

MONTGOMERY COUNTY RECREATION YOUTH BASKETBALL COACH HANDBOOK



MONTGOMERY COUNTY
Recreation

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MISSION

The mission of Montgomery County Recreation's youth basketball program is to provide players a safe and fun environment to learn the fundamentals of basketball, teamwork, sportsmanship, confidence, and discipline. MCR's goal is to foster positive parental involvement and ensure all participants are treated with respect.

ROLE OF THE COACH

Coaches will introduce players to the fundamentals of basketball and appropriate sport terminology. Coaching is not about winning and losing. The primary reason children participate in MCR's program is to have fun! For some players this will be their first experience playing on a team. The emphasis should be on finding teachable moments and encouraging players. Players should understand it is okay to make mistakes. Coaches should create a fun environment by providing positive feedback, teaching, encouraging good sportsmanship, demonstrating fundamental basketball, treating players fairly and equally, and promoting teamwork.

COACHING NOTES

- Coaches must be clearly identifiable as a head coach or assistant coach to staff and officials. There must be at least one (1) coach present per game. No team can have more than two (2) coaches during any game.
- A minimum of 1 coach is required to submit a background check to Montgomery County Recreation (MCR) and are subject to approval. In the event a coach is not approved, he/she will be notified. **STRONGLY SUGGESTED: BOTH HEAD AND ASSISTANT COACHES MUST BE FINGERPRINTED THROUGH MCR.**
- All coaches must agree to implement all policies, responsibilities, and coaching expectations established by MCR.
- The coach is the main contact between MCR and the players. The coach is responsible for communicating information regarding practices, games, locations, and any other team concerns.
- Coaches are responsible for reinforcing positive spectator behavior with the team's spectators. The officials are required to communicate or address any spectator issues with the head coach and not the spectator.

- Coaches are responsible for displaying good behavior and sportsmanship at all times to serve as an example for players and spectators.
- Only the head coach and/or the assistant coach can sit on the bench during a game. Any violation of this rule may result in a forfeit if the violation is not immediately addressed by removing the person from the bench area.
- No coach may leave the bench area to discuss and/or dispute with an official or staff. Failure to comply may result in ejection and/or suspension.
- All coaches are expected to always be good role models for players. The goal of the recreational program is to have all coaches teach skill development and encourage players to be active and have fun.

LEAGUE REMINDERS

- Players must play in their current grade or above. Players cannot play down a grade.
- Players and/or teams may only “play up” one grade level (i.e. a 3rd grader could play in the 4th grade league)
- If a player’s eligibility is questioned, MCR can request a copy of the participant’s report card.
- For safety, jewelry cannot be worn during games.
- T-shirts are provided for each player in the instructional and grades 3-8 winter youth league. Each player must wear the provided shirt during games. T-shirts may not be altered.
- Ensure players list the head coach during the registration process to ensure he/she is assigned to the appropriate team.

MONTGOMERY COUNTY RECREATION(MCR) ROLES

Sports Supervisor

The sports supervisor is a full-time MCR employee responsible for the overall coordination of all Montgomery County Recreation's youth and adult sport leagues and programs.

Recreation Specialist

The recreation specialist is a full-time MCR employee responsible for coordinating and facilitating any assigned league/program. He/she assigns practice times and locations, creates game schedules, schedules gym staff, and communicates all relevant information to volunteer coaches.

Game Officials

Game officials are contract or seasonal employees who are either certified by the International Association of Approved Basketball Officials (IAABO) or trained seasonal MCR staff. A game official makes all final decisions on the court. Although two officials are assigned to league games (3rd - 12th grade only), a game can be played with one trained official (3rd-4th grade) or one certified IAABO official.

Gym Supervisor / Scorekeeper

Gym supervisors or scorekeepers are MCR seasonal employees who are responsible for enforcing league rules and reinforcing positive coach, player, and spectator behavior. Responsibility also includes keeping game time and score and reporting to the league's assigned Recreation Specialist.

YOUTH BASKETBALL LEAGUE LEVELS

Instructional League (K - 2nd)

The instructional basketball program is a non-competitive beginner league for boys and girls emphasizing fundamentals, basic skills, good sportsmanship, and fun. Four one-hour practices and four scrimmages are provided on Saturdays during the winter season at various gym locations throughout Montgomery County. Baskets are lowered to 8 feet and game shirts are provided.

Youth League (3rd – 8th)

The 3rd through 8th grade league is a countywide non-competitive league for boys and girls. Each team is assigned a one-hour practice one evening per week. Two teams will be assigned per gym. Games are played on Saturdays and Sundays, depending on the specific league. All teams receive an eight-game schedule. Grades 3 through 4, jerseys are provided.

High School (9th – 12th)

The 9th through 12th grade league is a recreational basketball league for high school youth that fosters development of basketball fundamentals while also advancing skills in teamwork, discipline, friendship and sportsmanship. The league provides an opportunity for high school players (varsity, junior varsity, and novice) to play eight games on Saturdays or Sundays and practice one night per week for an hour. Games are officiated by certified IABBO officials. Baskets are set to 10 feet high and game jerseys are provided.

Advanced (6th – 8th)

The Advance Division is a competitive division for 6th through 8th grade teams. Advanced Divisions is intended for highly skilled teams. All teams are pre-formed, and games are officiated by certified IAABO officials. Coaches must provide uniforms for the team.

RULES

All games shall be played in accordance with current National Federation of High School Rules as amended by Montgomery County Recreation (MCR).

Instructional Rules (K-2nd)

Scrimmages are intended as an extension of the practice sessions. Participants can use the skills they have learned in a game situation. Please do not keep score or standings but encourage the team to have fun.

- Kindergarten and first graders will break into 2 groups and play 2 half court (using side baskets) games – 3 v 3. These scrimmages will be self-officiated. A coach and/or parent will be overseeing the 2 scrimmages. The referee will keep time for the whole gym and switch sides at half time.
- Second graders will play one game using the full court – 5 on 5. For combined 1st and 2nd grade leagues, the default format is one full court, 5 on 5 game.
- Basketball rim heights should be set to 8 feet for all kindergarten through second grade games. Junior (27.5”) basketballs should be used.
- Games consist of four (4) – eight-minute quarters. Time stops on foul shots and time-outs. Teams may have two (2) one-minute time-outs per game.
- Each player should have equal playing time to provide an equal opportunity for all players. Teams should have no more than 12 players.
- Use a foul line approximately 2 feet in front of the regulation foul line.
- There are no backcourt violations.
- No pressing or double-teaming. MCR encourages teams to play a man-to-man defense once the ball crosses into the offensive frontcourt. Teams may want to have a lineup at the beginning of each quarter to assign each player a “man” to cover.
- There are no 3-point shots.

RELAX, BE COOL, AND HAVE FUN!

Youth Rules (3RD - 8TH)

ARTICLE I - Goals

The Montgomery County Recreation sponsors separate basketball leagues for boys and girls. The purpose of the leagues shall be to provide an opportunity for Montgomery County youth, within the prescribed grade limits, to learn the fundamentals of basketball, and, under competent leadership, to enjoy participation and competition in these organized leagues. Objectives shall include the development of positive social values and character traits; good citizenship; physical and mental health; and a knowledge, appreciation, and interest in basketball. It is our goal to instill the will to win and the courage to accept defeat or disappointment, with emphasis on fair play and sportsmanlike conduct. The rules, as specified by the League Office, will always govern practices and games.

ARTICLE II - Teams

Section A

The league requires that players must play within their grade level. Exceptions will occur only when authorized by the League Office. Age groupings are as follows, provided adequate numbers exist, otherwise grades may be combined:

Third Grade Fourth Grade Fifth Grade Sixth Grade Seventh Grade Eighth Grade

Section B

The League Office reserves the right to permit a team to participate in the league with fewer or more players than the maximum, depending on registration. The League Office reserves the right to place players (free agents) on rosters, for any given reason, regardless of roster size. The League Office reserves the right to penalize teams who refuse to accept individual players assigned by the League Office. Teams in grades 3rd-8th will have a maximum roster of 12 players. **Players cannot be CUT from a team.**

When possible, teams in grades 4th-8th will be distributed between two divisions: Entry Level (new team or team below .500 record last year) or Intermediate Level (returning team with above .500 record last year). Returning teams that won the Entry Level division in the previous season will move into the Intermediate Level unless the League Office deems otherwise. Grade 3 teams are treated as Entry Level teams unless the League Office is informed the Grade 3 team is Intermediate Level.

Section C

Players must be listed on the team roster to be eligible to play (see Article III, Section B). Each team will maintain a roster of active players and they must be enrolled in the Montgomery County Recreation registration system before the League begins. Additions or deletions to the

roster must be reported to the League Office immediately. No additions to the roster may be made after the second game except for a player transfer or medical emergencies, either of which must be approved by the League Office.

1. Changes to a roster due to medical reasons must be documented in writing by authorized medical personnel, stating that the individual to be dropped may not return to play during the current season. An addition is only approved if the team's roster remains below the maximum for that age group.
2. Transfers may be approved in the following circumstances:
 - a. If a player moves and changes schools;
 - b. If a player transfers schools;
 - c. If a team has a maximum roster;
 - d. If during a season a player is placed by the League Office on a team outside his or her school district or recreation area, and during a subsequent season a team is formed from his or her school district or recreation area.

ARTICLE III - Players

Section A

Any youth who either resides or attends school in Montgomery County is eligible for registration (Nonresidents are eligible pending nonresident fee payment) and will be assigned to a team in accordance with his/her grade level, pending sufficient registration to form a team and the recruitment of a volunteer coach. Preformed teams are accepted. New players can be added to rosters of preformed teams. **Individuals participating in the Advance Division may participate in this league, however Advance Division is considered a select league and teams must abide by Article III, Item 1.**

Teams that violate the player eligibility rules will be suspended from the league for the remainder of the season. Any team using an ineligible player shall automatically forfeit all games in which the ineligible player participated. All games played, and all scheduled games to be played shall be forfeited to the opponents. Any team dropped from the league shall forfeit all registration fees. Any coach who utilizes an ineligible player shall be banned from all Montgomery County Recreation Department activities for a period of one (1) year.

1. No team in any age group can carry more than two (2) "select" players. A select player is one who is on a team that conducts try-outs and plays in a "select" league (determined by League Office). MCPS Interscholastic Middle School 7th-8th grade players will not be considered select. The Montgomery County Recreation Advance Division is considered a select league.
2. If a youth is 2 or more years older than the grade he/she is enrolled in, he/she must move up to the next grade level in the league.
3. Players are assigned to an age group by the grade in which they are currently enrolled, not their date of birth. Players may not play up more than one grade level from their current school grade.

4. Any player who participates under an assumed name will automatically be suspended from all Montgomery County Recreation Department activities for a period of one (1) year from the date of the incident. If a team uses a player under an assumed name, in grades 3rd-12th, that team shall forfeit all games in which the player participated, and the coach shall be relieved from his/her duties.

Section B

The participant fee, the registration and parental release form, and the spectator guidelines, properly filled out and signed by the parent or guardian, must be submitted to the Recreation Department before the youth is eligible to practice or play.

Section C

Any coach or player who is removed from a team for disciplinary reasons, or is ejected from a game, must sit out at least the next played game. A second ejection during the season may result in suspension for the remainder of that season. Any player suspended for the season forfeits his/her registration fee. The fact that a player is quitting or is dismissed from a team for disciplinary reasons must be immediately reported to the League Office. THIS MUST BE DONE IN WRITING. If a participant's playing time requirement is going to be altered by decision of the coach for either repeatedly missing practice or disciplinary problems, notification must be given to parent, child and League Office at least 24 hours prior to the scheduled game.

ARTICLE IV - Playing Time Rule

Each player in grades 3rd-8th is required to play one complete, uninterrupted quarter from start to finish. Teams with more or less than ten players should refer to Article IV, #5 for playing time requirements.

All grades: Four (4) players and an adult coach must be present to start a game. If a team has less than four players at the start of the game, the game is forfeited. Note: IAABO referees are not authorized to officiate once a game has been forfeited. (See Article XIII).

1. Late Arrivals: Players arriving by the beginning of the third quarter must play a minimum of one complete, uninterrupted quarter from start to finish. Players arriving after the start of the third quarter must be allowed to participate in the game.
2. In case of a player's INJURY OR ILLNESS during their complete quarter, the coach and gym supervisor must decide whether the child is capable of finishing the quarter. If the player is determined to be unable to complete the quarter, the team will not be penalized.
3. If any violation of the above rules occurs, the gym supervisor must be notified so that the violation may be rectified on the spot with no penalty involved. When a playing time or substitution is brought to their attention, Coaches are expected to immediately conform to the league rules. Coaches must have all players check in at the scorers' table before entering the game.

ARTICLE V - League Formation

The Recreation Department will attempt to provide opportunities for two levels of play, Entry and Intermediate, grades 4th – 8th. (See Article II, Section B). The rules stated within these articles will govern both divisions. The only difference will be the method by which the teams are entered. Previous season standings may determine level of play.

Section A

Entry Level – all third grade teams, new pre-formed teams, teams formed by the Recreation Department from individual registrations, or pre-formed teams with a record below .500 from the previous season. Teams formed from individual registrations are done randomly by the middle school district, as much as possible. (Limit: two (2) select players, see Article III, Section A.1.)

Section B

Intermediate Level - returning teams with a record above .500 in the previous season. These teams will be accepted from Sports Associations, Youth Clubs, or private/parochial schools. Teams must be school or community-based and must be approved by the League Office. This is not a select league. Try-outs are not permitted. The League Office reserves the right to place players (free agents) on rosters, for any given reason, regardless of roster size. (Limit: two (2) select players, see Article III, Section A.1).

Section C

Advance Division - this is a highly competitive, select, county-wide league for 6th, 7th and 8th grade boys and girls, with separate leagues for boys and girls by grades. Teams must provide their own uniforms. No minimum playing time rule. Try-outs for each team are allowed. Separate articles and rules pertain to this league.

ARTICLE VI - Uniforms and Equipment

Section A

Players are encouraged to wear appropriate basketball attire. Only official, numbered team jerseys provided by Montgomery County Recreation may be worn. If a player loses his/her jersey, the player must provide a similar shirt in the same color.

The addition of player names or league approved sponsor names is acceptable. The League Office must approve any artwork to be printed on team jerseys.

All players must wear gym shoes with non-marking soles.

Violations of the uniform policy may result in forfeiture of the game or games until the team is in full compliance. This decision will be made at the discretion of the League Office.

Section B

Montgomery County Recreation will provide all game balls.

ARTICLE VII - Awards

The team with the best win/loss record in the 3rd through 12th grades will receive individual awards. In the case where teams end the season with a tied record, the team with the best record head-to-head competition will be declared the winner.

If they are still tied, the team with the higher point differential in the games played between the tied teams will be declared the winner.

If this still does not break the tie, the League Office will decide as to the presentation of the awards.

ARTICLE VIII - League Office and Gym Supervisor

Section A

The League Office shall have the power to reprimand, suspend, or dismiss players, coaches or spectators for violation of Basketball League Rules and Regulations. Other duties of the League Office include:

1. Provide a central database for up-to-date team rosters, registration forms, Parent and Coaches Code of Conduct and other necessary data.
2. Identifying player eligibility; combining teams or redistributing players as the need arises.
3. Authorizing player transfers and/or player assignments.
4. Recruiting, selecting, supervising, and evaluating Coaches and Gym Supervisors.
5. Maintaining and requiring strict adherence to League Rules and Regulations.
6. Determining player eligibility, validating team rosters, investigating protests (player eligibility only), and initiating official acts of reprimand, suspension, or dismissal. Advising individuals of their right to appeal disciplinary action via the Department's Appeal Policy.
7. Obtaining and scheduling officials, scorers and timers.
8. Preparing and distributing accurate team schedules, including make-up games to coaches, players, staff and officials and ensuring the receipt thereof.
9. Maintaining league records and team standings and communicating same to players and coaches on a regular basis.

The Gym Supervisor is employed by the Montgomery County Recreation. Each Gym Supervisor will see that the spectators, coaches and players conduct themselves in a sportsmanlike fashion. Specific duties include but are not necessarily limited to:

1. Inspecting the gym (cleaning the gym floor every other game or when needed).
2. Handling disputes on site.
3. Receiving and checking game line-up.
4. Reporting rule violations or other pertinent matters to the League Director.
5. Recording and reporting scores.
6. Submitting to the League Office written incident or accident reports and ejections or suspensions by the end of the next working day. (Via phone within 24 hours)
7. Contacting the League Office or Referee Commissioner immediately in the absence of assigned staff.
8. Maintaining a safe environment for participation.
9. Ensuring that the games proceed on schedule.

ARTICLE IX - Protests and Forfeiture of Games

Only protests regarding player eligibility will be accepted by the League Office and no protest fee is required. A protest must be provided in writing to the League Office within two (2) working days from the date the game was played. Proof of participation is the responsibility of the protesting team. The League Office must render a decision to the protesting party within three (3) working days from the date the protest was received. Any game(s) in which an ineligible player participates will be declared forfeiture (see Article III, Section A).

ARTICLE X - Coaches

Section A

Coaches shall be responsible for investigating and confirming the eligibility of their players. Coaches are responsible for seeing that all players are properly registered, including a Spectator Guidelines Form, prior to their participation in any league activities (see Article II, Section C and Article III, Sections A, B, and C).

A violation of playing time rules gives grounds for forfeiture. If the Coach directs or encourages any player(s) on the team roster not to be present at a league game or practice, it is grounds for immediate dismissal (see Article IV).

Section C

Coaches shall neither forbid nor penalize their players from participating on other teams sponsored by other public or private agencies.

Section D

The Coach is responsible for contacting the parent of any player who suffers an injury. Accident forms must be filled out and forwarded to the League Office within one (1) working day of the accident or injury.

Section E

A coach/assistant is responsible for the behavior of his/her players and spectators during any league activity. The Spectator Guidelines outline the expectations of all parents and/or spectators in attendance at any league activity. Any questions or rule interpretations should be handled during time-outs or between quarters in a proper manner. Anyone who goes onto the court while the game is in progress to dispute a call will be ejected immediately and subject to suspension or further disciplinary action. Failure by anyone to leave the gym immediately following his/her ejection will result in termination of the game by the league officials. Anyone ejected from a game, must sit out at least the following played game and may not be present at the site during the game. Coaches are encouraged to control their parents and spectator's behavior.

ARTICLE XI – Officials

Section A

Montgomery County Recreation will schedule all officials'. If the official does not appear within ten (10) minutes of the scheduled starting time, the two coaches may agree to a substitute. Upon a late-arriving, the official should take over the game at the first opportunity. The Gym Supervisor must notify the League Office of any late arriving or no show of official.

Section B

The official has the power to terminate a game if he/she is subjected to excessive unsportsmanlike conduct from parents, spectators, coaches, or players. When any individual is ejected from the game, the official must submit a written report to the League Office within 1 working day. When a game in progress is declared a forfeit or canceled, the official must notify the League Office within 24 hours.

Section C

Unsportsmanlike Conduct disclaimer Parent Free Gym:

Montgomery County Recreation reserves the right to conduct a closed sporting event: consisting of players, coaches, MCR staff and officials, if spectator behavior becomes a distraction and/or unsafe for all.

ARTICLE XII - Postponements

Section A

Only the League Office and the Gym Supervisor are empowered to postpone a game.

Section B

All postponed games will be replayed on the first available open date designated by the League Office. If a gym is unavailable and games must be postponed, the League Office will notify the coaches and officials. Coaches will, in turn, notify their team members.

ARTICLE XIII - Playing Rules

Play of the game is governed by the official National High School Federation Basketball Rules, unless otherwise described here in or modified below:

- I. Game Forfeiture: All games will start as scheduled. For the first game of the day only, forfeiture is declared ten (10) minutes after the scheduled game starting time if the four (4) eligible players and an adult responsible for managing the team are not present. For all subsequent games, scheduled game time is forfeit time. Official time is kept by the Gym Supervisor. Once a forfeit is declared it cannot be reversed.
- II. Game Time: all games will consist of four (4) eight (8)-minute quarters. There will be a five (5) minute rest period between halves. The clock shall only stop for foul shots and time outs. During the last minute of each quarter the clock will stop at all whistles.
- III. Time-outs: Each team will be allowed four (4) one (1)-minute time outs which can be used at any time during the game. A team is allowed one (1) additional time out per overtime and sudden death.
- IV. Ties at the End of Regulation Play: In the event of a tie game, there will be one (1) three (3)-minute overtime. Running time is in effect except clock stops for foul shots and time-outs. If the game is still tied, a three (3)-minute sudden death period will be played where the first team to score shall win. If the score remains tied at the end of the sudden death period, the game shall be recorded as a tie.
- V. Disciplinary Action & Appeal Process - **Please see page 27 and 28, Section I. and II. for details.**

- VI. Practice time: It is the goal of the Department to allocate in a County facility, a one (1) hour practice time per week for all teams. This time will be shared with another team. Teams who have arranged dedicated practice time independent of the Recreation Department are not automatically entitled to practice time allotted by the Recreation Department
- VII. Defense:
 - a. Third and Fourth Grade Leagues: Teams must teach and use man-to-man defense. No Double Teaming, except in the 3 second lane.
 - b. If up by 15 point, the defense must play a 2-1-2 zone.
 - c. Fifth through Eighth Grade Leagues: Teams are strongly encouraged to teach and use man-to-man defense, however a zone defense may be used.
- VII. Third and Fourth Grade Leagues:
 - a. A junior (size 27.5) ball is used.
 - b. No full-court press is allowed, pressure may not be placed on the offensive team until the ball reaches the hash mark between half court and the top of the key in the front court. The 10 second rule applies. Once the ball has crossed the mid-court line, no future back court infraction will be called. After the ball crosses half court, the offense has 5 seconds to cross over the hash mark. After 5 seconds in this area, the defense will be released to pursue the ball, both in the front court and back court area. If there are no hash marks on the gym floor, the referees, with both coaches, will decide which line to utilize before the game starts. If no lines exist, an imaginary line halfway between the mid-court line and the top of the key will serve to mark the 'no defense' area.
 - c. Double teaming will only be allowed within the three-second lane.
 - d. Lane violations will not be called, unless, in the opinion of the official there is on-going abuse of this rule, in general, more than 5-6 seconds in the lane will be considered abuse.
 - e. The foul line is moved up two (2) feet.
- IX. Fifth and Sixth Grade Leagues:
 - a. An intermediate (size 28.5) ball is used.
 - b. May full court press in the fourth quarter only. *Exception:* see rule #9d below.
 - c. Three (3) second rule will be called.
 - d. A team may not implement a full court press of any type when a fifteen (15) point lead is held. The defense may not pick up until the player(s) cross over the top of the key extended. The official will issue one warning; each subsequent violation will result in a team technical foul. The technical foul shot(s) may be taken by any player on the opposing team legally in the game at the time of the infraction. Ball will be awarded to the team shooting the technical foul.
 - e. Will use the 3-point shot when playing on a court marked with the 3-point line.
- X. Seventh and Eighth Grade Leagues:
 - a. All girl's teams will use an (28.5) official intermediate ball. All boys' teams will use a regulation size ball (29.5).
 - b. Are permitted to full-court press. *Exception:* see rule #10d below.
 - c. Will use the 3-point shot when playing on a court marked with the 3-point line.
 - d. A team may not implement a full court press of any type when a fifteen (15) point lead or greater is held. The defense may not pick up until the player(s) cross over the top of the key extended. The official will issue one warning; each subsequent violation will result in a team technical foul. The

technical foul shot(s) may be taken by any player on the opposing team legally in the game at the time of the infraction.

- e. Ball will be awarded to the team shooting the technical foul.

ARTICLE XIV - In Case of Injury

1. Before, during or after games: notify the Gym Supervisor immediately.
2. Call the Rescue Squad if necessary (911).
3. Once the individual is cared for - fill out and turn in an accident report to the Department of Recreation within one (1) business day.
4. Call the League Office and report the incident. For calls to the Rescue Squad, once the individual is cared for, a call to the League Director must take place at the first available opportunity.

High School Rules (9th - 12th)

Montgomery County Recreation through the League Office reserves the right to amend the rules and schedules as conditions may warrant.

Unless modified by this set of rules, all Montgomery County Recreation High School Leagues shall be played in accordance with the current National Federation of State High School Associations Basketball rules.

I. **PLAYER ELIGIBILITY**

- A. A player may not appear on more than (1) one roster in a league (grade level).
- B. There shall be a minimum of eight (8) players on each team roster and a maximum of twelve (12).
- C. Changes, additions, or deletions can be made prior to the second scheduled game in writing to the League Office. It is the Manager's/Coach responsibility to make sure that all rosters and changes have been received in the League Office.
- D. Each player on the official roster must have an Individual Player Registration Form and Standards for Spectator Behavior completed, signed by his/her parent, and submitted to the League Office before participating in a league game.
- E. Any team using an ineligible player shall automatically forfeit all games in which the ineligible player participated. If a team uses a player under an assumed name that team shall be dropped automatically from the League. All games played and all scheduled games not played shall be forfeited to the opponents. Any player who participates under a assumed name or a coach who uses an ineligible player will automatically be suspended from all Montgomery County Recreation Department activities for a period of one (1) year from the date of the incident
- F. Any coach or spectator who attempts to recruit a player currently participating on another HS League roster at a league game will automatically be suspended immediately for the remainder of the season. In addition, that suspended coach or spectator will be required to schedule and attend a meeting with the League Office before their reinstatement into any Montgomery County Recreation Department activities.
- G. Only protests regarding player eligibility will be accepted and no protest fee is necessary. The protest must be submitted in writing to the League Office within 48 hours after the completion of the game. Proof of participation is the responsibility of the protesting team.
- H. Any team that drops from the League, after the schedule has been completed, or due to league violations, will not receive a refund.
- I. **Intermediate:** Teams cannot have any advanced players on roster.
- J. **Advanced:** *Teams can have unlimited advanced players on roster.*
 - i. *Advanced Players Definition: players who have participated in the Rising Star Basketball League, AAU, Travel Teams or High School JV/ Varsity Teams.*

II. PROTEST ADMINISTRATION PROCEDURES

- Only protests regarding player eligibility will be accepted and no protest fee is necessary. The protest must be submitted in writing to the League Office within 48 hours after the completion of the game. Proof of participant's ID is the responsibility of the protesting team.

III. GRACE PERIOD AND FORFEITS

- There shall be a 10-minute grace period from the scheduled starting time for the first game only. A team must start the game at the scheduled starting time if the minimum number of players is present within the 10-minute grace period. The following subsequent games shall start at the scheduled starting time or within 5 minutes after completion of the previous game, whichever is later.
- ****Any team that drops from the League, after the schedule has been completed, or due to league violations, shall forfeit their entire registration fee.**
- If a team forfeits (2) two games during the season due to insufficient number of players, that team may be dropped from the league. All scheduled games not played shall be forfeited to the opponents. That team will also forfeit its entire registration fee.
- Forfeited games will not be rescheduled.

IV. PLAYING RULES

- Unless modified by these rules, all games of the league shall be played in accordance with the current National High School Federation Basketball rules.
- Substitutions shall be unlimited. (Note: Once a team has met these requirements, a team may finish the game with as few as 1 player providing said team has a chance to win the game.)
- **DUNKING** or **GRASPING THE RING** is not allowed before, during, or after the game. Any player guilty of dunking/grasping ring will automatically be ejected from the game. Penalty: goal is cancelled, flagrant foul will be called (player ejected, opposing team awarded 2 free throws plus the ball). The offending player will also be suspended for one game. Each team will be held responsible for replacing any backboard or rim broken or damaged by their players.
- If a team forfeits 2 games during the season due to an insufficient number of players, that team may be dropped from the League. All scheduled games not played shall be forfeited to the opponents.
- **NO JEWELRY** allowed at any time.

V. LEAGUE FORMAT

- **REGULAR SEASON:**
 - 8 game season.
 - Games played on Saturdays or Sundays.

VI. GAME DAY PROCEDURES

- Coach/Team Manager must submit a line up sheet to table staff prior to start of the game.
- Line up sheet must have first and last name of each player to be accepted.
- Protests about ineligible players must be brought to the attention of the table staff prior to the start of a game.
- Coach/ Team Manager must initial/ sign the score sheet confirming the final score with table staff.
- Teams/ Parents and Spectators are required to clean up their bench area at the conclusion of games. Failure to do so can result in loss of gym permit.
- Gym Facility Rules
 - Bouncing balls in the hallways is prohibited.
 - Roaming around the school is prohibited.
 - Leaving trash at the conclusion of games is prohibited.
 - Congregating in spaces/ rooms other than the lobby or gym is prohibited.
 - Failure to adhere to the rules may result in loss of gym permits.
- In the event of forfeiture, it is the responsibility of the team manager/ coach to notify their opponent and the league coordinator in advance.

VII. RESCHEDULING OF GAMES

- No game schedule changes will be permitted once schedules are posted. Changes to regular season game schedules will be made by the League Office only if:
- In the event of inclement weather or gym closures, games will be rescheduled at the League Office's discretion.
 - Unforeseen closure of a gym occurs.
 - Forfeits will not be rescheduled.

VIII. DISCIPLINARY ACTION & APPEALS PROCESS – Please see page 27 and 28, Section I. and II. for details.

IX. MISCELLANEOUS

- **AWARDS** shall be as follows:
 - League Champion – 12 individual awards

Advance Division Rules (5th- 8th)

Montgomery County Recreation through the League Office reserves the right to amend the rules and schedules as conditions may warrant.

Unless modified by this set of rules, all Montgomery County Recreation Advance Division shall be played in accordance with the current National Federation of State High School Associations Basketball rules.

I. PLAYER ELIGIBILITY

- A player may not appear on more than one (1) roster in a particular league (grade level) during the regular season and playoffs.
- There shall be a minimum of eight (8) players on each team roster and a maximum of twelve (12).
- Divisions are based on grade level. A player may not be more than one (1) year older than or 1 year younger than the appropriate age for that grade level (6th grade – 10-12 year old; 7th grade – 11-13 year old; 8th grade – 12-14 year old). Ages are based at the start of the school year (September 1). Players in 3rd grade and below are prohibited from participating in league play.
- A player may not play in a grade level higher than their team's designated grade level. (Example: If a team is registered as a 7th grade team, an 8th grade player may not play on that team unless the entire team plays up one grade.)
- The following must be completed through online registration via Active Montgomery or via electronic form and submitted to the League Office to finalize registration and be included on the game schedule:
 - a. Individual Enrollment on Team Roster (signed by each parent).
 - b. Coach, Parent + Spectator Code of Conduct Form (signed by each coach and parent).
 - c. Non-Employee Background Screening Form (completed by all head coaches/ assistant coaches and appointment scheduled to be fingerprinted).
 - d. Volunteer form completed by all coaches new or returning
 - e. Coaches Code of Ethics signed by each coach
- Failure to complete these items within the designated time may result in the exclusion of that team from the league.
- The team manager shall submit to the League Office by the scheduled team managers meeting, the official roster with all the players on his/her team. Changes, additions, or deletions can be made prior to the third scheduled game in writing to the League Office on the roster addition/deletion form. It is the Manager's/Coach's responsibility to alert the League Office of roster changes. make sure that all rosters and changes have been received in the League Office.

- Completion, signature, and submission of the following forms by a parent/ guardian to the League office will result in a player's inclusion on the official roster is required prior to participation in a league game. Each player on the official roster must have an Individual
 - a. Enrollment Form Player Registration Form and
 - b. Standards for Spectator Behavior completed, signed by his/her parent, and submitted to the

League Office before participating in a league game.

- A player must be listed on the final team roster (due by game 3) to be eligible for the playoffs during the winter league only. A player who has not participated during the season because of an injury shall be eligible to play in the playoffs if they are listed on the final roster.
- Any team using an ineligible player shall automatically forfeit all games in which the ineligible player participated. If a team uses a player under an assumed name that team shall be dropped automatically from the League. All games played and all scheduled games not played shall be forfeited to the opponents. Any player who participates under an assumed name or a coach who uses an ineligible player will automatically be suspended from all Montgomery County Recreation Department activities for a period of one (1) year from the date of the incident (exception: A player listed on two Rising Star rosters).
- Teams participating in the Rising Star League are ineligible for the MCR Youth Basketball League. A maximum of two (2) Rising Star League players may participate on any one MCR Youth League team.
- A player must be officially released in writing, by email before he/she may play with another team. The Release Form, available from the League Director, must be submitted.
- Any coach or spectator who attempts to recruit a player currently participating on another Rising Star roster at a league game will automatically be suspended immediately for the remainder of the season including the playoff tournament. In addition, that suspended coach or spectator will be required to schedule and attend a meeting with the League Office before their reinstatement into any Montgomery County Recreation Department activities.
- Only protests regarding player eligibility will be accepted and no protest fee is necessary. The protest must be submitted in writing to the League Office within 48 hours after the completion of the game. Proof of participant's ID is the responsibility of the protesting team.
- Any team that drops from the League, after the schedule has been completed, or due to league violations, shall forfeit their entire franchise fee.

// PROTEST ADMINISTRATION PROCEDURES

- Only protests regarding player eligibility will be accepted and no protest fee is necessary. The protest must be submitted in writing to the League Office within 48 hours after the completion of the game. Proof of participant's ID is the responsibility of the protesting team.

/// GRACE PERIOD AND FORFEITS

- There shall be a 10-minute grace period from the scheduled starting time for the first game only. A team must start the game at the scheduled starting time if the minimum number of players is present within the 10-minute grace period. The following subsequent games shall start at the scheduled starting time or within 5 minutes after completion of the previous game, whichever is later.
- Any team that drops from the league, after the schedule has been completed, or due to league violations, shall forfeit their entire franchise fee.

- If a team forfeits (2) two games during the season due to insufficient number of players, that team may be dropped from the League. All scheduled games not played shall be forfeited to the opponents. That team will also forfeit its entire registration fee.
- Forfeited games will not be rescheduled.

IV. PLAYING RULES

- Unless modified by these rules, all games of the league shall be played in accordance with the current National Federation of State High School Associations Basketball rules.
- Substitutions shall be unlimited. A game may start with a minimum of four (4) players. A team must begin start the game at the scheduled starting time if the minimum number of players is present. (Note: Once a team has met these requirements, a team may finish the game with as few as one (1) player provided that said team has a chance to win the game.)
- Each team shall be allowed six (6) team fouls per half before the one and one rule shall apply. One and one takes effect on the 7th team foul. Double bonus will occur once a team has reached 10 fouls.
- All games shall consist of two (2) fourteen (14) minute halves. There shall be a four (4) minute rest period between the two (2) halves. There will be three (3) 30-second timeouts and one (1) full timeout that can be used at any time during the game. The clock will stop on **all whistles**. NEW- if a team is winning by 25 points or more in the second half there will be a running clock for the remainder of the game. The clock will still stop on timeouts.
- The first overtime period shall be three (3) minutes. The clock will stop on **all whistles**. The second overtime shall be sudden death (exception: no sudden death for playoff tournament). Repetitive (3) minute overtime until winner is declared in playoffs.
- There shall be a 10-minutes grace period from the scheduled starting time for the first game only. A team must start the game at the scheduled starting time if the minimum number of players is present within the 10-minute grace period. The following subsequent games shall start at the schedule starting time or within 5 minutes after completion of the previous game, whichever is later.
- **DUNKING** or **GRASPING THE RING** is not allowed before, during, or after the game. Any player guilty of dunking/grasping ring will automatically be ejected from the game. Each team will be held responsible for replacing any backboard or rim broken or damaged by their players.
- If a team forfeits (2) two games during the season due to insufficient number of players, that team may be dropped from the League. All scheduled games not played shall be forfeited to the opponents. That team will also forfeit its entire registration fee.
- Forfeited games will not be rescheduled.
- **UNIFORMS:** All team players shall dress in the same color shirts with at least a six-inch number on the back (no duplicate numbers). The home team shall wear their light- colored jersey and the visiting team will wear their dark colored jersey. Teams must have two (2) uniform colors available at each game. Failure to have an alternate uniform color available could cause the game to be forfeited to the opposing team.
- **GAME BALL:** The 5th and 6th Grade Boys and all Girls grade levels will use an intermediate sized ball

(28.5 inches) for all games. 7th and 8th grade boys will use a regulation sized ball (29.5 inches). The home team is responsible for supplying an official game ball for each league game.

V. LEAGUE FORMAT

- REGULAR SEASON:
- 8 game season.
- Games played on Saturday or Sunday depending on grade level. Please check coaches letter or website for this information
- a. Saturday start time: 9 Am to 8 PM
- b. Sunday start time: 12 PM to 6 PM

V. PLAYOFF TOURNAMENT:

A single elimination post-season playoff for all teams will be conducted at the conclusion of the winter league only for the top 4 teams in each division.

- Each team must confirm their availability to participate in the playoff.
- Playoff scheduling considerations will be accepted on behalf of people coaching multiple teams in the MCR affiliated leagues (Youth Rec, HS Rec and RSL) only.
- Ties affecting the playoff tournament positions shall be decided as follows:
 - a. Head-to-Head Competition versus team
 - b. Head-to-Head Point Differential if played more than once
 - c. Total Points Allowed
 - d. Lowest Number of Forfeits
 - e. Coin Flip

VI. GAME DAY PROCEDURES

- Coach/Team Manager must submit a line up sheet to table staff prior to start of the game.
 - Line up sheet must have first and last name of each player to be accepted.
 - Protests about ineligible players must be brought to the attention of the table staff prior to the start of a game.
 - Coach/ Team Manager must initial/ sign the score sheet confirming the final score with table staff.
 - Teams/ Parents and Spectators are required to clean up their bench area at the conclusion of games. Failure to do so can result in loss of gym permit.
 - Gym Facility Rules
 - Bouncing balls in the hallways is prohibited
 - Roaming around the school is prohibited.
 - Leaving trash at the conclusion of games is prohibited.
 - Congregating in spaces/ rooms other than the lobby or gym is prohibited.
 - Failure to adhere to the rules may result in loss of gym permits.
 - In the event of forfeiture, it is the responsibility of the team manager/ coach to notify their opponent and the league coordinator in advance.

VII. RESCHEDULING OF GAMES

- In the event of inclement weather or gym closures, games will be rescheduled at the league coordinator's discretion.
- Forfeits will not be rescheduled.
- Changes to winter regular season game schedules will not be made by the league coordinator after

the schedules have been posted unless:

- a. Inclement weather occurs.
- b. Unforeseen closure of a gym occurs.
- c. Coaching conflict for people that coach multiple teams in MCR affiliated leagues (RSL, Youth Rec or HS Rec.).
 - 1a. Must be initiated by the team/ coach with the conflict. The opponent must be contacted by the coach, and written agreement must be sent to the league coordinator for approval.

VIII. **DISCIPLINARY ACTION & APPEAL PROCESS** – Please see page 27 and 28, Section I. and II. for details.

IX. **MISCELLANEOUS**

- AWARDS shall be distributed as follows: League Champion – 1 team award Playoff Champion – 12 individual awards

Disciplinary Action and Appeal Process (All Leagues)

I. Disciplinary Action

Montgomery County Recreation sports leagues are intended to be recreational in nature. It is expected that all participants will conduct themselves in keeping with the highest standards of sportsmanship.

Unsportsmanlike conduct will not be tolerated. Unsportsmanlike conduct includes, but not limited to such things as assault, verbal abuse, threats, and physical violence against other participants, referees, staff, managers, coaches, etc., inappropriate language at a recreational environment, excessive arguing with referees, and dangerous actions,

- a. The team manager/coach is responsible for the conduct of their team and spectators.
- b. Montgomery County Recreation and the League Office reserve the right to have closed gym games based on spectator behavior. Closed gym games consist of referees, coaches and players only.

1. EJECTIONS

- a. Any ejected manager, coach, or spectator must leave the facility. Ejected players may be asked to leave the facility if they are uncontrollable at the discretion of the Gym Supervisor.
- b. A player, manager, or coach who is ejected from a game by an official or for dunking/grasping the rim, shall be suspended for at least one (1) additional game (next league game played by that team). A second ejection during the season shall be an automatic suspension for a period of at least one (1) year from the date of the second incident.

2. SUSPENSIONS

- a. Any player, manager, or coach who approaches an official in a negative manner before, during or after the conclusion of a league game shall be suspended for at least one (1) game.
- b. *A spectator who is ejected from a game by an official or who approaches an official in a negative manner during a game or after the conclusion of a league game shall be suspended for at least two (2) additional games (the next league games played by that team). An ejected spectator must leave the building.*
- c. *The suspended spectator is also required to schedule and attend a meeting with the League Office before their reinstatement into any Montgomery County Recreation Department activities. In addition, the head coach who is present at the league game where the incident with the spectator occurred may be suspended for at least one (1) game (the next league game played by that team).*
- d. Anyone who makes physical contact with or threatens an official shall be suspended for at least one (1) year from the date of the incident.
- e. Any unsportsmanlike conduct may result in barring the player(s) or the team from further participation in the League.
- f. Any suspension handed out can be appealed to the League Office. The appeal must be submitted in writing within 48 hours after the affected individual has received the

suspension letter. A hearing will be called within five working days upon receipt of the appeal in the League Office.

- g.** A coach/manager that pulls a team off the floor for any reason: that team and coach will be suspended for the remainder of that season, plus the following year.

II. APPEAL PROCESS (The following applies to all Youth Basketball Leagues):

- a.** If a participant is suspended for violations under rule III. Disciplinary Action, and chooses to appeal, that individual, player, coach or manager will be allowed 72 hours following the receipt of the decision, to respond in writing.
- b.** Any Suspensions will be held in abeyance pending the outcome of the appeal.
- c.** An Appeal Board only hear an appeal if requested. An appeal will be heard within five working days from the date that the appeal is received by the Sports Program Supervisor/ League Office.
- d.** The Appeal Board will be composed of persons knowledgeable of the standard regulations used by the Recreation Department as well as the philosophy and objectives of the sports programs. The Board will designate one individual to act as the Commissioner of the Board. The Board will be convened and assigned on a case-by-case basis by the Team Leader/ Sponsor supervising the incident. The Board must comprise of at least three members to hear an appeal and to determine the outcome. No more than one (1) member of the Appeal Board may be a current Sports Team member. It is recommended that Countywide or Area Recreation Advisory Board members serve if possible.
- e.** The Appeal Board will meet and make recommendations concerning the conduct and rulings associated with team sports as referred. The Board will not rule on appeals concerning officials' calls or rule interpretations.
- f.** The Program Supervisor/ League Office will present a written statement of all findings and/ or action(s) taken.
- g.** Any individual requesting an appeal may present any evidence having a bearing on the case before the Board. Additional testimony may be heard from up to 2 additional individuals unless specifically waived by the Board.
- h.** The Appeals Board will make a decision concerning the action to be followed. The decision to uphold the original decision or to modify or disallow the decision will be communicated to the parties involved, in writing, within a reasonable period of time (five days working days of the hearing).

PARENT/SPECTATOR CODE OF CONDUCT

Overview

Montgomery County Recreation (MCR) provides a safe and balanced learning environment for players of all abilities that develops athletic skills, character, sportsmanship, and teamwork for youth through their participation in recreational sports.

Montgomery County Recreation (MCR) promotes the physical, social and emotional development of youth participants. It is essential for parents, coaches and officials to encourage young athletes to embrace the values of good sportsmanship. All adults involved in youth sporting events should be models of good sportsmanship and lead by example demonstrating fairness, respect and self-control.

As a parent or guardian of a MCR player, I pledge to be responsible for my (and any other parent, guardian or guests of my child) words and actions while attending, coaching or participating in a youth sporting event. I shall conform my behavior to the following code of conduct:

1. I will remember that children participate to have fun and that the game is for the youth participants, not adults.
2. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting events.
3. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any MCR staff, official(s), coach(es), player(s), or parent(s) such as booing and taunting; refusing to shake hands; verbal or physical threats; or using profane language or gestures.
4. I will not engage or encourage my child or any other person to engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official, MCR staff or any other attendee.
5. I will treat, and ensure my child treats, any coach, parent, player, participant, official, MCR staff or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation, game play or ability.
6. I will not initiate and will not tolerate my child initiating a verbal or physical fight, abuse, negative comments or scuffle with any coach, parent, player, participant, official, staff or any other attendee.
7. I will not embarrass my child by calling attention to him/her through loud or rude behavior.
8. I will encourage my child to practice good sportsmanship.
9. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
10. I will promote the emotional and physical well-being of all the athletes ahead of any personal desire I may have for my child to win.
11. I will respect the staff and official's authority during games and will never question, discuss, or confront coaches or MCR staff at the game, and will take time to speak with coaches privately at an agreed upon time and place if I have an issue or concern.

12. I will help ensure that each child plays in a safe and healthy environment, leave food and beverages outside the gym (if applicable), help pick up trash, and notify coaches or staff of noticeable playing hazards.
13. I will assure the environment is free from tobacco products, drugs and alcohol at all youth sporting events.
14. I will accept decisions of officials as being fair and performed to the best of their ability. I will refrain from criticizing any of the above verbally or by gesture. I will never go onto the court/field while the game is in progress to dispute a call and allow any questions or rule interpretations to be handled appropriately by the coaches, staff and officials during time-outs/between halves or each quarter.

I hereby agree that if I (or other parent, guardian, or guests of my child) fail to conform my conduct to the foregoing while attending, coaching, or participating in a MCR youth sporting event, I and/or my child will be subject to disciplinary action, including but not limited to the following in any order or combination:

1. Verbal warning issued by a league, MCR organization or a MCR official who is authorized to issue such warning.
2. Written warning issued by a league, MCR organization or a MCR official who is authorized to issue such warning.
3. Suspension or immediate ejection from a MCR event issued by a league, MCR organization or a MCR official who is authorized to issue such suspension or ejection.
4. Suspension from multiple MCR events issued by a league, MCR organization or a MCR official who is authorized to issue such suspension.
5. One season, multiple season or permanent suspension issued by a league, MCR organization or a MCR official who is authorized to issue such suspension.

If a spectator is ejected for these or any reason, as dictated by the league rules, he/she may not attend the next two (2) games at a minimum. If a spectator is ejected a second time or acts out physically towards another individual, he/she will not be allowed to attend any Montgomery County Recreation Sports activities for a minimum one (1) year from the date of the incident. If such action is taken, the individual must meet with the League Office prior to returning to any event. In addition, the head coach present at the game will be suspended for at least one (1) game.

****** Montgomery County Recreation reserves the right to conduct a closed sporting event: consisting of players, coaches, MCR staff and officials, if spectator behavior becomes a distraction and/or unsafe for all.***

Pre-Game Ethics Speech

A special welcome is extended to teams, officials, and spectators to today's contest. We ask that you join us in promoting a positive atmosphere, and demonstrate respect for coaches, officials, and other spectators.

We are committed to providing an atmosphere, free of any type of discriminatory behaviors or practices, for all involved at this event. Any use of discriminatory behaviors or practices is unacceptable and should be immediately reported to event personnel. If you hear or see something, say something.

We also remind all participants of this event that MCR policy prohibits the use or consumption of drugs, e-cigarettes, alcohol or tobacco products on school property.

Finally, please take this time to identify emergency exits and, in case of emergency, please pay close attention to event personnel for important life-saving information. For the safety of our participants, coaches, officials, and fans, only authorized personnel will be permitted on the court before, during and after the contest

Thank you for your attention. Now, enjoy the game!"

COACH'S CODE OF ETHICS

It shall be the duty of each Coach to:

1. Comply with the philosophy, policies and procedures of Montgomery County Recreation. Respect all employees and volunteers involved in the program. Please remember that each coach is a representative of Montgomery County Recreation.
2. Encourage and compliment players when they show improvement, play with extra effort, or simply need kind words. Do not unduly criticize players in front of spectators or other players. Criticism should be constructive in nature. Remember, these are young athletes who are still learning.
3. Abide by a doctor's decision in all matters of players' health, injuries, and ability to play.
4. Not allow a player to enter or re-enter a game if there is any doubt as to the seriousness of an injury.
5. Exhibit good sportsmanship by refraining from rude or abusive language, actions or gestures.
6. Encourage good sportsmanship by demonstrating respect and positive support for all players, coaches, officials, staff, and other spectators at every game and practice.
7. Accept decisions of officials as being fair and performed to the best of their ability. A coach must never go onto the court/field while the game is in progress to dispute a call. Any questions or rule interpretations should be handled during time-outs/stoppages in a proper manner.
8. Assist in maintaining a drug, alcohol, and tobacco-free environment by refraining from their use at all practices and games.
9. Be responsible for ensuring that players on his/her team and team parents/spectators are aware and understand the Parent/Spectator Code of Conduct listed above.
10. Demonstrate dignity in winning or in losing, recognizing that both offer opportunities for the personal growth of our youth participants.
11. If a coach is ejected, he/she must sit out the following game.

******Montgomery County Recreation reserves the right to conduct a closed sporting event: consisting of players, coaches, MCR staff and officials, if spectator behavior becomes a distraction and/or unsafe for all.***

INCLEMENT WEATHER POLICY

When Montgomery County Recreation must close or cancel programs due to inclement weather or other circumstances related to participant and staff safety, the first notification is made through Montgomery County's emergency notification system, **Alert Montgomery**.

Please register for the most up to date information regarding delays, cancellations or closures at <https://alert.montgomerycountymd.gov>. Alert Montgomery provides accurate, immediate emergency notifications from Montgomery County to your cell, work or home phone, via text, email or voice message. Real-time emergency updates can also be accessed through the department's Facebook and Twitter sites or by calling the facilities directly. Given that participants and employees often travel distances and weather conditions may vary considerably across the county, residents are advised to exercise caution and consider personal safety as the first priority.

Weather updates will be posted in the following locations:

- Montgomery County Recreation website: www.montgomerycountymd.gov/rec
- Inclement Weather Line: 240-777-6889
- Facebook: <https://www.facebook.com/montgomerycountyrecreation>
- Twitter: <https://twitter.com/MoCoRec>

COACHING RESOURCES

Video links for fundamental basketball skills are provided below.

- Coaching** <https://www.youtube.com/watch?v=v8q3PPE7iZg>
- Beginners Drills** <https://www.youtube.com/watch?v=whQwAdWyZq0>
- Practice Drills** <https://www.youtube.com/watch?v=32dOSPxfcQw>
- Layup Drills** <https://www.youtube.com/watch?v=Tm7N2HU4noQ>
- Rebound/Box Out** <https://www.youtube.com/watch?v=J6QmHTVdKKc>
- Rebounding** <https://www.youtube.com/watch?v=9flg84QWaK4>
- Defense Man** <https://www.youtube.com/watch?v=zZXmTLUwTDM>
- Defensive Drills** <https://www.youtube.com/watch?v=EPK65nswetc>
- Shooting Drills** https://www.youtube.com/watch?v=nqqw_hYT4QM
- Shooting Drills** <https://www.youtube.com/watch?v=vCXBTOkRT1k>
- Dribbling** <https://www.youtube.com/watch?v=coCdV86FPeQ>
- Ball Handling** https://www.youtube.com/watch?v=Havhs_ZwHxE