PARENT PACKETS

ENCLOSED YOU WILL FIND:

- League Rules
- School Use Guidelines
- Parent Code of Ethics
- Player Code of Ethics
- Discipline Policy
- Article: “What Makes a Nightmare Sports Parent – And What Makes a Great One”

TTCC GRADE LEAGUE RULES

These rules have been researched and implemented to help our young players experience success and learn the game of basketball using an age and developmentally appropriate progression.

1ST & 2ND GRADE:

- **EQUAL PLAY TIME:** Coaches are to ensure all players receive equal playing time during each game throughout the season.
- **GAME FORMAT:** 4 v 4 scrimmages will be played.
- **BALL SIZE:** A junior sized ball will be used (27.5").
- **BASKET HEIGHT:** Baskets will be about 8 feet high.
- **FOUL SHOTS:** Foul shots may be taken from 9 feet, and participants may cross line after shot if momentum carries them across.
- **DEFENSE:**
    - Defenses will be man-to-man only – help defense is encouraged, but no double team / traps are allowed.
    - The ball cannot be stolen or stripped from a player dribbling under control or holding the ball – passes may be intercepted.
    - Blocked shots will not be allowed (unless the ball has already left shooter's hand)
    - Full court press will not be allowed.
- **SCORE:** Score will not be kept.
- **OFFICIALS:** Referees will not be provided at this league, however, coaches and/or parents are encouraged to referee for instructional purposes during the scrimmage games.

3RD & 4TH GRADE:

- **EQUAL PLAY TIME:** Coaches are to ensure all players receive equal playing time during each game throughout the season.
- **BASKET HEIGHT:** Baskets will be 10 feet high.
- **BALL SIZE:** An intermediate sized (28.5") ball will be used.
- **GAME LENGTH:** Games will be played in three 8-minute run time quarters and the 4th quarter will be 6-minutes stop time. There will be 1 minute between quarters and a 5-minute halftime. The clock will stop for substitutions and foul shots only. The mercy rule is up to the discretion of the coaches – but it is recommended if a team leads by 15 points or more in the 4th quarter, the clock will remain running time.
- **TIME OUTS:** Teams will be allowed three full timeouts and two 30-second timeouts.
- **OVERTIME:** There will be no overtime period, even if score is tied at the end of regulation.
- **FOUL SHOTS:** Players may move up to 2 feet closer on foul shots if needed. Shooters are allowed to cross the foul line on the shot, but they cannot go for the rebound until the ball hits the rim. Players lined up on the lane can go in on the release.
- **DOUBLE DRIBBLE/TRAVELING VIOLATIONS:** Double dribble & traveling violations will be a judgment call by the referees. At the beginning of the season, players will be allowed some leniency but as the season progresses these violations will be called tighter.

- **THREE POINT SHOTS:** There will be no 3-point baskets. If a shot is made past the three point line only two points will be recorded.
- **FULL COURT PRESS:** Teams are not allowed to full court press. Defensive players must go behind the half court line on their side of the court when offense gets the ball.
- **DEFENSE:** Defense will be played man to man for the 1st half & coach discretion for the 2nd half.
- **SCORE:** Score will be kept in an official scorekeeper's book and displayed on the scoreboard.
- **OTHER RULES & REGULATIONS:** All other rules and regulations will be the same as NHIAA High School Rules.

5TH & 6TH GRADE:

- **EQUAL PLAY TIME:** Coaches are to ensure all players receive equal playing time during each game throughout the season.
- **BASKET HEIGHT:** Baskets will be 10 feet high.
- **BALL SIZE:** An intermediate sized (28.5") ball will be used. **GAME LENGTH:** Game will be played in four 7-minute stop-time quarters.
- **TIME OUTS:** Teams will be allowed three full timeouts and two 30-second timeouts.
- **OVERTIME:** In the event of a tie at the end of regulation play, teams will play 4-minute overtime periods (play until there is a winner).
- **FOUL SHOTS:** Foul Shots will be taken from 15 feet. Shooters are allowed to cross the foul line on the shot, but they cannot go for the rebound until the ball hits the rim. Players lined up on the lane can go in on the release.
- **THREE POINT SHOTS:** Three-point shots are allowed.
- **FULL COURT PRESS:** Pressing will be allowed in the second half only, unless leading by 15 points or more.
- **DEFENSE:** Defense is at the discretion of the coach.
- **SCORE:** Score will be kept in an official scorekeeper's book and displayed on the scoreboard.
- **OTHER RULES & REGULATIONS:** All other rules and regulations will be the same as NHIAA High School Rules.

Other leagues may have some different game play rules than TTCC.
Coaches should meet prior to each game to be sure everyone is playing by the same rules.
When in doubt, use "home team rules".
&
REMEMBER IT'S JUST A GAME – FUN IS OUR #1 GOAL!

SCHOOL USE GUIDELINES

Guidelines for Tapply-Thompson Community Center Use
Of BES, BHVS & NMMS Schools

To: Parents and Players with the TTCC Basketball Program
From: TTCC & Newfound Area School District

We need everyone's assistance in following the guidelines for the use of our schools. These guidelines should also be followed when visiting other town's gyms. If you have any questions on any of these rules, please feel free to call the TTCC Office at 603-744-2713.

- ENTERING SCHOOL – **DO NOT ENTER SCHOOL UNTIL COACH ARRIVES!** Sometimes schools may be locked upon arrival – typically a custodian will be there to let the coach in. Parents / players should not try to enter school until coach is on site – wait in cars until coach arrives please.
- Please arrive no earlier than 15 minutes before game time on game days. Practice days, arrive right at start time. Any earlier may conflict with other programs and cause parking problems.
- All children MUST BE supervised while at the school.
    - Children must be accompanied into the school for practices & games by an adult. You need to be sure that the coach is in the building before you leave your child.
    - If you are attending a practice or game and have other children with you, they must be supervised by you at all times.
    - No unsupervised children are allowed in the hallway. No playing in the hallways.
    - We do not have permission to use the school's equipment.
    - No one is allowed up on the stage.
- You must park in designated parking areas at the schools. This means parking only in marked parking spaces. Not doing so may result in cars being towed at the owner's expense.
- All participants should wear street shoes and have a pair of sneakers to change into once there. This applies to anyone walking across the gym floor. Sand & dirt from outside may damage the gym floor. Only non-marking gym shoes are to be worn for athletic contests by all participants.
- **NO FOOD OR DRINK IN THE GYM!** This includes everyone – parents, players, coaches, referees, scorekeepers, visiting teams…EVERYONE! Eating and drinking are restricted to the hallway immediately outside the gym. **Water Only!**
- All Newfound Area School District properties are designated non-smoking areas. Under no circumstances is smoking or the use of tobacco products permitted.

Any violation of school use guidelines will result in a warning following the discipline policy.

In order for the TTCC to continue to use the school facilities we must adhere strictly to these rules. We appreciate your help in maintaining them.

PARENTS' CODE OF ETHICS

I hereby pledge to provide positive support, care and encouragement for my child participating in youth sports by following this Parents' Code of Ethics Pledge.

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports event.

I will place the emotional and physical well being of my child ahead of a personal desire to win.

I will insist that my child play in a safe and healthy environment.

I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.

I will demand a sports environment for my child that is free of drugs, tobacco and alcohol, and will refrain from their use at all youth sports events.

I will remember that the game is for youth – not for adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect.

I promise to help my child enjoy the youth sports experience by doing whatever I can such as being a respectable fan, assisting with coaching, or providing transportation.

I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.

PLAYERS' CODE OF ETHICS

Coaches and parents have a responsibility to provide the best possible experience for the youth in sports programs. However, the players also have certain responsibilities related to their participation. The Players' Code of Ethics should be read and signed by all team members.

I hereby pledge to be positive about my youth sports experience and accept responsibility for my participation by following this Players' Code of Ethics Pledge.

I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship myself.

I will attend every practice and game that I can and will notify my coach if I cannot.

I will expect to receive a fair and equal amount of playing time.

I will do my best to listen and learn from my coaches.

I will treat my coaches, other players, officials and fans with respect and I will expect to be treated accordingly.

I will conduct myself in a manner at all team activities and at all facilities in way that represents my community positively.

I deserve to have fun during my sports experience and will alert my parents or coaches if it stops being fun.

I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect all players, coaches, parents and fans to refrain from their use at all youth sports events.

I will encourage my parents to be involved with my team in some capacity because it's important to me.

I will do my best in school.

I will remember that playing sports is an opportunity to learn and most of all have fun!

I realize that any player who cannot abide by these rules may be disciplined.

Tapply-Thompson Community Center
Youth Sports Oversight Committee
Discipline Policy

Any violations of the code of ethics agreement or school use guidelines will result in the following warnings:

For Players:

1st Warning: A written warning will be issued to the player & player's parents.

2nd Warning: Player will be suspended from the next game.

3rd Warning: Player will be suspended for the remainder of the season.

For Parents:

1st Warning: A written warning will be issued to the parent.

2nd Warning: Parent will be suspended from attending the next game.

3rd Warning: Parent will be suspended from games/practices for the remainder of the season.

For Coaches:

1st Warning: A written warning will be issued to the coach.

2nd Warning: Coach will be suspended from the next game.

3rd Warning: Coach will be suspended for the remainder of the season.

More serious infractions may be dealt with by immediate suspension from the league for an amount of time deemed appropriate by the Committee.

Tapply-Thompson Community Center

Written Warning

Date: _____

To Whom It May Concern:

_____ received a written warning for the following behavior:

_____

_____

_____

_____

The consequence of this warning is: (circle one)

- Written warning
- Suspension from the next game: _____(date)
- Removal from team for the remainder of the season

If you have any questions or concerns please feel free to contact the TTCC office at 744-2713. Thank you for your cooperation.

_____

Committee Representative Signature

_____

Recipient Signature

What Makes A Nightmare Sports Parent -- And What Makes A Great One

-- Steve Henson is a Senior Editor and Writer at Yahoo! Sports. He has four adult children and has coached and officiated youth sports for 30 years. He can be reached at henson@yahoo-inc.com and on Twitter @HensonYahoo

Hundreds of college athletes were asked to think back: "What is your worst memory from playing youth and high school sports?"

Their overwhelming response: "The ride home from games with my parents."

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive Coaching LLC are devoted to helping adults avoid becoming a nightmare sports parent, **speaking at colleges, high schools and youth leagues** to more than a million athletes, coaches and parents in the last 12 years. Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame.

Their overwhelming response: "I love to watch you play."

There it is, from the mouths of babes who grew up to become college and professional athletes. Whether your child is just beginning T-ball or is a travel-team soccer all-star or survived the cuts for the high school varsity, parents take heed.

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren't stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can't help but initiate conversation about the contest before the sweat has dried on their child's uniform.

In the moments after a game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they'd prefer if parents transitioned from spectator – or in many instances from coach – back to mom and dad. ASAP.

Brown, a high school and youth coach near Seattle for more than 30 years, says his research shows young athletes especially enjoy having their grandparents watch them perform.

"Overall, grandparents are more content than parents to simply enjoy watching the child participate," he says. "Kids recognize that."

A grandparent is more likely to offer a smile and a hug, say "I love watching you play," and leave it at that.

Meanwhile a parent might blurt out …

"Why did you swing at that high pitch when we talked about laying off it?"

"Stay focused even when you are on the bench."
"You didn't hustle back to your position on defense."
"You would have won if the ref would have called that obvious foul."
"Your coach didn't have the best team on the field when it mattered most."
And on and on.

Sure, an element of truth might be evident in the remarks. But the young athlete doesn't want to hear it immediately after the game. Not from a parent. Comments that undermine teammates, the coach or even officials run counter to everything the young player is taught. And instructional feedback was likely already mentioned by the coach.

"Let your child bring the game to you if they want to," Brown says.

Brown and Miller, a longtime coach and college administrator, don't consider themselves experts, but instead use their platform to convey to parents what three generations of young athletes have told them.

"Everything we teach came from me asking players questions," Brown says. "When you have a trusting relationship with kids, you get honest answers. When you listen to young people speak from their heart, they offer a perspective that really resonates."

So what's the takeaway for parents?

"Sports is one of few places in a child's life where a parent can say, 'This is your thing,' " Miller says. "Athletics is one of the best ways for young people to take risks and deal with failure because the consequences aren't fatal, they aren't permanent. We're talking about a game. So they usually don't want or need a parent to rescue them when something goes wrong.

"Once you as a parent are assured the team is a safe environment, release your child to the coach and to the game. That way all successes are theirs, all failures are theirs."

And discussion on the ride home can be about a song on the radio or where to stop for a bite to eat. By the time you pull into the driveway, the relationship ought to have transformed from keenly interested spectator and athlete back to parent and child:

"We loved watching you play. … Now, how about that homework?"

FIVE SIGNS OF A NIGHTMARE SPORTS PARENT
Nearly 75 percent of kids who play organized sports quit by age 13. Some find that their skill level hits a plateau and the game is no longer fun. Others simply discover other interests. But too many promising young athletes turn away from sports because their parents become insufferable.

Even professional athletes can behave inappropriately when it comes to their children. David Beckham was recently ejected from a youth soccer field for questioning an official. New Orleans radio host Bobby Hebert, a former NFL quarterback, publicly dressed down LSU football coach Les Miles after Alabama defeated LSU in the BCS title game last month. Hebert was hardly unbiased: His son had recently lost his starting position at LSU.

Mom or dad, so loving and rational at home, can transform into an ogre at a game. A lot of kids internally reach the conclusion that if they quit the sport, maybe they'll get their dad or mom back.

As a sports parent, this is what you don't want to become. This is what you want to avoid:

• **Overemphasizing sports at the expense of sportsmanship:** The best athletes keep their emotions in check and perform at an even keel, win or lose. Parents demonstrative in showing displeasure during a contest are sending the wrong message. Encouragement is crucial -- especially when things aren't going well on the field.
• **Having different goals than your child:** Brown and Miller suggest jotting down a list of what you want for your child during their sport season. Your son or daughter can do the same. Vastly different lists are a red flag. Kids generally want to have fun, enjoy time with their friends, improve their skills and win. Parents who write down "getting a scholarship" or "making the All-Star team" probably need to adjust their goals. "Athletes say their parents believe their role on the team is larger than what the athlete knows it to be," Miller says.
• **Treating your child differently after a loss than a win:** Almost all parents love their children the same regardless of the outcome of a game. Yet often their behavior conveys something else. "Many young athletes indicate that conversations with their parents after a game somehow make them feel as if their value as a person was tied to playing time or winning," Brown says.
• **Undermining the coach:** Young athletes need a single instructional voice during games. That voice has to be the coach. Kids who listen to their parents yelling instruction from the stands or even glancing at their parents for approval from the field are distracted and can't perform at a peak level. Second-guessing the coach on the ride home is just as insidious.
• **Living your own athletic dream through your child:** A sure sign is the parent taking credit when the child has done well. "We worked on that shot for weeks in the driveway," or "You did it just like I showed you" Another symptom is when the outcome of a game means more to a parent than to the child. If you as a parent are still depressed by a loss when the child is already off playing with friends, remind yourself that it's not your career and you have zero control over the outcome.

FIVE SIGNS OF AN IDEAL SPORTS PARENT
Let's hear it for the parents who do it right. In many respects, Brown and Miller say, it's easier to be an ideal sports parent than a nightmare. "It takes less effort," Miller says. "Sit back and enjoy." Here's what to do:

• **Cheer everybody on the team, not just your child:** Parents should attend as many games as possible and be supportive, yet allow young athletes to find their own solutions. Don't feel the need to come to their rescue at every crisis. Continue to make positive comments even when the team is struggling.
• **Model appropriate behavior:** Contrary to the old saying, children do as you do, not as you say. When a parent projects poise, control and confidence, the young athlete is likely to do the same. And when a parent doesn't dwell on a tough loss, the young athlete will be enormously appreciative.
• **Know what is suitable to discuss with the coach:** The mental and physical treatment of your child is absolutely appropriate. So is seeking advice on ways to help your child improve. And if you are concerned about your child's behavior in the team setting, bring that up with the coach. Taboo topics: Playing time, team strategy, and discussing team members other than your child.
• **Know your role:** Everyone at a game is either a player, a coach, an official or a spectator. "It's wise to choose only one of those roles at a time," Brown says. "Some adults have the false impression that by being in a crowd, they become anonymous. People behaving poorly cannot hide." Here's a clue: If your child seems embarrassed by you, clean up your act.
• **Be a good listener and a great encourager:** When your child is ready to talk about a game or has a question about the sport, be all ears. Then provide answers while being mindful of avoiding becoming a nightmare sports parent. Above all, be positive. Be your child's biggest fan. "Good athletes learn better when they seek their own answers," Brown says.
And, of course, don't be sparing with those magic words: "I love watching you play."

Tapply-Thompson Community Center

Basketball Parent

Form Review Verification

(honor system, you do not need to turn this in)

We, _____, have reviewed the TTCC Basketball Code of Ethics, School Use Guidelines, Discipline Policy and League Rules for the level at which we are participating.

We understand and agree to abide by these guidelines and rules as a participant of the TTCC Basketball Program. We understand that violation of any of the above listed documents could be cause for disciplinary action. We sign below understanding that we are not only signing for ourselves but for all family members or friends that may come out to enjoy my child's youth sporting experience. (Please be sure to inform all those that may attend of the code of ethics & school use guidelines.)

_____

Parent Name

_____ _____

Parent Signature Date