

Playworks presents  
**4th & 5th Grade Girls' Basketball**

League Handbook

Winter 2011-12



**PLAYWORKS**

EDUCATION ENERGIZED

### League Philosophy

The purpose of our league is to provide a safe, fun and supportive environment for girls of all skill levels to learn the game of basketball. Our goal is to teach our players basic skills, teamwork and good sporting behavior. To accomplish these goals we need all coaches, players, referees, team managers and families to help create a fun and healthy sports culture for our youth.

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## Welcome to Playworks "Night Court" Basketball!

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**Our Vision:** To have all people associated with the Playworks Girls' Basketball League help to create an environment that inspires and promotes 4th and 5th grade girls to play safe, fun, positive, and cooperative basketball.

### Our League Rules:

#### RESPECT THE GAME

- Respect all players, coaches, referees, fans, gyms and equipment
  - Keep a positive attitude at all times

#### PLAY HARD

- Give 100% effort at all times (practices and games)
  - Learn basic basketball skills and rules
- Know that it is O.K. to make mistakes and always learn from them

#### HAVE FUN

- Make new friends
- Include sports and physical activity as part of your daily life
  - Always leave the gym feeling proud and confident!

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### *Mark Your Calendar!*

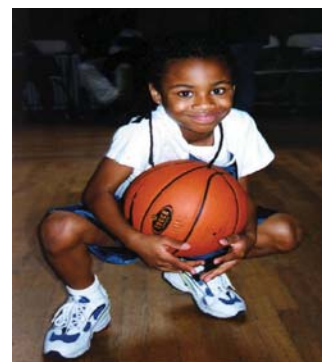
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Monday, November 14, 2011 (week of): First practice

Saturday, December 3, 2011: Extravaganza @ UP!

Monday, December 5, 2011 (week of): First games!

Monday, January 30, 2012 (week of): Last games!



In creating this developmental league, Playworks has placed the emphasis on skill development, team concepts, and increasing the players enjoyment and understanding of an official basketball game. In order to do this, we have modified some of the basic rules of the game (see below). The referee will not call every violation, and will serve as a teacher on the court to both teams to help build the players' awareness of the rules of an official game. Within this developmental league, when a call is made, the referee will explain the violation to the players. As the season progresses the referees will call more infractions, and take less time to explain as the players become more confident. All coaches, players and spectators are asked to respect this method.

Players are expected to play hard within the rules of the game and of this Playworks league. They must keep a positive mental attitude, and demonstrate self-control during games and at practices. Negative language, name calling, cursing, aggressive body language and fighting will not be tolerated, and are all grounds for removal from the game and/or the league altogether. Players will be reminded of the rules and expectations before the start of each game.

**Our expectations for adults are the same!** We appreciate your support in setting a good example for the girls and helping to create a positive sports culture for our youth!

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## Respect the Game! Play Hard! Have Fun!

**DEFENSE:** No back court press is allowed. When the ball changes possession, the team on defense must immediately turn and run back behind the 3-point line. Defensive players can not cross the 3-point line while defending. If a player defends outside the 3-point arc, play will be stopped and the ball will be returned to the other team. Players can shoot and defend 3-point shots.

During the first half of the season, teams must play zone defense. For the second half of the season, teams may use a zone defense, player to player, or a combination of the two.

**TECHNICAL FOULS:** Technical fouls can be given to any player or team who demonstrates any negative sporting behavior (including physical or verbal disrespect towards other players, coaches, referees, or fans). Upon receiving a technical foul, the player will be substituted out of the game for the remainder of the quarter. The opposing team will gain possession of the ball and no fouls shots will be taken. If a player receives two technical fouls in a game, the player will be removed from the game and will sit out a game the following week.

We hold our fans and coaches to the same standard as our players. Any negative sporting behavior from a fan/coach will result in a technical foul and he/she will be asked to leave the gym.

**JUMP BALL:** A Jump Ball is called when two players get tangled with the ball or when the referee cannot see who last touched a ball before it goes out of bounds. On a Jump Ball, possession is awarded on the basis of a game of Rock Paper Scissors (played by one player from each team).

**PERSONAL FOULS:** Any bodily contact, intentional or not, is a Personal Foul. The referee can call an offensive foul (on the player or team with possession of the ball), defensive foul (on the player or team without possession of the ball), or a double foul (on both players or teams involved in the game).

In all Personal Fouls the clock is stopped and possession of the ball is awarded to the fouled team.

**STEALING:** Defensive players must play with their hands out and/or up, and taking the ball from a player who is in possession (dribbling or holding) is NOT allowed. The ball can be 'stolen' if it is in the air or on the floor.

**3-IN-THE-KEY:** 3-In-The-Key is called when an offensive player stands in the area under the basket for more than 3 seconds. This rule will not be enforced initially. However, if the level of play indicates the players are ready for it, it will be called.

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## Game Time – Game Time – Game Time – Game Time – Game Time

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### Pre-Game

- 8 min. Warm-ups
- 2 min. Coach Time
- 5 min. Announcements

### Game Time

- 6 min. 1st Quarter
- 2 min. break
- 6 min. 2nd Quarter
- 5 min. Halftime
- 6 min. 3rd Quarter
- 2 min. break
- 6 min. 4th Quarter
- 2 min. Team Cheers and Shake Hands

1. Starting: We will make every effort to get games started on time. Pre-game announcements will begin after 10 minutes of warm-ups. All players should be quietly sitting on the bench listening to the announcements. Players should be at the gym fifteen minutes before game time, but no sooner.
2. Format: Games will be made up of four quarters (following the format to the left) with a running clock. Score will not be kept during any games throughout the season. This is not intended to undermine the competitive spirit of the participants involved, but instead to emphasize learning and skills development. We ask that ALL participants and supporters respect this.
3. Facilities/Gym space: We appreciate your help in respecting the spaces that have been made available to us for this league. Please know that **NO food or drinks** (other than water) are allowed inside the gyms. Also, please keep track of any children in your care, and be sure they are not leaving the gym unsupervised, so as not to disturb other programs happening in the building(s). Please let your players know these expectations and help us to enforce them.
3. After the Game: All players **MUST** line up and shake hands with the other team at the end of each game. If any player does not participate in the handshake line, they will not play in their next game. At the end of the night, please make sure players leave the gym with all of their belongings. After the last game each night, we would appreciate any help with folding up and putting away chairs.



*Players from Grout and Bridger announce their teams!*



*Dribbling skills!*



*Getting pumped for the game!*

## What is Playworks?

Playworks is a national non-profit organization whose mission is to improve the health and well-being of children by increasing opportunities for physical activity and safe, meaningful play.

We work with local elementary and K-8 schools to provide play based programming both during school and after. Our programs emphasize skill-building, inclusive play and healthy physical activity.

We believe that positive sports programming helps kids of all ages and abilities to learn basic athletic skills, gain body awareness, build self-esteem and confidence, develop social skills and make friends.

Learn more at [www.playworks.org/portland](http://www.playworks.org/portland)

Or contact us at 503.928.8684



*Players from all teams at the 2010 Extravaganza!*



### Top 5 Reasons why girls play sports:

1. **To Have Fun**
2. **To stay in shape**
3. **To get exercise**
4. **To improve skills**
5. **To do something they are good at**