



City of Milford, Connecticut

Recreation Department

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www.milfordrecreation.org

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DEVELOPMENTAL BASKETBALL LEAGUE - RULES & REGULATIONS

The Milford Recreation Department reserves the right to make any decisions it feels to be in the best interest of the league, the Milford Recreation Department and/or the City of Milford.

FEE:

1. Administrative Fee: \$40.00 per child (Payable to City of Milford) – This fee includes shirt (if registered prior to established deadline).

ELIGIBILITY: Boy's and Girl's must be in 2nd or 3rd grade.

1. All players must be full-time residents or their parents must be real estate taxpayers in the City of Milford.
2. All efforts will be made by the league director to create teams based upon the child's school and/or their geographic area. All requests by parents and/or coaches are not guaranteed and the final decision is at the League Director's discretion.

COACHES:

1. Recreation Department shall provide each coach with:
 - A. A roster of his/her current players including necessary contact information
 - B. A whistle
 - C. Rules & Regulations (additional resources available upon request)
 - D. A team t-shirt
2. After all teams are created the Coaches shall be responsible for the communication with players and parents alike. Coaches shall be responsible for communicating his/her contact information to the parents.
3. Coaches may be responsible for attending a preseason meeting/clinic.
4. Coaches shall be responsible for establishing a 15-minute practice/lesson prior to the start of the game.
5. Coaches shall have a solid understanding of the rules and fundamentals of the game of basketball so he/she may be confident in refereeing.
6. Upon making a call as referee is it expected that an explanation be given of why the whistle was blown, citing the violation and showing by example what is correct & incorrect.
7. Coaches shall never yell, intimidate, or belittle his/her players. Such conduct will not be tolerated. Coaches should always act in a polite, sportsmanlike way – leading by example, thus become a role model.
8. Coaches shall be responsible for rotating his/her players in as equally as possible.
9. A **maximum** of three (3) coaches (including assistants) will be allowed on team bench or on gym floor during games. ALL COACHES MUST SUBMIT AN APPLICATION GRANTING PERMISSION TO CONDUCT A BACKGROUND CHECK.

TEAMS:

The Recreation Department/League Director based upon parent/coaches requests creates the teams in the League. If there are no requests the children are grouped by school and/or age. Although we try to honor all requests we can never guarantee them. All teams have a ten-player maximum. This number is what we deem to be in the best interest of the league and its participants as a whole. It creates the best environment for teaching in two small groups in addition to easy substitutions. Teams are not to exceed 10 players, even if the "coach says its ok." In making such a decision it would compromise the other 10 children's ability to learn and actively participate. Therefore, the league does not permit coaches to levy such decisions. Strict enforcement of this rule is the responsibility the league has to all of its participants.

THE PRACTICE/GAME:

The first thing coaches should do upon arrival is talk to each other with your intensions. What you are teaching, how you are going to ref, how long you are going to practice, basically what's important to you, etc.

1. Each game shall consist of a 15 to 20 minute instructional practice/lesson followed by a simulated game. Coaches should establish/ agree upon a "half-time" to take a short break. Total court time shall be 58 minutes (these 2 minutes will allow us to stay on schedule). Please make sure your team gathers their belongings and exits the gym floor immediately following the game. Players should get changed in the restrooms or stage/ lobby area; any post-game meetings should be anywhere but in the gym so we can stay on schedule.
2. No score or standings will be kept. No time outs are allowed and coaches may substitute freely at any whistle or stoppage.
3. Game & Practice Balls: The Milford Recreation Department will provide each team with a minimum of 2 practice balls prior to the start of each game and at half time for warm-ups. Teams/Individuals ARE NOT to bring their own basketballs into any facility. Any basketballs that are brought into a facility will be secured by the Building Supervisor and returned to the team/individual after the completion of their game. This league shall use the 28.5 women's ball and use lower than regulation nets.
4. Foul Shots: - **One foul shot shall be awarded on all shooting fouls.** There is no one and one situation. All foul shots shall be from an imaginary line three (3) feet closer to the basket (from the foul line). When a foul shot is attempted the ball will become live when it hits the rim. All players occupying the lane (awaiting the rebound) must hold their position until the ball hits the rim or backboard. In the interest of establishing/keeping the flow of the game all shooting fouls are at the discretion of the coach/referee and the ball may simply be taken in from out of bounds. **It is recommended that you have no free throws in the first half of the game.**
5. ***THERE IS NO PRESSING OF ANY KIND. The offense shall be permitted across half court unabated.***
6. ***There are no fast breaks or baseball type passes allowed. Both the offense and the defense shall be permitted the opportunity to set-up. The coaches in a pre-game meeting shall establish how this is achieved.***

BLOOD RULE

1. A player, coach, or referee who is bleeding or has blood on his/her uniform shall be prohibited from participating further in the game until appropriate treatment can be administered

UNIFORMS:

1. All players who register by the deadline will receive a t-shirt. Those who register late do not receive a t-shirt and must provide your child with a like-colored t-shirt. If the shirt does not fit, parent must provide a like colored t-shirt as a replacement.
2. All players must wear sneakers. All players are asked not wear their "game sneakers" into the gymnasium. Please try to bring them and then change into them.
3. **Players must wear athletic pants or shorts.** Cut-offs, jeans, dungarees, etc. are not permitted.

INCLEMENT WEATHER

In case of inclement weather (snow, ice) COACHES & PARENTS should visit www.milfordrecreation.com **after 10:00 am (or anytime thereafter in the event of inclement weather during the day)**. Often we must wait until the very last minute to cancel or not cancel so unfortunately the teams playing in the first game may have short notice...we apologize in advance for the inconvenience. Also please note that clearing parking lots and sidewalks on a Sunday typically are less of a priority than clearing city streets, so if it snows on Saturday please make sure you call on Sunday...you never know. Lastly, once a decision to cancel the games is made in the morning they are cancelled permanently for that day. All efforts will be made to contact parents and coaches via email.

The Milford Recreation Department will NOT reschedule any games that are cancelled due to inclement weather or other events causing cancellation. If a week is cancelled, skip it and follow the schedule accordingly. If there an excessive amount of cancellations the League Director will revisit the issue and any decisions to reschedule any games will be communicated to the coach. If a team knows in advance that they cannot field a team, kindly contact the League Director so he may notify the other team(s). Although the Recreation Department strives to offer six to eight games, **there is no guarantee of minimum or maximum number of games. The League Director reserves the right to modify, reschedule, or eliminate any games he deems necessary to be in the best interest of the league.**

SPECIAL NOTES:

The West Shore Recreation Center established controls for its use. Our Department is asking for your cooperation in effort to maintain this facility. Please familiarize yourself as well as your players and spectators of these guidelines that are to be followed at all one of our playing sites.

1. No food or beverage allow in the gymnasium. Additionally NO running around or horseplay (PARTICULARLY SIBLINGS) is allowed in the spectator area or lobby. Space is EXTERMELY limited, please be courteous to the game in progress.
2. The Milford Recreation Department is a self-governing league that is responsible for enforcing the Rules & Regulations as outlined in this document, providing a game schedule, providing coaching resources, necessary equipment, and administration of the league.