

## **Cranberry Township Basketball Grades ages 8-10**

### **OVERVIEW**

The Cranberry Township Youth Basketball Program is designed to help encourage and support youth basketball participation and improve the overall youth basketball experience. Our program aims to develop a lifelong passion for the game of basketball by teaching them the fundamentals of the sport while instilling core values including teamwork, respect, and sportsmanship.

### **PHILOSOPHY**

The Cranberry Township Youth Basketball Philosophy is to share the game of basketball with youth by teaching skills & values in a positive and fun environment. The program's approach is intended to strengthen their knowledge of the game and teach the game's fundamentals while teaching life lessons. I believe this philosophy leads to developed and well-rounded basketball players and individuals.

### **YOUTH BASKETBALL CORE ELEMENTS**

**Fundamentals** – Teaching essential basketball skill development in a positive, encouraging, and fun environment is rewarding for all involved.

**Hard Work** – Emphasizing how to compete – focusing on working hard and competing to the best of your ability is more important than the game's outcome.

**Respect** – Exhibiting a positive attitude towards players, coaches, officials, and teammates.

**Sportsmanship** – Playing the right way, by being fair, ethical, and honest in competition.

**Teamwork** – Working together in a supportive manner for a common goal that feeds positive social and personal development.

**Healthy Lifestyle** – Exercising regularly benefits both the body and mind. It leads to greater energy and helps in the classroom.

### **General Gym Rules**

1. Fighting will not be tolerated.
2. No profanity will be tolerated.
  - a. First offense-Warning.
  - b. Second offense-Removal from gym and gym privileges could be suspended.
3. No food or drink is permitted in the gym.
4. No street shoes. All teams must have non-marking soled shoes.
5. Fair play and sportsmanship are a must.
6. Each person is responsible for their belongings and valuables.
7. There is a **Zero Tolerance Policy** for players, coaches, and spectators. Players, coaches, and spectators are expected to act in a sportsmanlike manner toward other players, officials, spectators, and Cranberry Township staff. Players, coaches, and spectators who fail to abide by this policy will be asked to leave the facility.
8. Please get in touch with Cranberry Township staff as soon as any problem arises.

**I. Sportsmanship**

- A. Coaches and Officials are to be positive in front of the players and parents.
- B. Coaches must refrain from confrontation with other coaches, officials, scorekeepers, and league coordinators in front of parents and players. If an issue arises, coaches are to speak with officials before or after the game, not during play, or in front of players.
- C. **Coaches must encourage their players to show good sportsmanship at all times.**
- D. Players and coaches will shake hands with the opposing team and coach at the end of the game.

## II. **League Rules**

### **Clock**

#### **First 5 Minutes before the game, the Team's warm-up**

The game clock runs continuously and only stops in the following situations:

- During timeouts
- While setting up for the first free throw shot. Once set up clock will run.
- During the last minute of the game, on all dead ball situations

### **Game length**

- Two **16**-minute halves are typical for a youth league game. Each half is 16 minutes in length, with 2 minutes for half-time.
- Games will start with a jump ball.
- Each Team gets two 30-second timeouts per half. Timeouts do not carry over.
- Defense is to pick up their player after the ball, and the player crosses the Grey White line after Center Court.
- **Defensive players cannot** cross the Gray White Line.
- Once the defensive team gains possession of the ball, the offensive team must go back and play defense. If the ball is stolen before the Grey White line after half-court play, it will be stopped, and the ball will be awarded back to the team it was stolen from.
- Defense will be man-to-man or zone
- No intentional double teams. (Try to prevent everybody from gathering at the ball).

### **Double Teams and Traps should not be used.**

- **Fouls:** Officials want to avoid injury to young kids and discourage rough play by blowing their whistles at the slightest physical contact. Even though basketball is considered a contact sport, young players are not strong, firm, or mature enough to handle the contact at higher competitive levels.
- two foul shots on shooting fouls
- Players are to play at least an arm's length away. Hugging the player is a foul, which will be marked
- **Players can only receive 5 fouls before they are removed from the game**
  - **A 5 Second Count and Violation will be enforced if a player picks up their dribble and stands with the ball.**

○ **The officials will be enforcing the offensive call of 3 seconds in the paint**

- No player is to rip, grab, or take the ball from another player while on defense.
- Fast breaks are permitted
- Defense can steal off the dribble
- The play will be Whistled Dead when the ball goes out of bounds. A player will do an inbound pass from where the ball went out of bounds. Possession of the ball will depend on the play.
- Different players will execute an inbound pass after the team scores.
- **Fouls that will be called and recorded on the sheets: rough play, Traveling, Double dribble, and if a player fouls a player while stealing off the dribble. Example: slapping or grabbing the hand or arm of the player with the ball's position.**
- Fouls will be systematically monitored and documented by our scoring table.
- Upon accumulating three fouls, a player will be required to sit out for a duration of five minutes before they may re-enter the game. If a player receives their third foul within the final minute of the first half, the five-minute penalty will commence at the start of the second half.
- Officials reserve the right to require a player to sit out if they determine that the player is exhibiting excessively aggressive behavior during the game.
- A player who accumulates five fouls will be disqualified for the remainder of the game.
- Flagrant foul will result in the player that committed the flagrant foul to be disqualified for the remainder of the game
- **Free Throw. Two Free Throws** will be awarded when a player is fouled while shooting the basketball.
- **Please keep the game moving. If, at the last minute of the game, a team is stalling, the official can let the defense come to half-court.**

### Officials

- Sometimes, two officials call the game, but it is not unusual to only have one show up. Youth basketball leagues do not usually hire regulation officials; instead, they depend on high school or college kids to help.
- Most of the time, the experience level of the officials does not matter too much because the level of play is so low. The officials' primary function is to organize the game and help the youngsters learn the basic rules.

### Violations

- Officials are usually loose with calling [violations](#). If they blew their whistle every time a beginner traveled or double-dribbled, the game would be stopped constantly.
- If the infraction is blatant or a player keeps repeating the same mistake, the official stops playing and explains to the player what they are doing wrong.

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