

Emphasizing good sportsmanship, skill development, and equal participation, Page Recreation gives youth a community based, non-competitive program to learn sport specific skills and play games in a safe, organized and fun environment.

Practice

- Practice begins the week of February 4th and coaches will schedule 1-2 practices per week.
- On Meet Your Coach Day, coaches will provide parents with the practice schedule for the entire season.
February 4th: 3rd Graders and Parents at Desert View Gym 6th-8th Graders and Parents at Middle School Gym
February 5th: 4th Graders and Parents at Desert View Gym 5th Graders and Parents at Middle School Gym
- You may access the practice schedule at <https://cityofpage.recdesk.com/Community/Calendar>.
- Players are expected to attend practices and you should notify coaches ahead of time if they will be absent.

Game Schedules, Changes or Cancellations

- Game schedules are set before the season begins and posted on-line at <https://cityofpage.recdesk.com/Community/League>.
- Games will be cancelled if there is a safety risk or if Page Unified School District mandates a cancellation in their gyms.
- If games are cancelled the Recreation Department immediately contacts coaches who then notify their teams.
- Cancelled games will be rescheduled at the next available opportunity including on Fridays, other week days that the teams do not usually play, or at the end of the season.

Photos

- Your coach has set up a team photo session and will provide you with the date, time, and photo package information sheet.
- Whether you plan to purchase photos or not your child should participate in the team photos session.
- Team photos will be taken by the 2nd week of games so players will receive them before the end of the season.
- If you registered late your child's shirt may not arrive until after the group photo session. Your child should wear a shirt of the team color and participate in the group session. You may schedule your individual photo session after the team shirt arrives.
- Please communicate directly with the photographer, Olivia Benally (Nizhoni Photography) 928-640-0492, regarding photos.

Equipment

- Team jerseys are provided with registration and must be tucked in
- For safety, player may not wear jewelry, watches, hard hair clips (soft pony tail bands allowed), hats or bandanas
- For safety, gym shoes are required to play
- Bring a water bottle to keep hydrated

Parent/Guardian Responsibilities

Role Model and Mentor

- Demonstrate and require good sportsmanship and acting in a respectful manner
- Respect referees' calls and authority
- Emphasize skill building and fun over competition and winning
- Provide a positive, accepting, and fun atmosphere
- Refrain from and prohibit children from using foul language
- Pick up all trash and place in trash cans and recycling bins
- Arrive at least 15 minutes before game-time so players and teams are ready to start games on time

Safety and Supervision

- Ensure children wear required equipment, and follow all game and safety rules.
- Attend practices and games with children and supervise non-player children.
- If you drop-off your child, ensure the coach is present before you leave, and arrive at least 15 minutes early for pick-up.
- During games stay clear of the basketball goal and view games from the sidelines **opposite** from the teams.
- Prohibit children from climbing on facility features not designed for children to climb on.
- Refrain from and prohibit children from riding bikes, scooters, skateboards, skates, or other wheeled vehicles inside school facilities.
- Refrain from bringing pets inside the gyms.

Referees

- The referee is the official scorekeeper and timekeeper with each team providing an assistant scorekeeper
- One parent or other spectator from each team will assist with scorekeeping and run the clock during each game
- All referee calls are final

Rule Enforcement, Sportsmanship and Referees' Authority

- Coaches may not enter the basketball court, or question calls during games, but may use one, 1-minute timeout to ask referees to interpret rules and clarify calls.
- After one timeout for rule interpretation coaches may clarify calls at half-time or after the game but calls will not change.
- Foul play is not tolerated. Referees will stop the game and eject players for intentional pushing, elbowing, or any unsportsmanlike act including trash talk and foul language that is offensive to players, coaches, referees, or spectators. Ejected players or coaches are suspended for the remainder of the game and the following game. Anyone ejected a second time may not play for the rest of the season and referees will file a written report to the Recreation Director.
- At least one gym supervisor is present during all games to address any issues regarding games, calls, or opposing team, immediately call or text the gym supervisor at (928) 691-0209.
 - Any concerns or issues must be reported to the field supervisor at the time they occur.
 - If game concerns are not immediately reported when they occur or the issue is not able to be resolved by the on-duty gym supervisor, the person with a concern should submit a written statement to the Recreation Manager at janew@pageaz.gov before the team's next scheduled game.
 - If these procedures are not followed in reporting game concerns, it will be assumed that referees made fair calls, and all teams followed league rules and no further action will be taken by the Recreation Department.
- Any player, coach, or spectator may be ejected from the facility for refusing to follow game or facility rules, or for disrespectful, unsafe or unsportsmanlike behavior.
- Referees enforce the rules while adjusting their calls to be appropriate for the league grade levels.
- It is not appropriate or respectful to call out displeasure with referees, coaches or players.
- Gym supervisors will eject coaches, parents or others who verbally or otherwise call out referees, coaches or players.

Game Length and Timeouts

- *All Leagues:*
 - Four 8-minute running quarters with 3-minute halftime
 - Two 1-minute time-outs per game
 - One additional 1-minute time-out for overtime
- *3rd Grade* – The clock will stop only for substitutions at the 4-minute mark and for time-outs.
- *4th and 5th Grade* – The clock will stop only for substitutions at the 4-minute mark and for time-outs; the clock **will not** be stopped for free throw shots.
- *Middle School* – The clock will stop only for time-outs, free throws, and the last minute of each quarter.

Players and Coaches

- Only 5 players from each team may be on the court at a time
- If teams are unable to start with 5 players after a 5-minute grace period may start the game with 4 players
- Teams with less than 4 players after a 5-minute grace period will forfeit the game
 - All forfeited games will instead be played as a scrimmage
 - The team with more players should share players with the forfeited team to have equal team sizes
- All players must play at least 50% of each half, and no player may play the entire half unless there are no substitutes
- Two coaches, per team, may be on the bench at a time
- Both teams will sit on the same side of the court and on the **opposite** side from the parents

The Game

- *3rd – 4th grades*
 - The coach and/or referee will line up both teams so they know who they are guarding. Then the referee will have the home team take out the ball (no jump ball) at the center court sideline.
 - Jump balls will be determined by alternating possession changes, for example, the home team takes the ball out first, so when a jump ball is called, the visiting team will take the ball out then it will be home team's ball next and so on and it will be tracked by the possession arrows and/or by the scorekeepers.
 - When teams are taking out the ball from any sideline, they will have 5 seconds to pass it in. Referees will count and, after 5 seconds, will call a turnover with the ball going to the opposing team.
- *5th grade – Middle School*
 - Coaches decide who their players are guarding (no line up needed), and referees start the game with a jump ball.
 - Jump balls are determined by alternating possession changes between the teams and will be tracked by the possession arrows and/or by the scorekeepers.
 - When teams are taking out the ball from any sideline, they will have 5 seconds to pass it in. Referees will count and, after 5 seconds, will call a turnover with the ball going to the opposing team.

Scoring, Ties and Standings

- *3rd Grade*
 - No scores or standings kept

- One parent or other spectator from each team will help run the time clock during each game
- 4th Grade, 5th Grade and Middle School
 - Scores and standings kept. If there is a tie, there will be a 3-minute overtime with the clock stopping only for a 1-minute time-out.
 - One parent or other spectator from each team will assist with scorekeeping during each game

Offense

- 3rd Grade
 - Teams are **not** allowed to set screens (also known as picks) when running plays
- 4th Grade, 5th Grade and Middle School
 - Teams will be allowed to set screens (also known as picks) when running plays but may not use them to double team.

Defense

- 3rd, 4th, and 5th Grades
 - Teams must play a man to man defense picking up their man at the half court line; this includes after a rebound or steal
 - No fast breaks
 - Double teaming, pressing and zone defense are not permitted
- Middle School
 - 1st and 3rd quarter - teams must play a man to man defense picking up their man at the half court line including after a rebound or steal.
 - 2nd and 4th quarter - if no team is up by more than 15 points, they may fast break and press full court man to man (players may only press their own man)
 - Double teaming and zone defense are not permitted

Playing Time and Substitutions

- All players must play at least 50% of each half, and no player may play an entire half unless there are 5 or fewer players
- If late players arrive after the 4-minute substitution break of a quarter their playing time for that half may be less than 50%
- 3rd, 4th, and 5th grades – substitutions are allowed only at the 4-minute mark per quarter
- Middle school – substitutions are allowed at any time
- Coaches are required to encourage their players to pass the ball and to work as team during games and practices

Fouls

- 3rd and 4th grade
 - Referees will call fouls, but the fouls **are not** recorded and free throws **are not** shot; After a foul is called, the ball is taken out by the opposing team at the spot nearest to where the foul occurred.
- 5th grade
 - Personal fouls **are** recorded and free throws **are** shot. Players accruing 5 personal fouls foul out and may not play for the remainder of the game.
 - Team fouls **are not** kept and no bonus free throws are shot.
- Middle School
 - Personal fouls **are** recorded and free throws **are** shot. Players accruing 5 personal fouls foul out and may not play for the remainder of the game.
 - Team fouls **are** kept, and bonus free throws **are** shot. After 5 team fouls, the fouled player has 2 bonus shots.
- In all grade levels, there are no technical fouls called. However, if a player or coach shows unsportsmanlike conduct, they will be ejected from the game. **Unsportsmanlike conduct is not tolerated.**

Warning of Calls

- 3rd – 4th grades
 - **In the first 2 weeks**, the referee will warn players of fouls, travelling, double dribbles, or back court and also warn players that they have 5 seconds to pass the ball inbound and they also have 10 seconds after the ball is passed in after a shot is made to pass the half court line and no turnovers will be called except for warnings.
 - **After the first 2 weeks**, when there is a foul, a travel, double dribble, back court or teams take longer than 5 seconds to pass the ball in, or teams take longer than 10 seconds to pass the half court line, the referee will call a turnover and the ball will change possession.
- 5th grade
 - **In the first week**, the referee will warn players of fouls, travelling, double dribbles, or back court and also warn players that they have 5 seconds to pass the ball inbound and they also have 10 seconds after the ball is passed in after a shot is made to pass the half court line and no turnovers will be called except for warnings.
 - **After the first week**, when there is a foul, a travel, double dribble, back court or teams take longer than 5 seconds to pass the ball in, or teams take longer than 10 seconds to pass the half court line, the referee will call a turnover and the ball will change possession.

- *Middle School*

- **During the first game**, the referee will warn players of fouls, travelling, double dribbles, or back court and also warn players that they have 5 seconds to pass the ball inbound and they also have 10 seconds after the ball is passed in after a shot is made to pass the half court line and no turnovers will be called except for warnings.
- **After the first game**, when there is a foul, a travel, double dribble, back court or teams take longer than 5 seconds to pass the ball in, or teams take longer than 10 seconds to pass the half court line, the referee will call a turnover and the ball will change possession.

City of Page Recreation Department Contacts (Office Hours: Monday – Thursday; 2 PM – 5 PM)

Location Page Sports Complex 477 Haul Road Page, Arizona 8604	Office (928) 645-4380 (928) 645-4380	Cell/Gym Supervisor (928) 691-0209	Mailing Address PO Box 1180 Page, Arizona 86040	
Recreation Director Jackie La New jlnew@pageaz.gov (928) 660-8457	Recreation Assistant Cheryl John cjohn@pageaz.gov	Recreation Assistant	Field Maintenance Blaine Simpson bsimpson@pageaz.gov	Community Services Director Debbie Winlock dwinlock@pageaz.gov (928) 645-4272

Healthier Snack Options

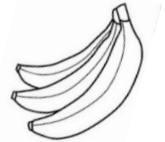
To **encourage physical activity** and **good health**, we have our kids to play in sports so they move their bodies, burn off energy, and be strong- so let's give them a snack that keeps them healthy. The best thing for kids to drink before, during, and after sports is regular water, according to the American Academy of Pediatrics. The electrolytes lost during sweat can easily be replaced with their next meal. If Every child brings a water bottle, and **parents take turns bringing a healthy snack** for after the game then parents would only have to bring the snack and not have to worry about also providing drinks. If you choose to bring any fresh fruit or vegetables, please wash it so it's ready to grab and eat. *(Please do not bring fruit roll-ups or fruit snacks, since those are mostly added sugar).* Here is a **list of suggested healthy snacks**:



Bananas
Seedless Grapes
Blueberries
Baby Carrots
No-Sugar Added Applesauce
Whole Wheat Crackers

Clementines
Apples
Mixed Berries
Celery Sticks
Yogurt Tubes

Oranges
Strawberries
Box of Raisins
Sugar Snap Peas
Low-Fat Cheese Sticks



***Please make sure you check with parents and the coach about any potential food allergies before preparing any team snack.**

