



# FRIDAY JUNIOR LEAGUE HANDBOOK

2018

## CONTENTS

<b>League Administration</b>	Page 3
League Breakdown	
Match Fees	
Fixtures	
Tables	
Player Qualifications and Transfers	
<b>Team Responsibilities</b>	Page 3-4
Team Organiser	
Scorer	
Score Sheets	
<b>League Regulations</b>	Pages 4-6
Timing	
Time-Outs	
Overtime	
Ring Heights	
Ball Sizes	
Free Throws	
Press	
Kit	
Colour Clashes	
Footwear	
Walkovers	
Late-Start Penalty	
Food and Drink	
Blood Rule	
Jewellery and Fingernails	
Injury to Players	
Court Discipline	
Dunking Rule	
Personal Belongings	
Insurance and First Aid	
Alcohol and Drugs	
Photography	
<b>Codes of Conduct</b>	Pages 6-7
Players	
Coaches	
Referees	
Spectators	
<b>Disciplinary Matters</b>	Page 7
<b>Complaints</b>	Page 7
<b>Contacts and Venue Details</b>	Page 8

# LEAGUE ADMINISTRATION

## League Breakdown

There are three leagues:

- Foundation: 6.30pm-7.30pm;
- Development: 7.30pm-8.30pm;
- College: 8.30pm-9.30pm.

Age ranges vary. League make-up is decided on ability as well as age range. Teams are regularly consulted to ensure they are placed in the right league.

## Match Fees

£16 per team. Teams will be notified in advance of any price changes.

## Fixtures

Teams will be given their fixtures in blocks of six weeks. Fixtures will be displayed on the Manchester Magic and Manchester Mystics noticeboard and website. Any team wishing to cancel a fixture must notify the Management Committee at least 48 hours before the game is due to take place. If a team cancels a game with less than 48 hours' notice, the game fee must still be paid.

## Tables

Teams will receive 3 points for a win, 2 for a draw and one for a loss. A team winning by walkover will receive 3 points. Teams conceding a game will be docked a point. Positions of teams in the league tables will be decided by their games won. If teams are equal on points, the team winning the most games will be placed higher. If teams are tied at total wins, their head-to-head match-up will decide who is placed higher. Tables will be also displayed on the Manchester Magic and Manchester Mystics noticeboard and website.

## Player Qualifications and Transfers

Players must play at least two games for a team to be eligible for the play-offs. Players may change teams by seeking written permission from the League Management Committee.

# TEAM RESPONSIBILITIES

## Team Organiser

Each team shall nominate a team organiser for the season. It is the responsibility of the organiser to familiarise team members with league regulations and to distribute relevant information.

## Scorer

Every team must provide a scorer. The scorer must be in place 5 minutes before tip. The referee may delay the start of a match (not the clock) if teams fail to provide a scorer. Any team failing to provide a scorer may not lodge any protest in the event of a match dispute. Training will be given on request.

## Score Sheets

Team organisers should print the full name and playing number on the score sheet of all players at least 5 minutes before the fixture tip-off time. Score sheets should not be removed from reception until both teams have paid the correct team fee and fully completed the score sheets.

# LEAGUE REGULATIONS

## Timing

Each match will consist of running clock 20-minute halves with an interval of two minutes for half-time. Each team is permitted one time-out per half of one-minute duration. The clock will stop only in the last two minutes of a match, on all referees' whistles and baskets scored, unless a time-out is called in the last three minutes. **Only centre staff can stop the clock outside of these regulations.**

## Time-Outs

No time-outs will be allowed in the last 3 minutes of the first half. Time-outs can be called in the last 2 minutes of the second half, but the clock will be stopped. Teams will be limited to one time-out per half. No time-outs will be allowed in overtime.

## Overtime

Overtime periods will last for 2 minutes.

## Ring Heights

For the 6.30pm games, the ring heights will be either 8ft or 10ft. Teams will decide which height to use. For 7.30pm and 8.30pm games, the ring heights will be 10ft.

## Ball Sizes

For games starting at 6.30pm and 7.30pm, a size 6 ball will be used. For games starting at 8.30pm, a size 7 ball will be used.

## Free Throws

All shooting fouls will result in one shot for 2 points or one shot for 3 points.

## Press

Teams leading by 20 points or more cannot play full-court press.

## Kit

Teams must wear matching shorts and vests, numbered on the front and back. Tracksuit bottoms are not allowed. Players requiring special consent should seek approval from the management committee. T-shirts under vests are allowed but must not clash with the opposing team's colour.

## Colour Clashes

Teams with similar coloured uniforms should organise a change of shirts before tip-off time. Centre staff can provide alternative kit. The home team have priority on kit clashes.

### **Footwear**

Outdoor shoes must not be worn on court. Players should change into their basketball boots or trainers only once they are inside the centre.

### **Walkovers**

A walkover occurs when a team cancels a match; a team is more than 10 minutes late without good reason; a team has less than four legal players; or a team fields an illegal player. In the event of a walkover, the non-offending team will receive a win, with a match score of 20-0. In the event of exceptional circumstances, the management committee has the authority to replay a forfeited match at a mutually convenient time for the teams concerned.

### **Late Start Penalty**

Matches must start on time. The score sheet must be on the score table and both teams should have a minimum of four players ready to play. After 10 minutes, walkover penalties may apply.

### **Food and Drink**

Eating is not allowed in the centre. Drinks are allowed. Any spillages must be reported to centre staff immediately. All rubbish should be placed in the bins provided.

### **Blood Rule**

If a player starts bleeding during a match, they must leave the court immediately and must not return until all bleeding has stopped or is suitably covered. Any blood on players' clothing, the ball or the surface of the court must be cleaned before play can recommence.

### **Jewellery and Fingernails**

No jewellery or watches are permitted on court. Any items that cannot be removed must be covered securely. Fingernails must be cut to suitable length to avoid injury to another player.

### **Injury to Players**

If play is live when an injury occurs, the referees will allow play to continue unless the injury is serious. Then play will be suspended immediately.

### **Court Discipline**

When matches are in progress, keep all balls still. Do not walk onto courts during a time out or at halftime. Avoid walking past a backboard when a free throw is being taken. Do not walk in front of coaches and team benches during a game..

### **Dunking Rule**

Any person found hanging on the rings will be charged with a technical foul and may be suspended from playing in the rest of the game. The full cost of any damage to a basket by dunking or swinging on the ring must be paid for by the offender before that person will be allowed to play again.

### **Personal Belongings**

All participants, spectators, coaches and match officials re responsible for their own personal belongings and vehicles while visiting the centre. Greater Manchester Community Basketball will not accept any responsibility for any items lost, stolen or damaged at the centre.

### **Insurance and First Aid**

All players are covered by the GMCB Public Liability Insurance but players and officials take to the courts at their own risk. Teams should provide their own first aid ice packs. The centre does have a basic first aid kit and ice machine located in the office by reception.

### **Alcohol and Drugs**

No player or officials is allowed to take to the court if they are under the influence of alcohol or illegal substances. If any member of staff feels that a player, officials or spectators is under the influence of any substance, they will be asked to leave the centre. No alcohol or illegal substance may be brought into the centre.

### **Photography**

The centre does not allow photos or filming to take place during its junior community leagues. Photos may be taken when games are completed and when permissions have been given.

## **CODES OF CONDUCT**

### **COACHES**

- Always conduct yourself in a manner according to Greater Manchester Community Basketball principles.
- Do not berate referees. Treat them courteously. Remember, most of them are under-18s and still learning their trade.
- Referees should be positive towards you if you treat them with respect. You should be able to communicate with them during the game but not have a continual dialogue. Remember, the game could not be played without referees.
- Try to encourage your players at all times. They will usually be trying their best for you. Encourage parents to be positive.
- Try to give all your players reasonable court time. They have all paid the same match fee.
- Try to learn the rules yourself. If in doubt, ask a more experienced coach.
- Make yourself familiar with the Rules and Regulations.
- Try your best to win but try to do so in the right way. Remember, the game is played for the enjoyment of both sets of players.
- Keep your team well-disciplined and don't allow them to behave in a way which cannot help their own development.

### **PLAYERS**

- Always abide by the rules.
- Play for fun and enjoyment.

- Never argue with an official. If you disagree, have your captain or coach approach the official during a play break, or after the game, in a calm and courteous manner. Never use derogatory language towards another player, official or spectator.
- Effort and teamwork is more important than victory. With effort, teamwork and practice, each player's basketball skills improve.
- Be a good sport. Acknowledge good play from both teams. Try not to criticise other players because everyone has 'bad days'.
- Treat other players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player. Show respect to players of the opposite sex.
- Co-operate with your teammates and opponents. Without them you don't have a game.

## REFEREES

- Respect players, coaches, supporters and league officials.
- Talk calmly to players, coaches and parents.
- Compliment both teams on their efforts.
- Try to educate players and coaches by explaining your calls.
- Promote fair play and appropriate sporting behaviour.
- Be ready to referee 10 minutes before tip time.
- Wear the correct uniform, as determined by the referees' manager.

## SPECTATORS

- Remember that children play sport for their enjoyment, not yours.
- Applaud good performance and efforts from each team.
- Respect officials' decisions and teach children to do the same.
- Never ridicule or scold a child for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form.
- Show respect for your team's opponents.
- Encourage players to follow the rules and the officials' decisions.
- Do not use foul language or harass players, coaches or officials.

## DISCIPLINARY MATTERS

The Management Committee handles all disciplinary issues. You can contact a member of the committee in person or by telephone. You can find their contact details on the back page.

## COMPLAINTS

Where possible, verbal complaints should be directed to the Head of Basketball Development, the Referees' Manager or the GMCB CEO in a calm and courteous manner. Threatening and abusive conduct towards GMCB staff will not be tolerated. Written complaints will be accepted after a 24-hour period following the incident the complaint refers to.

## CONTACTS AND VENUE DETAILS

### Greater Manchester Community Basketball CEO:

Phil Gordos. Mobile: 07872412926

### Head of Basketball Development:

Toloe Bagheri Daneri. Mobile: 07883530360

### Referees' Manager:

Rick Dell. Mobile: 07803241172

### League Management Committee:

Toloe Bagheri Daneri, Phil Gordos, Rick Dell

### Venue:

Amaechi Basketball Centre, Whalley Range High School, Wilbraham Road, Whalley Range, Manchester, M16 8GW

**Telephone:** 0161 881 0090

**Email:** [info@manchestermagicandmystics.co.uk](mailto:info@manchestermagicandmystics.co.uk)

