



**BOYS & GIRLS CLUBS  
OF AMERICA**



# **Eglin Youth Sports Handbook for Basketball**

**Building 2582; Hatchee Road  
Eglin Air Force Base, Florida  
Phone: (850) 882-8212**

**Find us on Facebook: @Eglin Youth Center  
Eglin YP Website: [www.eglinlife.com/youth/](http://www.eglinlife.com/youth/)**

DEPARTMENT OF THE AIR FORCE



**YOUTH PROGRAMS**

**2023**



## Eglin Youth Sports Programs

### Mission Statement:

To assist DoD military and civilian personnel in balancing the competing demands of the accomplishment of the DoD mission and family life by managing and delivering a system of quality, available, and affordable programs and services for eligible children and youth birth through 18 years of age.

### Our Mission:

To encourage each young person to excel in the areas of leadership, education, health, the arts, sports, fitness, and recreation.

### Youth Sports Team:

Flight Chief: Tamera Gerst-Brodie

Director: Ann Lienemann

Assistant Director: Tara Sheppard

Youth Sports and Fitness Program Director: Ernest C. Bracey

### Parent Communication:

Communication is key to letting parents know what is happening throughout the program.

For more information:

- Call the Youth Center at (850) 882-8212
- Email: [96FSS.FSFY.YouthCenter@us.af.mil](mailto:96FSS.FSFY.YouthCenter@us.af.mil)





## **Code of Conduct:**

1. Common sense and common courtesy! This will be the most important rule to follow.
2. Safety is everyone's responsibility! Learn to be conscious of your surroundings and the potential for danger.
3. Profanity (language, attire, gestures) is not acceptable. Express yourself in a positive and friendly manner.
4. Abuse or destruction of property is not acceptable. Take pride in your surroundings.
5. Horseplay and running are not acceptable behavior in the facility. Areas will be designated for physical activity.
6. Smoking, alcohol, and drugs are not permitted in or around the Youth Center or any activity sponsored by Eglin Youth Programs.
7. Appropriate behavior is the responsibility of each individual. Set the example and be the leader!
8. Enjoy your time and contribute as you can!

## **Volunteers:**

Volunteers are an integral part of the Youth Center experience. We welcome those who wish to share their time/ talents with our youth. If you would like to volunteer, please pick up a volunteer application. Background checks are required of all volunteers prior to being able to work with our youth members.

## House Keeping Notes:

1. Only players registered to play Youth Sports basketball in appropriate age group may practice with designated team.
2. Only **SERVICE ANIMALS** are allowed on Youth Center property.
3. Alcohol, drugs, tobacco of any form, and profanity are not permitted by anyone on Youth Center property.

**Note 1:** Violators will be asked to leave the area immediately by the Youth Center Staff or official in charge. Repeat offenders may be barred from further participation, including as a spectator, in youth activities.

**Note 2:** No person is allowed to make any derogatory comments, gestures, yell at, distract, express disrespect or dissent to a Youth Center Staff Member, official, coach, player and/or spectator. Should you have a problem, please contact the nearest Youth Program employee.



## Emergency Action Plan Procedures:

Staff and volunteers have specific responsibilities related to the safety and welfare of young athletes. Everyone involved in the Eglin AFB Youth Sports Program should be familiar with these precautions. Please review them carefully.

In the event of an emergency or accident, the following steps should be taken:

1. Assess the situation. **DO NOT PANIC.** Administer first aid only if qualified.
2. Have an adult stay with the injured person at all times.
3. If additional assistance is needed, CALL 911, if you are on Eglin AFB give location immediately. Provide the dispatcher with the following information.
  - a) Your name and position.
  - b) Exact location including street access, entry gate, building location and/or best access route to scene.
  - c) Victim's condition.
  - d) Nature of the injury and circumstances surrounding emergency.
  - e) Stay on the phone until you are told to hang up.
4. Return to the injury scene in case you are needed for other assistance.
5. Meet the emergency vehicle.
6. Immediately call parent/guardian and advise them of the circumstances.
7. Report accident to Youth Programs on-duty Manager (882-8212 / 5074) and complete AF form 1187 if required.
8. Follow-up with child's parents/guardians to make sure everything is okay the evening of the accident.

## Promoting a safe and healthy sports environment:

1. The use of profanity **will not** be used by anyone (i.e. coaches, players, scorekeepers, parents, and officials) at Youth Center basketball games or practices. Any person heard using profanity **will be ejected** from the gymnasium.
2. Violators will be asked to leave the area immediately by the Youth Center Staff or official in charge. Repeat offenders may be barred from further participation, including as a spectator, in youth activities.
3. Any manager, coach, player, or spectator ejected from a game:
  - a) Must leave the Youth Center property immediately (this includes the parking lot) and not return until notified by Youth Sports & Fitness Program Director.
  - b) The Youth Sport & Fitness Program Director will investigate incident and present the facts along with their recommendations to the Youth Center Director. The Director will review the facts of the incident and, if necessary, recommend any additional punishment.
  - c) Upon completion of review, coach will meet with the Youth Sport & Fitness Program, as well as the Youth Center Director to collectively discuss incident and any corrective courses of action needed moving forward.
  - d) Repeated incidents will not be tolerated and are sufficient justification for permanent suspension from the league.
4. Complaints about persons or events will first be directed to the coach/manager who will contact the Youth Sport & Fitness Program Director. If complaint is against the coach/manager, then contact the YSF Program Director directly.
5. Artificial noise makers are not allowed. This includes, but is not limited to, air horns, bells, bottles, and whistles. The best sounds players can hear are their parents' encouraging voices.

## Team Size and Games:

<u>Ages</u>	<u>Max # on team</u>	<u>Ball Size</u>
5 / 6	10	27.5

Must be of age prior to 6 Dec, but not 7 prior to 4 Mar the following year.

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<u>Ages</u>	<u>Max # on team</u>	<u>Ball Size</u>
7 / 9	10	28.5

Must be of age prior to 6 Dec, but not 10 prior to 4 Mar the following year.

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<u>Ages</u>	<u>Max # on team</u>	<u>Ball Size</u>
10 / 12	10	29.5

Must be of age prior to 6 Dec, but not 13 prior to 4 Mar the following year.

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## Game Rules:

Playing rules shall be in accordance with National Federation rules except for waivers listed below:

1. Youth Basketball is 5-on-5 play, however teams must have at least 4 players present to start a game (**no games will be a forfeit if less than 4 players are present**). A team playing against a team that has only four players will play with 4 players. A game will be started if a team has less than 4 players; players from the opposing team will be added in order to form a 5-on-5 game.
2. **NO PLAYERS WILL PLAY THE ENTIRE GAME! (EXCEPTION: IF A TEAM HAS 6 OR LESS PLAYERS.** There is no free substitution; players must be substituted at the beginning of quarters only. If a player is ejected the opposing coach will select the replacement player. Every player must play a minimum of two uninterrupted quarters of every game in all leagues. No player will play 4 quarters unless all other players have played 3 quarters.
3. **No dunking or hanging on the rims or nets by anyone at any time.**
4. Games begin with a jump ball and all other jump balls thereafter are based on the alternating possession rule (**except 5 / 6 division, visitors have ball first**).
5. Players must check in with official scorekeeper prior to each quarter to enter game.
6. Five fouls on a player disqualifies them from the game (**except 5 / 6**).
7. There will be a 2 minute intermission between each of 4 quarters.

## Symptoms Reported by Children:

1. Headache or “pressure” in head.
2. Nausea or vomiting.
3. Balance problems or dizziness, or double or blurry vision.
4. Bothered by light or noise.
5. Feeling sluggish, hazy, foggy, or groggy.
6. Confusion, or concentration or memory problems.
7. Just not “feeling right” or “feeling down”.

## What should I do if my child has a possible Concussion?

As a parent, if you think your child may have a concussion, you should:

1. Remove your child from play.
2. Keep your child out of play the day of the injury. Your child should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion
3. Ask your child’s health care provider for written instructions on helping your child return to school. You can give the instructions to your child’s school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.
4. Do not try to judge the severity of the injury yourself.

**TO LEARN MORE GO TO: [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)**

## Concussion Policy:

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

1. Have the player cease the activity.
2. Immediately notify parents that their child/ren sustained a head injury.
3. Staff member that witnessed the accident will complete an incident report and have the parent sign it upon arrival.

## How can I spot a possible Concussion?

Children who show or report one or more of the signs and symptoms listed below or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body - may have a concussion or other serious brain injury.

## Signs observed by Coaches/Parents:

1. Appears dazed or stunned.
2. Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
3. Moves clumsily.
4. Answers questions slowly.
5. Loses consciousness (even briefly).
6. Shows mood, behavior, or personality changes.
7. Can’t recall events prior to or after a hit or fall.

8. There will be 2 minute halftime for 5/6 division. The 7/9 & 10/12 divisions will have a 3 minute halftime. Players have 10 seconds to cross mid court.
9. Game clock will continue to run except last minute of every quarter unless for injury or the game official deems necessary (**except 5/6 division**).
10. Team listed second on the game schedule is home team. If no scheduled scorekeeper is available, the home team will provide the scorekeeper and visiting team will provide someone to keep the game clock.
11. Uniform shorts will have no pockets (practices or games), jerseys must be tucked in.
12. No jewelry will be worn during practices or games.
13. No Full court press allowed in any age group.
14. No double teaming outside the paint.
15. Fast breaks are authorized for all age groups.
16. Once the offensive team has lost possession of the ball all defensive players must retreat to half court to set up their defense. Except 5/6 age group who must retreat to the paint under the basket. Officials will warn the 5/6 year old teams and give the ball back to the offensive team out of bounds.
17. Ages 7 and up will use scoreboard to keep score. Scoreboard will be turned off when there is a 20 point differential and remain off until there is a 10 point differential. The scorekeeper will turn the scoreboard on between quarters.
18. **For all age groups. If a player intentionally throws the ball to the ground in anger they will be assessed a technical foul and ejected from the game. If it is in the last quarter, they will not be allowed to play in their next game.**
19. Offensive picks are allowed for older age groups.

## 5 / 6 Age Group:

1. Play four 10 minute quarters.
2. Will use goals lowered to 6 feet.
3. Will use Junior Size basketball (27.5).
4. Free throw will be made from the bottom of the key (marked at 9 ft 6 in).
5. No person-to-person defense, must play 2-3 Zone Defense.
6. No lane violations will be called.
7. Scoreboard is used for time only. The record of who plays and the number of fouls will be recorded in the official scorebook. Coaches and parents will not keep score.
8. Coaches and scorekeepers will ensure that all players have an opportunity to shoot the ball.
9. One coach can be on the floor to direct players and must not interfere with the play of the game.
10. Teams will not change goals.
6. Head coaches are responsible for the conduct of their players, assistants, and spectators. Coaches will assist officials in the event of warnings and removal of players and/or parents during a game or practice.
7. Only one coach for each team at a time may give directions to their players, provided it is limited and intended to be instructional or informative as to player positioning or team tactics.
8. As a mutual courtesy after the game, players, and coaches from both teams will congratulate their opponents for a gamewell played by shaking hands and/or high fives..
9. Never leave a player or group unsupervised!! If the Head Coach/Assistant is unable to attend practices or games they must postpone or cancel activity. Coaches must keep the Youth Sports & Fitness Program Director in the information loop when cancelling practices. Parents are not allowed to supervise practices when no authorized coach isn't present.
10. No coach can communicate proper athletic principles and values to children unless they exemplify these qualities both on and off the court themselves.
11. Always remember that your primary objective is the safety of the children for whom you accept responsibility. Your next objective following that should be that the players and all connected with the team have fun.

**Note:** All practices and meetings must be held on Youth Center Property. No activities or end of season parties can be scheduled at anyone's home.



## Coaches Responsibilities:

It is not the intent of Youth Programs to influence the coaching programs, however, certain procedures relative to the welfare and morals of players and their parents must be recognized.

1. Coaches are expected to arrive at least 30 minutes before game time. Coaches are responsible for putting line-ups in scorebook prior to game start time.
2. Coaches must ensure that players and parents are informed of scheduled practices and game times. Conduct an initial parent meeting at your first practice to discuss your policies, especially those for resolving differences of opinions. Ask parents to please not confront you with a problem in front of any child.
3. A Coach or Official may take a player out of a game for two minutes if they feel the player needs an opportunity to calm down. Any player from the bench may enter game during this time. The player may return at the end of two minutes if coach feels they are ready to re-enter the game.
4. Coaches may stand during the game but will not pass Coach's Line. If a Coach wanders past Coach's Line they will be assessed a warning the first time and given a technical foul the second time. If a coach persists, they **will be ejected** from the game.
5. There will be no protests of referee's calls. Should you need to file a complaint against a game official, document your concern and submit it to the YSF Program Director the following Tuesday. Coach/player ejections for any violations will result in a three game suspension (current game and next two games, no exceptions). If the suspension occurs at the end of the season, the suspension will carry over to the next sport or season. The YSF Program Director will review all ejections and provide feedback to coach/player.

## 7 / 9 Age Group:

1. Play four 10 minute quarters.
2. Will use goals lowered to 9 feet.
3. Will use Intermediate Size basketball (28.5).
4. Shoot free throws at 13 ft line.
5. Zone and person-to-person defenses allowed. Defense retreats to half court.
6. Each team will have (2) 1 minute time outs per half and 15 seconds to return to the floor. Clock will stop last 2 minutes of 4th quarter only.
7. Will have a 5-second lane violation.
8. Scoreboard will be on for score and official scorebook will be annotated.
9. If game results in tie a 3 minute overtime rule will be applied with clock stopping at 1 minute for a timeout.
10. Teams change goals at halftime.

## **10 / 12 Age Group:**

1. Play four 10 minute quarters.
2. Will use standard 10 foot goals.
3. Will use adult size basketball (29.5).
4. Shoot free throws from regulation line.
5. Zone or person-to-person defenses allowed. Defense retreats to half court.
6. Each team will have (2) 1 minute time outs per half and 15 seconds to return to the floor. Clock will stop last 2 minutes of 4th quarter only.
7. Will have a 3-second lane violation.
8. Scoreboard will be on for score and official scorebook will be annotated.
9. If game results in tie a 3 minute overtime rule will be applied with clock stopping at 1 minute for a timeout.
10. Teams change goals at halftime.

## **Accidents:**

The Youth Center strives to maintain a safe and secure environment. There is an assumed risk in many of our core programs, including, but not limited to sports. Please feel safe knowing that our trained staff members are attentive and work to provide the safest environment possible. Completed enrollment authorizes the staff to call the parents/guardians or alternative emergency contacts when necessary. Updated contact information is the responsibility of the parents/guardians and is crucial to the well-being of your youth.

## **Child Abuse Prevention and Reporting:**

This program takes several steps to protect children from abuse. All Youth Program staff, coaches, instructors, and volunteers are trained in identification and proper procedures in reporting suspected cases of child abuse and are therefore mandatory reporters. Background checks are performed on all staff, volunteers, contract workers, and coaches.

DoD Child Abuse/Safety Violation Hotline: 877-790-1197

Eglin Family Advocacy: 850-883-8616

Florida Child Abuse Hotline: (800) 962-2873