

# Elementary Boys Basketball

## Grades 3-6

# 2019



Valley City Parks & Recreation District  
PO Box 422  
140 4th St SW  
Valley City, ND 58072

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Gaukler Family Wellness  
733 8th Ave SW  
Valley City ND 58072

# VCPR Discipline Policy

Misconduct by any participant will not be tolerated and punishment will be given out by coaches at their discretion according to the following guidelines:

**First Violation** in the season will result in the participant sitting out for a period not less than 5 minutes. [Incident report must be completed and filed with VCPR Recreation Manager.](#) Parents or guardians will be notified.

**Second Violation** in the season will result in the participant sitting out for a period for not less than ten minutes. Incident report must be completed and filed with VCPR Recreation Manager. With this violation, the coach and/or the Recreation Manager will contact the participant's parent or guardian and meet with them in person.

**Third violation** in the season will result in the participant not being allowed to play or practice for the rest of the season. Incident report must be completed and filed with VCPR Recreation Manager. The coach and/or Recreation Manager will contact the participant's parent or guardian.

Examples of Misconduct:

Swearing or using inappropriate language.

Threatening to harm others.

Fighting or causing intentional physical harm to other participants.

Showing disrespect towards coaches and other participant's.

Kicking, hitting, pulling hair, spitting on someone, pushing, shoving, slapping or throwing stick, sand grass, dirt, or any other objects at someone.

Any other behavior or actions that is deemed inappropriate by the coach.

**NOTE:** All coaches' decisions are final in regards to this policy. No appeals can be made.





## Valley City Parks & Recreation District Basketball Rules for Elementary Programs



Parents/guardians are responsible to transport athletes. Coaches are not allowed to transport any players.

2 Fifteen minute halves. Running clock. Clock stops for free-throws, timeouts and substitutions only.

Jump ball will begin play, after that alternating possession.

Each team will be given 2 time-outs per half.

Free throws will be shot in the following situations – *Grades 3 & 4 will shoot closer to the basket (Red line).*

- \* When a player is in the act of shooting (two shots).
- \* On the 7<sup>th</sup> team foul, player will shoot (bonus).
- \* On the 10<sup>th</sup> team foul, player will be awarded 2 shots (double bonus).
- \* Players can not step into the free throw lane until the ball hits the rim.
- \* If the ball does not touch the rim, this is a violation and the ball is dead and the possession is awarded to the opponent.

Players are allowed 5 fouls.

Substitutions are allowed every 3 minutes.

Dark-soled shoes that leave marks on the floor are not allowed.

Halftime will be 3 minutes in length.

No zone defense or double-teaming man-to-man defense only.

- \* 1<sup>st</sup> violation is a warning,
- \* 2<sup>nd</sup> violation 1 point will be awarded to the offensive team.

Teams may press on defense only last Two (2) minutes of the game, if the game is within ten (10) points.

Overtime will be 2 minutes, with clock stopping as in regular play.

- \* Each team will receive 1 time-out in overtime (Time-outs do NOT carry over).
- \* Jump ball will begin play.
- \* Both teams must sub their players in overtime.

If player receives an unsportsmanlike technical foul, that individual will sit out 5 minutes. This time will be game time and the scorekeeper will record the time of the infraction. Penalty for a technical foul: The opposing team will receive 2 free throws and possession of the ball.

**Elementary Boys Basketball  
Grade 5 & 6  
2019**

- Due to the LOW number of participants in Grades 5 and 6, we will be splitting into 2 different teams each time games are scheduled. We are planning to play 5 on 5.
- Adjustments will be made if necessary.

**Elementary Boys Basketball  
Grade 3 & 4  
2019**

- Due to the LOW number of participants in Grades 3 and 4, we will be splitting into 2 different teams each time games are scheduled. There is chances that we will be playing 4 on 4 or 5 on 5
- We will have one coach coaching both teams.
- Adjustments will be made when necessary.

Coaches

**Gr. 5 & 6**

Kylie Johnson

One to be Announced

**Gr. 3 & 4**

Nate Rodriguez

*If you have any questions or concerns  
please contact Amy at  
amyp@vcparcs.com or 701.845-3294*



# January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	8 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	9	10 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	11	12
13	14 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	15 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	16	17 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	18	19
20	21 <b>NO School</b> <b>DO NOT MEET</b>	22 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	23	24 Elem. Boys BB Gr. 3-6 <b>GAMES @ Rec Center Gym</b> Gr. 5 & 6 4 pm Blue vs Yellow Crt. 2 Gr. 3 & 4 4 pm Red vs. White Crt. 1	25	26
27	28 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	29 Elem. Boys BB Gr. 3-6 <b>PRACTICE</b> 3:30-5 pm @ Rec Center Gym	30	31 Elem. Boys BB Gr. 3-6 <b>GAMES @ Rec Center Gym</b> Gr. 5 & 6 4 pm Blue vs Yellow Crt. 2 Gr. 3 & 4 4 pm Red vs. White Crt. 1		

# February 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Elem. Boys BB Gr. 3—6 <b>PRACTICE</b> 3:30—5 pm @ Rec Center Gym	5 Elem. Boys BB Gr. 3-6 <b>GAMES @</b> Rec Center Gym Gr. 5 & 6 4 pm Blue vs Yellow Crt. 2 Gr. 3 & 4 4 pm Red vs. White Crt. 1	6	7 Elem. Boys BB Gr. 3—6 <b>PRACTICE</b> 3:30—5 pm @ Rec Center Gym	8	9
10	11 Elem. Boys BB Gr. 3—6 <b>PRACTICE</b> 3:30—5 pm @ Rec Center Gym	12 Elem. Boys BB Gr. 3-6 <b>GAMES @</b> Rec Center Gym Gr. 5 & 6 4 pm Blue vs Yellow Crt. 2 Gr. 3 & 4 4 pm Red vs. White Crt. 1	13	14 Elem. Boys BB Gr. 3—6 <b>PRACTICE</b> 3:30—5 pm @ Rec Center Gym	15	16
17	18 <b>NO School</b> <b>DO NOT MEET</b>	19 Elem. Boys BB Gr. 3—6 <b>PRACTICE</b> 3:30—5 pm @ Rec Center Gym	20	21 Elem. Boys BB Gr. 3-6 <b>GAMES @</b> Rec Center Gym Gr. 5 & 6 4 pm Blue vs Yellow Crt. 2 Gr. 3 & 4 4 pm Red vs. White Crt. 1	22	23
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