

# **EASTERN STAR CHURCH**

**2010**

**YOUTH BASKETBALL**

**LEAUGE**

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own. You were bought at a price. Therefore honor God with your body.*

*1 Corinthians 6: 19-20*

## **REALIZE**

God is holy and perfect; and we are sinners and cannot save ourselves.

## **RECOGNIZE**

who Jesus is and what He's done as our substitute.

## **REPENT**

by turning to God from sin.

## **RECEIVE**

Jesus Christ by faith as Savior and Lord.

## **RESPOND**

To Jesus Christ in a life of obedience.

## **INTRODUCTION**

This handbook of materials is designed for participants and parents to help define the role of recreation at the Eastern Star Church and JEWEL Christian Academy. We hope that our participants realize that while they practice and compete in their sport, they represent their team, coach, family, and most importantly, JESUS CHRIST. All actions should promote a CHRIST-like spirit, good sportsmanship, and a wholesome attitude and loyalty to both the team and his or her coach.

## **TO THE PARENT**

This handbook has been given to you because your son / daughter has indicated a desire to participate in our basketball league, and you have expressed your willingness to permit him / her to compete. Your interest in our basketball league for your child is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which will assist our children in their personal adjustments and developments. It is our hope to maintain a program that is sound in purpose and will further each participant educationally, physically, and spiritually.

We also feel by allowing your child to participate, that you have assumed certain responsibilities and obligations as well. We ask that you please support the scheduled practices, games, and any other demands that we may ask. The giving of your time, energies, and efforts in providing our participants with a lasting educational, physical, and spiritual experience is greatly appreciated. Our thanks, and the LORD's blessing.

As a parent, you are extremely important to the success of our programs. There are a few things of which you need to be aware of.

1. We have asked that your son or daughter seriously consider their participation on a team. We will explain to them the importance of their commitment if they choose to be part of our program. We ask that you help us help them understand how important it is to stick to their commitment that they have made for the entire season.

**CON'T**

## **TO THE PARENT**

2. Please remember that when you attend any practices and or games, that you are an Ambassador for Eastern Star Church and our program. **Please remember that a good fan focuses on encouraging and uplifting their own team and does not focus on putting down the other team, referees, coaches, and or other team members.**
3. When a problem arise, please remember to follow the Matthew 18 principle, and go first to the persons involved
4. Please be prompt when dropping off and or picking up children up from practices or games. Families that are chronically late with the pickup of their children, may result in the dismissal of their child's participation.

It is very important to remain in thought how we are the examples of our youth. We need to be aware that our youths attention is always on us, as adults. The issues that we can teach them through respect for others, our responsibilities, cooperation, forgiveness, friendliness, and our obedience to our faith in CHRIST JESUS, will far outweigh what we attempt to teach them in sports.

Please, always be mindful to conduct yourself in a way that will be pleasing to GOD, so that we may all together help create an environment where:

- Everyone can have fun
- Everyone can feel wanted and accepted
- All participants enjoy playing equally, regardless of ability or experience
- We are obedient to CHRIST's command to love one another as Brother's and Sister

**REMEMBER :**

**IT IS NOT THE OUTCOME OF THE GAME, BUT  
IT'S THE OUTCOME OF OUR CHILDREN**

## **RULES AND POLICIES FOR ALL DIVISIONS**

- Please do not bring your own basketballs. Eastern Star will provide balls needed for practices and games.
- Please leave all valuables at home, as the Eastern Star Church will not be responsible for any items that may come up missing.
- Game shirts will be provided by Eastern Star, these shirts are to be worn during every game.

### **THE SLEEVES OF THESE SHIRTS ARE NOT TO BE CUT OFF!!**

- Game shirts are to be tucked in at all times.
- Each player will be provided an opportunity to recite their memory verse prior to each game. One point will be given to a team for each player that recites the verse correctly.
- Any players that are ejected from a game, will receive a one game suspension.
- Shorts worn in practices and in games are to be waist high. (no sagging shorts)
- No players are to be added without the approval from the Commissioner and or the Director.
- Each practice will begin with prayer along with a having a 5-10 minute devotion.
- All participants are to receive at least a quarters worth of playing time, regardless of their talent, gender or experience.
- A parent volunteer may be needed to keep score for each contest.

## **Game rules:**

### **1.) Time**

<b>Juniors</b> -	(Ages 5 – 6)-----	6 Minute Quarters
<b>NCAA</b> -	(Ages 7 – 9)-----	7 Minute Quarters
<b>CBA</b> -	(Ages 10 – 13)-----	7 Minute Quarters
<b>NBA</b> -	(Ages 14 – 17)-----	8 Minute Quarters

\*We will play with a running clock in all divisions with the exception of the **CBA and NBA Divisions**, where the clock will stop during the last 2 minutes of the 4<sup>th</sup> Quarter.

### **2.) Substitutions**

Players checking in, must report to the scorers bench. Also, the substitutions must take place during a dead ball situation, and the official motions the player (s) into the game.

### **3.) Backcourt/Lane Violations**

The mid line serves as the ten second line, as well as the over and back line. (This will take place in the all divisions, except the Junior Division)

### **4.) Zone Defenses**

Allowed during the 2<sup>nd</sup> Half of **CBA & NBA Divisions ONLY!!!**

### **5.) Pressing & Trapping**

Allowed during the 2<sup>nd</sup> Half of **CBA & NBA Divisions ONLY!!**

### **6.) Steals**

Allowed in all divisions, **except for the Junior division.**

## 7.) Time-Outs

Each team is allowed **3** time outs a game, with the exception of the Junior Division in which there will be no time-outs. Only players that are in the game are allowed to call for a time out. Time outs will be 1 Minute in length.

## 8.) Overtimes

For NCAA, CBA, and NBA Divisions only. There will be a 2 Minute running clock in overtimes. The clock will stop for each whistle during the last 30 seconds.

## 9.) Fouls

Each player is allowed 5 personal fouls, with the exception of the juniors Division, where no fouls will be recorded.

## 10.) Technicals (Coaches and or Players)

Will be assessed for the following reasons: (but not limited to)

- Disrespecting an official or making gestures indicating resentment.
- Using Profanity
- Disrespecting another player or team member
- Causing Unsportsmanlike conduct or contact
- Entering the court area by a Coach or player, unless permission by an official.
- Improper shirt

**\*\*Flagrant fouls** will be assessed when the official feels that a player intentionally fouls another player without any attempt at the ball. This will result with an automatic 2 Free Throws for the offensive team, as well as possession of the the ball there after.