls" (2 shots).

****Technical foul shots only awarded in the Intermediate and Senior Leagues.

Junior and Intermediate League teams can not employ a full court defense at any time during a game (no pressing). Defense picking up right at half court is discouraged with a lead of 10 points or greater. Players must stay inside the three point circle with a 10 or more point lead.

Additionally the following rules apply to Junior and Intermediate Leagues:

NO PRESSING RULE – Coaches are fully responsible for adhering to the No Pressing Rule.

NO "ZONE" DEFENSE- Coaches are to instruct all players on their team to play a "man to man" defense. Defensive player to stay within approx. 4 feet from your offensive player on the strong side (ball side). Weak side defenders may put one (1) foot in the lane. Man to Man defense allows for "help side" defensive concepts. Help defense allows for a weak side defender to help a teammate that has been beaten defensively. Once the original defender recovers back to her man, the help defender should recover back to her player, unless a switch has taken place. When multiple offensive and defensive players are in the lane, the double-teaming violation is unmanageable, and the game officials will have final responsibility for interpreting the violation. If no advantage is being gained, then the official may not call a violation.

If a team violates the No Zone Defense rule:

1. The first offense is a "Warning" to the offending team.
2. The second and succeeding offenses- Technical foul *if the coach is not reacting*. No Technicals will be issued due to a "novice player" not knowing what to do. Officials will be instructed to help.

****Technical foul shots are only awarded in the Intermediate and Senior Leagues.

Timeouts- 2 per half per team – 30 seconds per timeout (No carryover)
1 per overtime period – 30 seconds per timeout (No carryover)

INJURY RULE – If a player must leave the game because of an injury, they may not return to the game during the same quarter. If they have played more than 3:00 minutes in the quarter prior to the injury, the current quarter would count as a full quarter should they return to the game in future quarters. Coaches are encouraged to remain on their respective bench unless requested by the referee to come on to the court, but there will be no penalty for any coach checking on an injured player while on the court. Travel or Interscholastic players can only sub for another Travel or Interscholastic player. (Exception – If the Travel or Interscholastic player is the only eligible player left on the bench, they may enter the game).

DISQUALIFICATION RULE – A player who is charged with her 5th foul is disqualified and cannot play for the remainder of the game. A Travel or Interscholastic player may only substitute for another Travel or Interscholastic player who is disqualified (Exception – If the Travel or Interscholastic player is the only eligible player left on the bench, they may enter the game).

OVERTIME PLAY – Any player not fouled out or disqualified from the game is eligible to play. Travel and Interscholastic players may ONLY play in an overtime period if all other players have played the same amount of time or more. The overtime periods begin with a jump ball at center court. All overtime periods will be 2 minutes stop time. One thirty second time out is allowed per overtime period. Carryovers are not allowed. No substitutions are allowed during quarterly overtime play. Substitutions are allowed at the beginning of each overtime period only. Exceptions are players injured or disqualified. Each overtime period is considered equal to a full quarter for playing time purposes. The equal playing time rule will be used for injured, disqualified, or any other circumstances occurring during overtime. There will be a maximum of 2 overtimes per game during the regular season. If the game is still tied after 2 overtimes, the game will be declared a tie. During the postseason tournament, additional overtime periods will be played until a team has won. Team fouls (including bonus situation) carry over from second half.

BONUS RULE – Bonus free throws (1-1) begin with the 7th team foul during a half. Two free throws are awarded beginning with the 10th foul during a half.

FREE THROW RULE – If a player is unable to shoot free throws due to injury, the player's substitute shall shoot the free throws.

Junior and Intermediate League Players may jump the free throw line, but cannot be the first player to touch the ball on a missed free throw.

THREE POINT RULE – There are no three point shots in Junior League but are in effect for Intermediate and Senior League games. This refers to shots behind the three point circle.

COACHING

BACKGROUND CHECKS – Each person selected to coach by the League's Board of Directors will have a CORI check performed. Any assistant coach selected to participate in the TGBL program must also complete and submit a CORI form prior to participating in any TGBL activities. Upon the league receiving a clean report, the coach will then be allowed to participate in the TGBL program.

COACHING REQUIREMENT – Head Coaches must be a minimum of 18 years old prior to the first scheduled practice. Assistant coaches must be a minimum of 15 years old prior to the first scheduled practice. Maximum of 2 adult coaches allowed in the team bench area during all games.

COACHING CONDUCT – All coaches will conduct themselves in accordance with the Town of Tewksbury Code of Conduct for Youth Sports.

- (a) The Head Coach shall take full responsibility for the actions of his/her players.
- (b) The Head or Assistant Coach will remain at the gymnasium until the last player leaves.
- (c) The Head Coach shall report any damage found to the President. The President will then report any damage to the Athletic Director.
- (d) The Head Coach shall insure that no equipment in any gymnasium is used unless it pertains to basketball.
- (e) The Head Coach and Assistant Coach shall exhibit good sportsmanship and be aware of his/her position as a role model in his/her conduct toward referees, players, parents, and fellow Head and Assistant Coaches.
- (f) Any Head Coach or Assistant Coach not in compliance with the above Coaching responsibilities may be subject to disciplinary action per Article IV Section 1 of the TGBL By-Laws.

CODE OF CONDUCT

SUSPENSION OR TERMINATION – The TGBL will abide by and enforce the Town of Tewksbury Code of

Conduct for Youth Sports. The TGBL and its Board of Directors will use the Code of Conduct as a way to encourage sportsmanship and fair play. Conduct or behavior contrary to the above Code of Conduct may be subject to a hearing before a Disciplinary Board as follows:

1. The Disciplinary Board shall be comprised of the Board of Directors meeting in executive session;
2. All determinations of suspensions and other punitive actions shall be made by the Disciplinary Board;
3. The Disciplinary Board shall meet as needed;
4. The Disciplinary Board shall notify all involved parties prior to the meeting, and shall provide the parties with an opportunity to be heard;
5. Notice shall be tendered in the manner which is most expedient, practical and effective under the circumstances at hand;
6. A coach wishing to discipline a player for an entire game must first obtain approval from the Disciplinary Board;
7. Disciplinary Board action must be implemented exactly as determined by the Disciplinary Board. The Board's decision shall be considered final.

In addition to the possible disciplinary actions that may be taken above, the Board of Directors will immediately suspend any Coach or Player ejected from an in-town game for a minimum of one (1) game. The suspension will be served at the next scheduled corresponding league game (travel or in-town).

REFEREES

RESPONSIBILITIES – Referees for the Intown Junior League games will be two “Junior” paid Referees, Intermediate League will be one experienced “Junior” paid Referee and one IAABO Certified paid Referee, and Senior League will be two IAABO Certified paid Referees. Referees shall be responsible for their actions on the court and abide by these by-laws on their conduct.

Referees are responsible for ensuring that games begin, and remain on time, and that they are played in accordance with the rules and guidelines contained in this handbook.