



CITY OF HARRISONBURG

**PARKS
& REC**

2023 U6 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	Courtney Carawan	540-433-9168	Courtney.Carawan@harrisonburgva.gov
Athletics Coordinator	Steven Hollister	540-433-9168	Steven.Hollister@harrisonburgva.gov
Athletics Manager	Erik Dart	540-433-9168	Erik.Dart@harrisonburgva.gov

Article 3:

U6 Basketball League Guidelines: Ages 5-6: Below are the standards and rules in which this league will operate. Many of these rules are based on USA Basketball recommendations. These shall serve as guidelines for those 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	27.5
Height of Basket	8 feet
Court	Cross Court
Distance of Free Throw Line	10' or 12'

Game Structure

Game Length	Four 8-minute periods
Substitutions	Every 4 minutes, in a dead-ball situation (this is not a timeout)
Time Between Periods	1 minute
Extra Period	No extra periods
Scoring	<ul style="list-style-type: none">• No score will be kept• Free throw: kids will shoot 1 shot only on shooting fouls, all players but shooter must be behind half court and regardless of a miss or make possession changes and the team will inbound the ball under the free throw shooters basket
Timeouts	<ul style="list-style-type: none">• No timeouts
Start of Game Possession	Coin flip. Team awarded possession starts with throw-in at half court

Game Tactics

Playing Time	Equal playing time
Set Defense	Only player-to-player defense throughout the competition
Pressing Defense	No pressing for this age division
Double-Team/Crowding	Double-team/crowding is not allowed throughout game
Stealing from the Dribbler	Defense must be behind halfcourt, after the dribbler crosses halfcourt and are picked up by their defender the ball may be stolen if possible

Highlighted Game Play Rules

Backcourt Timeline	N/A (all defenders must be beyond the half court line for offense to advance)
Shot Clock	N/A
5 Seconds Closely Guarded	N/A
Clock Stoppage	<ul style="list-style-type: none">• Running clock entire game• Substitutions at each 4-minute interval• Timeouts• Injury
Length of Time for a Free-Throw	N/A
Advancement of Ball after a Timeout	N/A
Unsportsmanlike or Technical Foul	Player behavior will be monitored by the coach/administrator and "cooldown" periods for the player will be utilized. If behavior does not improve, the player will be removed from the day's activities

Article 4: Rationale

- Elimination of the 3-point field goal:
 - Encourages players to shoot from within a developmentally appropriate range and develop proper mechanics/form.
- Distance of free throw line:
 - The 10-foot or 12-foot free throw distance helps develop proper form and increase success.
- Size of ball:
 - Usage of a smaller basketball is due to the size of a child's hand as well as their developing skill level.
 - A smaller ball allows for better control and success.
- Start of the game possession:
 - The coin flip to start the game will mitigate the differences in height and coordination among players.
 - Alternating possessions will take place throughout the rest of the game.
- Substitution rules:
 - This helps ensure all participants are having an opportunity to experience the game with equal and fair playing time.
- 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.

Article 5: Sportsmanship Policy

- Spectators that show poor sportsmanship including, booing, harassing administrators or coaches, 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 1-3 scheduled practices prior to the first game.
- Practices will last no more than 45 minutes.

- Practices will be held at the Community Activities Center at 305 S. Dogwood Drive, Harrisonburg, VA 22801.
- Teams will have various scheduled practice times throughout the season.

Article 8: Game Day

- Please arrive 10 minutes prior to the scheduled start time of the game.
- Team t-shirts will be provided for each team. Players must wear them on game day to play.
- A game schedule will be sent out once finalized.
- Coaches will be on court and officiating their own games as well as helping the game flow.
- Only water is 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.
- Volunteer coaches, who have children in the program, will be automatically assigned their own children.
- Siblings will be placed together on the same team as long as they are in the same age group.
- Teams may not be requested.

Article 11: Resources

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