

Plymouth JR ABA

Coaches Information Meeting
Rules and Regulations

General Info

- Most important to have fun
- Get Team parent to help you
- Have meeting with team and go over what you expect and how to handle communications
- Help League Commissioners in getting ready for games
- Get parents to help with clock and book

Red Portfolio Contents

- Dicks Sporting Goods Packet
- Coaches List (team number)
- Picture Packet
- Picture Schedule
- Master Game Schedule
- Rules
- Playing time (one blue page)
- Practice schedule one page

Commissioners

- Seniors 12 1nd 13
 - Jon Gatta 610-825-8243
 - Greg D’Cinque 610-275-6898
 - Bill Versak 610-277-0836
 - Steve Purdy 610-397-0171
 - Matt Mingione 610-825-2794
 - Jay Frankhauser 610-272-2572

- Varsity 10-11
 - Rob Tredinnick 610-613-1940
 - Sonja Sanders 610-270-0763

- Junior Varsity 9-10 and *Intermediate League 5,6 and 7
 - Bob Becker 215-643-3690
 - *Snapp Lewis 610-275-9759
 - Patrick Gibbons 610-239-9798

Uniforms

- Give out after practice in lobby
- Give out sizes not numbers
- Return at end of year in container provided
- Collect ASAP if player drops or is not showing up
- Use for games only Please
- Call Debbie Garnett at 610-941-5538 if you have problems
- Girls will get “T” shirts compliments of the League. They get to keep them. JV thru Seniors
- Intermediate League will get “T” shirts that they can keep
- Trunks must be returned

Practice

- Call league commissioner if you cannot practice at least 1 day in advance
- If school closes practices are cancelled
- Show up before team and stay until last player is picked up
- DO NOT LET STRANGERS THAT YOU DO NOT KNOW IN GYM. ASK THEM TO LEAVE
- Keep practices organized. Scrimmaging is poor way to practice
- Do not let players interfere with practices
- Missing for football ok to a point
- Careful at Plymouth Elementary

Game Dates by League

- Intermediate

- Sat mornings at GPCCC – 2 games at same time- 8:30-9:30 and 10:30 AM finish by 11:30. Starts Dec 4

- Junior Varsity

Friday evenings at CMS, Saturdays at GPCCC starting at 12 PM and finishing by 5:15 PM and Sundays at CMS in the afternoon. Starts Fri Dec 3

Game Dates by League

- Varsity

All games at CMS. Thurs eve , and Sat and Sun
with some Fridays

Seniors

All games at CMS. Wed eve , and Sat and Sun.

We may play some games at the high school if
we have problems

Game Conditions

- Intermediate 8 foot basket with Junior Bidy basketball
- Junior Varsity 8 and ½ foot basket with Official Bidy basketball
- Varsity 9 and ½ foot basket with Official Bidy basketball
- Seniors 10 foot baskets with Official Men's basketball

League Schedule

- Seniors, Varsity and JV
 1. Each team plays 12 games
 2. For League Championship: 1st place plays 4th place and 2nd place plays 3rd place. Winners play for championship
 3. Separate Playoff championship – Teams ceded by standings – ties broken by tie-breaker rules– Single elimination tournament
- Intermediate will play 9 games

Playing Time

(forfeiture if Violated)

- All players must play 1 and ½ quarters in each game unless they are 1. late, 2. injured, 3. ejected from game and 4. foul out of game.
- If 10 or more players are present for game no player may play in more than 1 and ½ quarters within the first 3 quarters.
- Seniors, JV and Varsity: If 7 to 9 players show up for game then the **five** top ranked players cannot play in more than 1 and ½ quarters within the first 3 quarters.
- Seniors, JV and Varsity: Players ranked 4 and 5 should play in 2nd quarter and 2nd part of 3rd quarter.

Playing Time (forfeiture if Violated)

- Intermediate: If 7 to 9 players show up for game then the **Three** top ranked players cannot play in more than 1 and ½ quarters within the first 3 quarters.
- Use Playing Time chart. It illustrates on how to best play your players. Go over chart and explain what to do if player(s) are missing
- If 7 players show up you may have to play with 4 players.

Frozen Players and Team Balance

- Each team gets 3 Frozen players to start season and will be ranked 1, 2 and 3
- Frozen players must only play in 1st quarter and first part of 3rd quarter. DO NOT MAKE MISTAKE FORFEIT WILL RESULT.
- After about 3-games frozen players and team balance will be evaluated and if necessary changes will be made
- Players ranked at start of season 1 to 10

Frozen Players and Team Balance

- Changes consist of freezing more or less players and/or changing rankings of players.
- All players will be ranked from 1 to 10
- League Commissioners please check scorebook prior to start of a quarter for the first few games

JV and Varsity Players

- Intermediate, JV and Varsity players are allowed to play in JV, Senior or Varsity leagues if less than 10 players are present in order to prevent forfeit.
- **Will have Player Pool in order to prevent a forfeit**
 - Intermediate, JV and Varsity Commissioners will maintain a rotating player pool (Bob Becker, Snapp Lewis and Rob Tredinnick). Call them if you need a player.
- Keeps JV, Senior and Varsity league teams from a forfeit.
PLEASE REMEMBER THIS
- Do not be surprised. Make sure you inform parents about communicating with you if they will not show up

Game and Time Outs

JV, Varsity and Seniors

- 3rd quarter divided in half
- Seniors ,Varsity and JV 6 minute quarters
- Senior league will play 7 minute quarters for all playoff games
- Overtime is 3-minutes for Seniors and Varsity and 2-minutes for JV
- Five Time outs are (3 Full and 2, 30-second)

Game and Time Outs

Intermediate

- Intermediate 12 minute running clock except for injury
- Time starts when players are entered into scorebook and entering the court to play
- 3rd quarter divided in half. 6-minute running clock
- One time out per quarter with no carry over.
- If game is tied at end of 4th quarter it will remain a tied game. No overtime

Forfeitures

- Forfeit under following conditions: 1. Less than 7 players are present at start of third quarter, 2. Ineligible players are used, 3. Both coaches decided to violate the rules (both will get a forfeit)
- Game will be played with running clock
- Coach may appeal a forfeiture to the Executive council but must be within 72-hours and in writing with reasons for appeal
- Executive council will rule on all forfeitures

Game Time and Time outs

- Seniors and Varsity

6 minutes for 1st 2nd and 4th quarter – 3 minute quarters for 3rd period

3 minutes for overtime

- JR Varsity

6 minutes for each quarter and 2-minutes for overtime. – 3 minute quarters for 3rd period. 2 minutes for overtime

- Intermediate

12 minute running clock except for No overtime game tied

Pressing Rules

- No pressing for all leagues if 4 or less players are on the court
- JV League. No pressing allowed in the backcourt during first 3 quarters under the following 3 situations: 1. Basket is made, 2 foul shot is made and 3. Dead ball pass in backcourt. **PRESSING IS ALLOWED AFTER MISSED BASKET OR TURNOVER IN BACKCOURT**

Pressing Rules (continued)

- Varsity League. No pressing allowed in the backcourt during first 2 quarters under the following 3 situations: 1. Basket is made, 2 foul shot is made and 3. Dead ball pass in backcourt. **PRESSING IS ALLOWED AFTER MISSED BASKET OR TURNOVER IN BACKCOURT**

Pressing Rules

- JV League – Pressing is allowed in all of 4th quarter
- Varsity League – Pressing is allowed in all of 2nd half.
- Intermediate League – pressing only allowed in last 2 minutes of game – Must be man-to-man press. NO ZONE PLAY ALLOWED IN INTERMEDIATE LEAGUE. PLEASE DO NOT TEACH BLOCKING UP THE MIDDLE

Pressing Rules

- No full or half court press allowed when team is ahead SENIORS, VARSITY by 20 points, JV by 15 points and INTERMEDIATE by 8 points.
- Pressing can resume when lead is cut to 15 points VARSITY 10 points JV and 4 points INTERMEDIATE
- Penalty is: Offensive team gets ball under their own basket.
- Team drops back to 3 point circle

Intermediate league

- Man-to-Man is the only defense allowed
- Must pick up player at half court
- Weak side help allowed
- Please do not clog up middle without guarding a player
- All Male Coaches must referee games in this program unless you cannot physically perform

Forfeiture Procedure

- Forfeitures must be submitted within 72-hours of the violation. Appeal of forfeiture by coach must be made within 72-hours of being notified of forfeiture.
- Executive Council is only one allowed to forfeit a game
- Forfeiture under following conditions:
 1. Less than 7-players present for start of 3rd quarter
 2. Frozen (ineligible) player played in 2nd or 2nd part of 3rd quarter
 3. Player does not play minimum playing time within the first 3 quarters
 4. Both coaches decide to violate the rules. This will be a double forfeit.

Player Injury

- If a player is injured or ill and has to come out the player will be replaced with lowest ranked player on the bench (first 3 quarters, Only)
- If a coach comes out on the court for an injury then the player must be removed for at least one play and replaced with the lowest ranked player on the bench unless the coach takes a time out
- If a player is ejected during the first 3 quarters then player must be replaced with the lowest ranked player on the bench

Ejections and Decorum

- Any coach, assistant coach player or fan ejected from the game will miss one game for the first infraction, three games for the second and the remainder of the season for the third
- Any coach, assistant coach player or fan ejected from the game must leave the facility and surrounding area immediately. Game will be held up until the leave.
- It should be noted that ejections can occur after the game is completed

Other Rules

- The referees are responsible for the correct time and score. Their decision cannot be appealed
- Any type of defense is allowed in the Senior, Varsity and JV league. Man-to-man is encouraged
- No 3-point baskets allowed in Intermediate league they will count as 2-points if made
- Man-to-man defense must be played in Intermediate

Other Rules

- Pressure defense violations – Ball is blown dead and Offensive team gets ball under their offensive basket
- Player fouls out on 6th foul
- 5-second closely guarded rule does not apply in Intermediate league
- Only one coach is allowed to stand and roam the side line

All Star Teams

- League Commissioners and Travel Team coach will decide who makes the team. There are no tryouts
- No player is allowed to play on more than one All Star Team
- No player can continue to play on an All Star team if they do not continue to play on their league team.

All Star Teams

- Plymouth JR ABA does not charge parents for players making travel team
- Parents must help with the tournament for a player to continue to play on the team
- There is Mandatory playing time for All Star teams of one quarter
- Will evaluate talent in league before deciding.

Other Events

- Winners Banquet for JV, Varsity and all Travel teams
- Date to be determined
- Pictures on Sat December 18. COACH TO PASS OUT ENVELOPE TO PARENTS. Get team parent involved
- Lottery tickets to be collected during January. Please collect and turn in ASAP. KEEP REMINDING TEAM. ONLY FUND RAISER

Teams

- Please call ASAP – do not wait – even if you do not have a practice this week –please – serious problems could result
- If family cannot practice because of religious reasons get in touch with commissioner immediately. These are tough moves to make at this point
- If we have to move a players because of conflicts please cooperate
- Team balance is done as best we can – Religious dates, brothers/sisters, driving pool and other factors make it very difficult to get it right.