



CITY OF HARRISONBURG

**PARKS
& REC**

U10 Basketball Guidelines and Rules



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Article 1: Mission/ Values Statement

City of Harrisonburg Mission Statement

The City of Harrisonburg preserves and enhances the quality of life that is unique to our community by:

- Promoting a partnership between our citizens, elected officials and city employees.
- Protecting the health, safety and general welfare of all citizens.
- Planning for the orderly and efficient development of the community.
- Identifying concerns, problems, and opportunities and taking action to address them.
- Selecting, training, motivating and retaining highly qualified employees.
- Creating an organizational environment that fosters integrity, encourages continuous improvement, maintains safe working conditions and promotes individual and team achievement.

Harrisonburg Parks and Recreation Values

- Integrity- We are committed to taking initiative, being accountable, and adhering to our mission vision and values.
- Teamwork- We engage in effective communication to build professional and respectful relationships while being open minded to and welcoming of diverse perspectives.
- Innovation- We utilize technology, processes, and protocols of operation to enhance efficiency and pride in our organization’s ability to be a leader in Parks and Recreation.
- Safety- We are proactive in creating a safe working and recreational spaces for our employees and community.
- Public Service- We provide consistent quality service by building relationships through diverse opportunities that appeal to our community.

Article 2: League contacts

Athletics Coordinator	Steven Hollister	540-433-9168	Steven.Hollister@harrisonburgva.gov
Athletics Coordinator	Courtney Carawan	540-433-9168	Courtney.Carawan@harrisonburgva.gov
Athletics Manager	Erik Dart	540-433-9168	Erik.Dart@harrisonburgva.gov

Article 3:

U10 Basketball League Guidelines/ Ages 9-10: Below are the standards and rules in which this league will operate. All these rules are based on USA Basketball recommendations with some modifications. These shall serve as guidelines for those playing, coaching, officiating, and administering. Some rules may be modified during the season if the league administrator sees it is in the best interest of the participants.

Equipment and Court Specifications

Size of Ball	28.5"
Height of Basket	10 feet
Court	Full Court
Distance of Free Throw Line	13' and 14'

Game Structure

Game Length	Four 8-minute periods
Substitutions	Every 4 minutes of first 3 quarters, in a dead-ball situation (this is not a timeout)
Time Between Periods	1 minute
Extra Period	N/A
Scoring	<ul style="list-style-type: none">• Free throw: 1 point, all field goals: 2 points, no 3-point field goals• Shooting fouls shall result in 1 automatic point, preceded by 1 foul shot
Timeouts	<ul style="list-style-type: none">• Two 60-second timeouts permitted per half of play• Unused timeouts do not carry over to the next half
Start of Game Possession	Jump ball
Fouls	Each player is limited to 4 fouls. If they exceed that (5 th foul) they will be required to be on the bench for the remainder of the game.

Game Tactics

Playing Time	Equal playing time (substitutions on 4-minute mark of each quarter)
Set Defense	Only player-to-player defense throughout the game
Pressing Defense	<ul style="list-style-type: none">• Only allowed in the 4th quarter• Leading team may not press beyond half court when leading by 10 points or more
Double-Team/Crowding	Double-team/crowding is not allowed at any point in the game
Stealing from the Dribbler	Coach discretion throughout the game

Highlighted Game Play Rules

Backcourt Timeline	10 seconds
Shot Clock	N/A
5 Seconds Closely Guarded	Only when offensive player is holding the basketball
Clock Stoppage	<ul style="list-style-type: none">• Running clock until the final minute of the first half, final 2 minutes of the second half• Substitutions• Timeouts• Injury
Length of Time for a Free-Throw	10 seconds
Advancement of Ball	N/A (No ball advancement will be allowed)
Unsportsmanlike or Technical Foul	<ul style="list-style-type: none">• Players will automatically be ejected from game• Coaches who receive 2 in a game, must exit the facility

Article 4: Rationale

- Substitution rules:
 - This helps ensure all participants are having an opportunity to experience the game with equal and fair playing time.
 - Not having a substitution rule in the 4th quarter allows an introduction of competition but, still allows player development to be the emphasis at every game.
- Set defense:
 - The requirement of player-to-player defense encourages physical activity/movement, while promoting skill development related to guarding a player both on and off the ball.
- Clock stoppage:
 - The balance of clock stoppage allows for better game flow, and proper substitution of players.
- Points for fouls:
 - This discourages fouling due to automatic points and retaining possession.
 - Decreases idle time standing and watching free throws.
 - Increases game flow.
- No 3-point line
 - This will encourage players to shoot from a more development appropriate range.
- No ball advancement
 - This will allow development to remain the focus of this league, rather than competitiveness.

Article 5: Sportsmanship Policy

- Spectators that show poor sportsmanship including, booing, harassing officials, arguing calls, negative behavior or comments, or threats or obscene gestures shall be given 1 warning, and then ejected from the facility. Play will not resume until spectator has exited. If they refuse to leave, the game will end, and the individual will be issued a suspension notice which will apply to all Harrisonburg Parks and Recreation facilities and parks.
- Cheering in a positive manner for both teams is highly encouraged. Remember, it takes a lot of nerve for our players to get in front of a crowd and PLAY. Please remember this during the game and help us build the positive experiences through the game of basketball.
- Please refrain from coaching our players from the bleachers during games. We have coaches who volunteer their time to do this, let them coach! This is also very distracting to our players. Again, don't be the reason for increased anxiety to our players.

Article 6: Registration

- Registration information may be found once our September-December Activity Guide has been released.
- All league information can be found at www.harrisonburgva.gov/basketball.
- Please make sure all requested information has been completed.

Article 7: Practices

- Teams will have 4-6 scheduled practices prior to the season starting.
- Practices will last no more than 1 hour.
- Practices will be held at the Simms Center at 620 Simms Avenue, Harrisonburg, VA 22802.
- Teams will have various scheduled practice times throughout the season.

Article 8: Game Day

- Please arrive 20 minutes prior to the start of the game.
- Uniforms will be provided for each team.
 - It will be the responsibility of each participant or parent to have the uniform washed and returned at end of season
- Teams will be allowed a minimum of 10 minutes to warm-up prior to their game.
- Games will be scheduled Saturdays
- Officials will utilize VHSL basketball rules with a few modifications listed in these guidelines. Please be respectful of all official calls.
- ONLY water will be permitted in our gymnasium.
- Parents/guardians are responsible for the supervision of their children that accompany them to the games.

Article 9: Game Cancellations or Postponements

- For inclement weather notifications, please use the following resources:
 - HPR Athletics Facebook: www.facebook.com/hprathletics
 - Twitter: www.twitter.com/HburgParks
 - Email (please ensure we have an accurate, updated email address upon registration)
- In the case of inclement weather, see below to see how your class or activity will be affected:
 - If the City of Harrisonburg Public Schools are closed all day:
 - All Parks and Recreation programs, classes and events are cancelled.
 - If the City of Harrisonburg Public Schools close early:
 - All Parks and Recreation programs, classes and events will be cancelled at the same announced time of City of Harrisonburg Public School closing.
 - In the event of inclement weather when City of Harrisonburg Public Schools are not in session or a non-school day:
 - The Parks and Recreation Department reserves the right to cancel programs and close facilities should weather conditions warrant. Notifications of cancellations and closings will be made through the above listed Facebook and Twitter page.

Article 10: Team Selection

- Teams will be organized and divided by age and school.*** (skills night)
- Volunteer coaches, who have children in the program, will be automatically assigned their own children.
- Siblings will be placed together on the same team, if in the same age division.
- Participants and parents may not request to be placed on a specific team
 - This is to help prevent an imbalance of talent.

Article 11: Resources

- Additional information concerning registration, schedules, ages divisions, etc. can be found at www.harrisonburgva.gov/basketball.
- Athletics Facebook: www.facebook.com/hprathletics
- Team specific information can be directed toward each team's volunteer coach.