



BASKETBALL

PROGRAM GUIDE

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SYC BASKETBALL COMMITTEE

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I. INTRODUCTION

The Springfield South County Youth Club (SYC) Basketball Program is a structured, community-based athletic program committed to developing basketball skills, promoting teamwork, and fostering sportsmanship among youth athletes.

This guide serves as the official reference for all participants, including players, parents, coaches, and volunteers. It outlines the objectives, organizational structure, rules, policies, and operational procedures of the SYC Basketball Program. All participants are expected to familiarize themselves with the contents of this guide and adhere to the standards set forth.

SYC offers two primary levels of basketball participation:

- **Recreational (Rec) Program:** Open to players in grades K–12, focused on skill development, participation, and enjoyment of the game.
- **County (Travel) Program:** A more competitive option for players in grades 5–8, participating in the Fairfax County Youth Basketball League (FCYBL).

The integrity and success of the SYC Basketball Program rely on the commitment of its community. The program is operated entirely by volunteers, whose continued support is essential to maintaining the quality and scope of SYC basketball.

All stakeholders are encouraged to review this guide in its entirety. Questions or concerns should be directed to the Commissioners at: basketball@sycva.com.

II. PROGRAM OBJECTIVES/ORGANIZATION

The SYC Basketball Program is committed to teaching basketball fundamentals and teamwork in a positive environment. It emphasizes good sportsmanship and exemplary behavior both on and off the court.

The program is divided into two categories: Recreational (Rec) and County (travel) programs. The Rec program is open to all youths in grades K through twelve (12) and organizes into separate leagues for boys and girls. Rec games are typically played between SYC teams with players grouped by similar grade levels. For younger players, grades K-4, the Rec leagues focus heavily on skill development for players, coaches, and referees.

NOTE: Players who participate on travel or high school basketball teams (Freshman, JV, or Varsity) are not eligible to participate in SYC winter Rec basketball.

The County (travel) program is designed for those who wish to compete at a higher competitive level. Children in grades 5 through 8 participate in the Fairfax County Youth Basketball League (FCYBL). All interested players are welcome to attend open tryouts and compete for a spot on SYC County teams.

III. PARTICIPATION RULE

In all Rec league games, teams with seven (7) or more players present **MUST** adhere to the following mandatory participation requirements, each player must:

- **PLAY AT LEAST TWO (2) FULL, UNINTERRUPTED QUARTERS, AND**
- **ALL PLAYERS MUST SIT OUT ONE (1) FULL UNINTERRUPTED QUARTER.**

For additional details, exceptions, and enforcement procedures, refer to Chapter 5, Rec Basketball Rules of Play.

The Participation Rule does not apply to the County (Travel) program; however, coaches are strongly encouraged to follow the rules and regulations established by the league in which the County program participates and provide maximum participation opportunities for all players on SYC County teams, in alignment with the club's developmental goals.

IV. NEED FOR VOLUNTEERS

Volunteers are the heart of SYC Basketball.

The SYC basketball program is entirely staffed, operated, managed, and coached by VOLUNTEERS. The success of the program depends on the dedication and support of parents and community members who give their time and energy. Volunteering is not part of the program; it is the core of the program.

Volunteering is the best way to:

- Support your child's basketball experience
- Build a strong, positive team community
- Ensure the continued success of the program

Whether you're interested in coaching, assisting, or helping behind the scenes, your time and talents are greatly needed and deeply appreciated.

V. REGISTRATION FEES

Registration fees are due at the time of registration for the upcoming season and must be paid in accordance with SYC policy. The fee structure can be found on the SYC website at www.sycva.com.

Players selected for County teams will be required to pay an additional fee to cover the higher costs associated with participation of the county program.

Players who tried out for their high school team may register late without paying the late registration fee if they were not selected for the team. However, those players run the risk of being waitlisted if the league has reached its maximum capacity.

Players who make a high school team after registering for SYC will receive a full refund. High school team members are not eligible to play in the SYC program.

VI. REFUND POLICY

To qualify for a full or partial refund of activity fees, participants will be required to fill out the online refund request form. Refunds are granted within the guidelines and time frames listed below:

- Participants will receive a full refund of activity fees, minus the administrative fee (\$15.00), if the withdrawal request is submitted and approved prior to the closing of online on-time registration.
- Participants will receive a 50% refund of activity fees if the withdrawal request is submitted and approved during the late registration period and before the first game. No refunds will be issued after the first game.
- County program registration fees are non-refundable under any circumstances.

VII. DISCIPLINARY PROCEDURES

SYC expects the highest order of sportsmanship and fair play in all practices, games,

and related activities. The SYC Board of Directors has adopted a Code of Conduct for Players, Coaches, and Spectators, which each registrant signed when registering to play. All participants and their families are expected to adhere to the Code.

Misconduct and/or abuse (physical or verbal) by coaches, players, officials, and spectators will not be tolerated. Coaches are responsible for the behavior of their teams' sidelines and responsible for the behavior of their teams' parents during the game.

Misconduct by a Rec player, coach or spectator will be referred to by the League Director for resolution. The League Director has the option of resolving the issue at the league level or forwarding to the Rec Deputy Commissioner or Commissioner. Should the offense involve sanction or removal of an individual from any future game or practice, the League Director must refer the issue to the Commissioner or Rec Deputy Commissioner.

Misconduct by a County player, coach, or spectator will be referred to the SYC County Deputy Commissioner for resolution. The County Deputy has the option of resolving the issue at his/her level or forwarding to the Basketball Commissioner. Sanctions for misconduct by a county player will be consistent with the rules of FCYBL, as appropriate.

SYC has the authority to suspend or expel any coach, parent, or child for a violation of the Club's Code of Conduct, Equal Opportunity Policy, or Child Protection Policy. SYC also reserves the right to suspend any coach, parent, or child who poses a threat to children or other people, or for conduct detrimental to the Club (including but not limited to illegal drug use, alcohol abuse, or conviction of a felony involving violence).

VIII. SCHEDULE OF EVENTS

a. WINTER REC BASKETBALL

Registration for Winter Rec basketball begins in September, with player evaluations (for grades 5 and up) and team drafts typically held in mid- to late-November. Rec practices begin in early December with games typically beginning in early January (some leagues may begin games in December), running until the first or second week of March.

b. SUMMER REC BASKETBALL

Registration for Summer basketball begins in May, with practices in late June and games starting shortly after the July 4th holiday, running for about 5 weeks. There are no player evaluations or drafts for the summer league.

c. LATE REGISTRATION AND WAIT LIST

A late charge will be charged for registration after the posted on-time registration period. Players who register late will be placed on teams on a space available basis and may be placed on a waiting list of spaces not immediately available.

d. COUNTY (TRAVEL) BASKETBALL

Registrations for County (Travel) teams and players follow the policies, procedures, and timelines of the Fairfax County Youth Basketball League (FCYBL). Registration for County basketball typically opens in late-September/early-October and tryouts begin in early- to mid-October.

IX. MANAGEMENT OF BASKETBALL PROGRAM

a. BASKETBALL COMMISSIONER

The Basketball Commissioner is charged with the overall responsibility and authority to organize and operate the SYC basketball program in accordance with the general policies of SYC. The Basketball Commissioner may appoint Deputy Commissioners to assist with these responsibilities. Specifically, the Basketball Commissioner will:

- Provide overall direction to and work with the Deputy Commissioners and League Directors to ensure the program is running in accordance with established policies and procedures.
- Develop and manage the basketball program budget, submitting it to the SYC Board of Directors (BOD) for approval.
- Serve as the Basketball Program’s point of contact with the SYC BOD and office staff.

b. DEPUTY COMMISSIONER FOR REC BASKETBALL

The Rec Deputy Commissioner is responsible for the operation of the Rec Program, including recruiting and selecting League Directors for each age group, providing

guidance and direction to League Directors, and ensuring the Rec program is operating in accordance with SYC policies and procedures.

c. DEPUTY COMMISSIONER FOR COUNTY BASKETBALL

The County Deputy Commissioner is responsible for the operation of SYC's County basketball program, to include recruiting and selecting coaches for each age group, providing guidance and direction to coaches, serving as the SYC representative to FCYBL, and ensuring the County program is operating in accordance with SYC and FCYBL policies and procedures.

d. DIRECTOR OF REFEREES

The Director of Referees organizes and manages the SYC referee program. More details on the responsibilities of the Director of Referees can be found in the Referee Program section later in this Guide.

e. LEAGUE DIRECTORS

The Rec Deputy Commissioner appoints the League Directors (LDs) to manage the day-to-day operation of each of the Rec leagues. The general vision is that the LDs manage the leagues, while the coaches manage the parents, players, and games. Specifically, LDs will:

- Assist the Commissioner and/or Rec Deputy Commissioner with the preseason evaluation and draft of the league players.
- Run league drafts for the formation of teams. Assign late registrants to fill vacancies on teams according to the order of the draft.
- Provide team rosters to coaches upon completion of the draft (or upon making player assignments for the summer league).
- Call general meetings of coaches and assistants upon the SYC Commissioner's request and whenever he or she deems it necessary to resolve league problems.
- Prepare and publish practice and game schedules for their league. (Note: Coaches' preferences may be considered but should only be secondary to a fair and equitable distribution of the available practice periods.)

- Notify each coach of changes in practice schedules due to preemption and unavailability of practice facilities due to inclement weather or school events.
- Meet and develop cordial relations with the administrators and assigned custodians of the school facilities to which his/her league is regularly assigned. League Directors should acquaint themselves with any specific requirements the school may have, communicate these requirements to coaches, parents, and players, and ensure compliance with them.
- Ensure all coaches, players and parents meet the requirements of SYC's Concussion Education and Training Program.
- Enforce SYC's basketball rules and Codes of Conduct and resolve to the best of their ability any conflicts between coaches, officials, parents, or school officials. The League Director should do whatever is necessary to prevent such conflicts, but when occurring, intercede with a cool head and with intention to defuse the situation.
- Resolve problems resulting from reported game protests, player participation, discipline, and non-attendance. All such incidents should be reported to the SYC Basketball Commissioner and/or Rec Deputy Commissioner in writing. Incidents involving game protests must be delivered to the League Director within 24 hours.
- Attend or be accurately represented by his or her designated representatives (coaches) at all scheduled league games. The League Director represents SYC management. It is the League Director's responsibility to ensure proper utilization of the school facilities, the proper conduct of the game, and the deportment of the players and spectators. The League Director shall do whatever possible to maintain order and to prevent destruction of public property.
- The League Directors should ensure that coaches have access to equipment required for practices and games, to include balls, clocks, scorebooks and first aid kits.
- Publicize to coaches, parents and players instructions concerning the rules for the use of the gyms, including: all coaches, players, and spectators must

remain in the gym and not go into hallways or other school spaces; no smoking in schools; no food or drink (other than water) in the gym; no moving of school equipment in the gym (e.g., mats).

- Coordinate with coaches for the pickup of equipment at the beginning of the season and for their orderly retrieval at the end of the season.
- Work with the SYC administrative staff to administer the registration database of players and team assignments.

f. COACHES

SYC Basketball coaches are responsible for:

- Teaching the fundamentals of the sport.
- Providing maximum participation of players in games and practices, including in accordance with SYC's participation rule.
- Ensuring that all criticism is constructive, and that discipline is maintained without degrading a player.
- Motivating and instructing each player to develop to the full extent of their ability, for the less accomplished player as well as the more skilled.
- Teaching teamwork and instilling a personal sense of responsibility on the part of the player to the team.
- Instilling a winning spirit and the ability to gracefully accept both victory and defeat.
- Setting an example of good sportsmanship and integrity.
- Encouraging a spirit of close cooperation with the players' parents.
- Ensuring that parents and spectators along the sidelines follow the rules of good conduct and sportsmanship.

In addition to the general responsibilities above, SYC basketball coaches shall:

- Attend the pre-season meeting(s) called by the League Director, Rec Deputy

Commissioner, or SYC Basketball Commissioner or to include the players evaluations and the draft, if applicable.

- Recruit from among the team's parents an assistant coach, practice coaches, if desired, and, if applicable, a scorekeeper/ timekeeper for scheduled games. The coach may also recruit a team parent, if desired.
- Pick up uniforms and basketballs, issue uniforms to players, and recover and return any applicable equipment in accordance with instructions and schedules issued by the League Director.
- Distribute copies of practice and game schedules provided to each member listed on the team roster.
- Notify each team member of each change made in the team's practice and game schedules.
- Assume full responsibility for the deportment of assigned players when in school facilities for scheduled practices and games. Coaches must ensure that players and their families or guests do not enter hallways or other closed or forbidden spaces in the school.
- Maintain cordial relations with school officials and custodians. Any conflicts in a team's schedule discussed with school officials and custodians should be reported to the League Director.
- Ensure that injured players are properly and adequately addressed and provided for. Report on the circumstances surrounding injuries to the League Director.
- Teach and abide by SYC's game and player participation rules.
- To the best of their abilities and in the spirit and objectives of SYC, resolve team members' problems in the best interest of the individual(s) concerned. Habitual absenteeism from practices or games or any apparent physical, mental, or emotional problems should be discussed with the parents in a manner so as not to alienate, but to show interest in the youngsters' development and effective participation. The case shall be referred to the League Director if the coach considers the problem to be too difficult or sensitive to handle.

- A coach should notify the League Director when a player repeatedly fails to appear for a scheduled game or practice without prior notification.
- A coach should notify the League Director of a player's misconduct and unsportsmanlike behavior, if the coach considers it to be cause for warning, suspension, or both. The League Director will document the circumstances and present each case to the SYC Basketball Commissioner for appropriate disposition.

g. TEAM PARENT (OPTIONAL)

The coach may choose to recruit a team parent. A team parent’s duties may include:

- Distributing roster/contact list to team members and parents.
- Coordinating team transportation/carpool plan.
- Notifying players of changes in game and practice schedules.
- Distributing materials related to team pictures.
- Establish schedule for team clock operator/scorekeeper responsibilities.
- Coordinating team social functions/activities.
- Other duties as requested by the coach.

X. COUNTY (TRAVEL) PROGRAM

In addition to our Rec Program, SYC participates in the Fairfax County Youth Basketball League (“FCYBL”). This league is intended for selecting teams from participating in youth clubs throughout Northern Virginia and is for more skilled players in 5th through 8th grades wishing a higher level of competition. SYC enters teams in those age groups for both boys and girls, subject to the availability of enough skilled players and qualified coaches.

This program involves more games, more time, and additional expenses than the regular SYC Rec program. County players will be issued, and may keep, SYC jerseys and shorts, plus any other uniform/shooting shirt/sweats/shoes that may be issued by SYC. Should any County team decide to enter a tournament or participate in

activities outside of the FCYBL, the cost of these events is borne by the individual teams, not SYC.

a. COUNTY TEAM TRYOUT INFORMATION

County team tryouts are held in October, over the course of several nights. Players are chosen on a competitive basis, and some players may be cut. The number of County teams each participating program may field is limited by FCYBL. Players not selected for the County League teams may attend Rec league evaluations and participate in a Rec team. No player may participate in both a County League team and an SYC Rec league team.

b. COUNTY TEAM COMPOSITION

- 5th Grade – must be in 5th grade (or lower) and under 12 years old as of September 1
- 6th Grade – must be in 6th grade (or lower) and under 13 years old as of September 1
- 7th Grade – must be in 7th grade (or lower) and under 14 years old as of September 1
- 8th Grade – must be in 8th grade (or lower) and under 15 years old as of September 1

SYC County teams are restricted to players residing in certain zip codes assigned by the FCYBL; only two zip code exceptions are allowed per team.

XI. REC BASKETBALL PROGRAM

a. OVERVIEW OF PROGRAMS

The SYC Rec Basketball Program is divided into separate, grade-based leagues for children in 1st through 12th grades as follows:

BOYS	GIRLS
K - 2 nd grade (clinic)	K – 2 nd grade (clinic)
3 rd grade	3 rd – 4 th grade
4 th grade	5 th – 6 th grade
5 th grade	7 th – 8 th grade
6 th grade	9 th – 12 th grade
7 th grade	
8 th grade	
9 th grade	
10 th -12 th grade	

Note: These groupings are subject to change depending on the number of registered players and volunteer coaches in each grade.

Rec teams start practice in December and meet twice per week – once on a weeknight and once on Saturday. Until games begin, teams will use both of those times for practices. Once games begin, teams will practice one weeknight each week and play a game on Saturdays (on occasion, make-up games may be scheduled on a weeknight). The program will run until the first or second week of March. Players who are members of a travel or high school basketball team (Freshman, JV, or Varsity) are not eligible to participate in the SYC Rec program.

b. SKILLS CLINICS FOR K through 2nd Grades

SYC offers skills Clinics for children who are in Kindergarten (K) through second (2nd) grade as of September 1st of the current year. The Skills Clinic emphasizes teaching individual skills and developing each child’s interest in and knowledge of the game.

The K–2 Skills Clinic meets once per week on Saturdays, starting in January and running through early March. Sessions are led by professional basketball trainers and include opportunities for players to participate in drills and scrimmages with

their team's volunteer coaches.

The focus of the program is on developing individual basketball skills, building knowledge of the game, and fostering a love for basketball in a fun, supportive environment. The clinic gradually introduces game play concepts through controlled formats such as 3-on-3, 4-on-4, and 5-on-5 scrimmages, though no scores are kept during games. This allows players to apply skills in a game-like setting without the pressure of competition.

Each participant will receive:

- A basketball
- An SYC T-shirt (K-1) or basketball jersey (2nd grade)
- A season-end commemorative award

Getting enough volunteers is critical to the success of the K-2 program. We rely heavily on parent volunteers to assist during sessions, support small group drills, and help facilitate scrimmages. If you can volunteer, your involvement is appreciated.

c. 3rd – 4th GRADE PROGRAM

SYC offers a separate program for children in 3rd and 4th grade. The program is designed to continue skill development while introducing players to more structured, full-court team play in a supportive, non-competitive environment. Like the older Rec leagues, these teams start practice in December. Each team meets twice per week, once on a weeknight and once on Saturday and will pause during the winter holidays.

When school resumes in January, teams will continue to meet twice per week, with a practice on a weeknight and a "game" on Saturday. The program will run until the first or second week of March. Although the teams in this program play "games" in a 5-on-5 format, no score is kept, and coaches act as officials for the first half of the season. As this is the first time that most players are participating in full-court basketball games, coaches are expected to do as much instruction as they do officiate.

In the second half of the season, the league partners with SYC's youth referee training program. Youth referees in training, with adult referee trainers acting as supervisors, are assigned to officiate 3rd grade games. This partnering helps train

youth officials and helps the players get ready for the next season, when they will participate in games with officials.

Whether coaches or referees officiate the game, no score is kept, and no standings are maintained. This is a training program, not a competitive league, and the emphasis remains on teaching individual and team skills and developing each child's interest in and knowledge of the game.

Each player receives an SYC basketball jersey and season-end commemorative award.

d. NEED FOR COACHES

We usually start the season without a full complement of coaches, which has had an unsettling effect on the program. To eliminate this problem, SYC Basketball has a policy that teams will be drafted even if there are an insufficient number of coaches. Thereafter, the parents of participants on any team drafted or formed without a coach will be contacted and asked to be volunteer coaches. A team may be dropped from the program, and the League Director will place the players on a waiting list in random order, if a volunteer is not found.

Coaching multiple teams is permitted; however, a coach may serve as the head coach for only one team (the primary team), with any additional teams being coached as an assistant coach.

SYC has introduced a "Teen Coaching Program" allowing individuals aged 16 and older to coach a team alongside an adult chaperone. The adult chaperone must be at least 18 years old and have a personal connection, such as being a parent, grandparent, or sibling of a player. If the designated adult chaperone is unavailable, another adult, who has been cleared by SYC, must be present while the youth coach is performing their duties.

e. REFEREE PROGRAM

SYC Basketball maintains an excellent Rec basketball referee program, which we utilize to officiate most of our games in the Rec programs that require officials (3rd grade and above). We compensate our officials. If you are interested, please contact the Referee Coordinator at bballref@sycva.com and sign up to referee. Pre-season training sessions are held to go over the duties and responsibilities of the referees. Knowledge of the game is, of course, desirable, but a willingness to

learn is equally important. We feel that our SYC Rec referee program is one of the best in the Northern Virginia area.

In addition, SYC offers a Youth Referee Training Program for 14–16-year-olds interested in learning how to officiate. New officials participate in several mandatory training sessions and then gain practical experience by officiating games in our 3rd Grade Recreational League, under the guidance of adult supervisors, during February and March. Since scores are not kept in this league, it provides a low-pressure environment ideal for developing officiating skills.

f. END OF SEASON AWARDS

For 4th grade and above, trophies or medals are awarded to the champion of each league. The method for determining the champion, such as best regular season record or playoff winner, is decided by the League Director.

In 1st through 3rd grade programs, where standings are not tracked, first-place trophies are not awarded. Instead, all participants receive a small commemorative award at the end of the season.

In cases where 3rd and 4th grades are combined due to low registration, only participation awards will be given, as standings and competitive outcomes are not tracked in those merged divisions.

g. TEAM FORMATION

SYC Basketball serves approximately 1,000 participants each season, with all leagues organized and administered by volunteers. Due to the size of the program, we are unable to honor requests for specific team placements, including requests to play with a particular coach, friends, or for carpool convenience.

To ensure competitive balance, teams in 5th grade and above are formed through a player draft. Teams for Kindergarten through 3rd grade are formed by the League Directors and are often based on the school a player attends.

Team sessions total approximately 2 to 2.5 hours per week for 3rd grade and above, with one 60 to 90-minute weeknight practice and one Saturday game. The K through 2nd grade programs meet on Saturdays for approximately 60 minutes.

h. PLAYER EVALUATIONS

For each winter basketball season, SYC conducts player evaluations in all rec leagues for 5th grade and above. These evaluations allow coaches to assess players in their league and help ensure balanced teams through a draft process. No evaluations are held for the K-4th grade programs; players are placed on these teams by the league director.

Player evaluations are normally held in mid-November. The dates, time and locations of the various age group evaluations will be sent via e-mail and will be posted on the Basketball page of the SYC web site (www.sycva.com).

i. DRAFT ELIGIBILITY

For leagues in 5th grade and above, players **must** attend the scheduled evaluation for their age group to be eligible for selection in the draft. Players who do not attend evaluations may not be drafted and will instead be placed on a team through a random lottery following the draft. However, all registered players will be assigned to a team.

Late registrations may be placed on a waitlist. If space becomes available, waitlisted players will be assigned in the order in which they registered. League Directors may adjust the waitlist assignment process at their discretion, with approval from the Commissioner or Recreational Deputy Commissioner.

j. REQUESTS TO PLAY UP

Players who wish to “play up” one age group must submit a request to the Recreational Deputy Commissioner or Basketball Commissioner. The player is required to attend the evaluation for the older age group; failure to do so will result in placement within their natural age group.

Please note that attending the evaluation does not guarantee approval to play up. The League Director will assess whether the player possesses the skill level and physical ability to compete safely and fairly with older players. Approval is also contingent upon available space in the older age group.

Given that SYC is often in need of volunteer coaches, a parent’s willingness to coach in the player’s requested age group may be considered in the decision-making

process. Players are not permitted to play for up to more than one age group without express approval from the Basketball Commissioner or Recreational Deputy Commissioner.

k. PLAYER DRAFTS

Each recreational league basketball draft is held after player evaluations have been completed. Drafts are open **only** to SYC Basketball officials, head coaches, and their designated assistant coaches. Team assignments will be communicated to players and families as soon as possible following the draft—typically by late November or early December.

To be eligible for the draft, a player must attend the scheduled evaluation session for their age group. Players who do not attend evaluations will not be eligible for selection during the draft. Instead, they will be placed on a team via a blind draw conducted after the draft concludes.

To support competitive balance, the League Director may independently assign a draft ranking to players who missed evaluations, based on prior knowledge of the player's skill level. This ranking will be used solely for the purpose of draft placement.

If two grade levels are combined due to low registration, the draft will still be conducted **by grade level** to help ensure teams remain balanced.

Coach & Assistant Coach Child Placement Guidelines

- If both the head coach's and assistant coach's children receive similar evaluation rankings, one will be placed in the **first round**, and the other in the **second round** of the draft.
 - *Example: In a six-team league, if the head coach's child is ranked 4th and the assistant coach's child is ranked 6th, the 4th-ranked child will be placed in the first round, and the 6th-ranked child will be automatically assigned to the second round.*
- If the **head coach's child does not attend the evaluation**, that player will automatically be placed in the **first-round** draft.
- If the **assistant coach's child does not attend the evaluation**, that player will

be automatically placed in the **highest available draft round** based on the league structure.

I. GUARANTEED PLAYERS

Each team is allowed to have one guaranteed player, typically the head coach's child. Guaranteed players must attend evaluations, where they will be independently rated and assigned a draft position by the League Director.

If a guaranteed player does not attend evaluations, they may be automatically assigned a first-round draft position.

Any exceptions to this policy must be approved by the Commissioner or Recreational Deputy Commissioner.

m. DRAFT RULES

League Directors will notify coaches of the date, time, and location of the draft after evaluations have been completed. Rules governing the order of the draft and its actual mechanics will be developed by each League Director, approved by the Basketball Commissioner. League Directors will communicate the rules of the draft to all coaches prior to the start of the draft.

n. PLAYER NOTIFICATION

Players in 2nd grade and above will be notified by late November or early December as to which team they are assigned. At that time, coaches will inform players of the date and time of the first practice session, which will typically be held during the first week of December. Any player not so notified by December 1 should contact the Basketball Commissioner or the Rec Deputy Commissioner. Players in the 1st grade Skills Clinic will be notified by mid-to- late December, with their first session held in early January.

o. UNIFORMS AND EQUIPMENT

All boys Rec league games for 6th grade and above shall be played with official 29.5" basketballs. The 1st through 5th grade boys and all girl's leagues will use reduced circumference 28.5" basketballs.

All players will be issued an SYC basketball jersey, which they may keep. All players shall wear the SYC jersey for games. Players shall not wear shoes that leave marks

on the gymnasium floor and playing shoes should not be worn from outside of doors into the gymnasium. Players shall not wear street clothing, clothing with pockets, watches, or jewelry during a game. Players who wear glasses shall have shatterproof lenses or eyeglass protectors.

XII. SYC REC BASKETBALL RULES OF PLAY

SYC Basketball is played in accordance with the National Federation of State High School Association's Rules for Basketball except as provided in the SYC Basketball Rules. Where these two sets of rules conflict, the SYC Basketball Rules shall apply.

a. TEAM COMPOSITION

An SYC Rec basketball team shall not exceed ten players for the Winter season. Every effort will be made to keep teams to eight players to maximize playing time for each player; however, actual team sizes are based on the number of players and coaches in each league. Summer league teams may have more than ten players to account for a higher rate of player absences due to family vacations and other conflicts.

b. TEAM MEETINGS

All teams in the Rec program are limited to two (2) meetings per calendar week. That is, each team is limited to one practice and one game per week, or two practices if no game is scheduled that week. Non-SYC scheduled practices are included in this rule. Violations of this rule will be cause for game forfeiture and warning or suspension of coach, or both.

XIII. GAME OFFICIALS

a. REFEREES

Scheduled games for 4th grade and above shall be officiated by referees accredited and approved by SYC. Each game shall be officiated by at least two referees. When, due to circumstances, only one referee is available, the League Director may permit the game to be played with only one official.

b. SCOREKEEPER AND TIMEKEEPER

Each team shall provide an adult scorekeeper and an adult timekeeper for

scheduled games. The Home team is responsible for providing the scorekeeper and the Visiting team is responsible for providing the timekeeper.

c. COACHES AND ASSISTANT COACHES

Each team shall have one head coach and no more than one assistant coach during games. Teams may have additional coaches who assist at practices, but only one assistant coach may occupy the bench area during games. Additional coaches will not be assigned to a team until all teams have a head coach.

League Directors, with approval from the Commissioner, select coaches based on maturity, judgment, and character appropriate to guide our youth, and an adequate knowledge of basketball skills. Only one coach (either the Head Coach or Assistant) may be standing at a time while coaching during games.

d. REPLACEMENT OF COACHES

The League Director may replace the coach when an incumbent requests to be replaced or when the League Director considers that the incumbent no longer meets the spirit and requirements of these Rules or of the SYC Code of Conduct. Replacement of a coach in the latter instance can only occur after approval of the SYC Basketball Commissioner or his representative. In the case of a coach of an SYC County team, the SYC Basketball Commissioner or County Deputy Commissioner will make the final decision. Coaches are selected on a yearly basis; there are no rollover provisions to guarantee a coaching position the following year.

e. PLAYER PARTICIPATION

Each player shall play a **minimum of two uninterrupted quarters** in each game (i.e., he or she must start, play through, and complete two different quarters). **Each player on teams with 7 or more players must sit out 1 full, uninterrupted quarter.** Free substitutions will be allowed only in the fourth quarter, and they are encouraged to provide more equitable playing time. At no time may substitutions violate the participation rule (for example, any player in the fourth quarter who is playing his second full quarter cannot be substituted for except in case of illness/injury or disqualification).

- **Each player shall play at least TWO FULL, UNINTERRUPTED QUARTERS**
- **Each player shall sit out at least ONE FULL, UNINTERRUPTED QUARTER**

For teams with only six players present after the start of the second quarter, the requirement that each player sits out one full quarter does not apply, as it is not possible to meet this requirement with six players. Instead, the rule is modified such that four players must sit out for 5 consecutive minutes of one quarter, one player sits out 5 consecutive minutes of two separate quarters, and one player sits out one full quarter. The result is that four players play 3 1/2 quarters and two players play 3 quarters of playing time.

A player replacing an injured or disqualified player is considered to have played in that quarter if they play for more than two minutes. This counts toward the three-quarter maximum, but that player must still play two other full, uninterrupted quarters.

If the player replacing the injured/disqualified player plays two minutes or less, that time does not count as a quarter played. If the injured/disqualified player cannot return, the coach may substitute a different player every two minutes for the remainder of the quarter, and it will not count as a quarter played for any of those players.

Substitutions are permitted only during the break between quarters or at the stoppage of play during the 4th quarter (except for those substitutions required due to illness/injury or player disqualification). Substitutions are not allowed for any player who has not yet completed two full quarters unless that player is sick, has been injured, has been disqualified due to fouls, or poses a safety threat to other players on the court.

No additional expansion of the participation rule is allowed. Coaches may reduce or eliminate playing time for disciplinary reasons including chronic missing of practice, but only with the prior notification and concurrence of the League Director. Failure to receive prior approval will be considered a violation of the participation rule.

Teams violating the participation rule may be required to forfeit the game in which the violation occurred.

XIV. METHOD OF PLAY

a. ZONE DEFENSE

Zone defenses will only be allowed in the 6th grade and older leagues. It is the

philosophy of SYC Basketball to promote and encourage the teaching of man-to-man defense and offense in the younger age groups. Therefore, the use of zone defense in the 3rd-5th grade Rec leagues is prohibited. Referees will issue one warning regarding zone play, and then each subsequent violation shall result in the assessment of a technical foul on the offending team. NOTE: One player's violation of the man-to-man rule may constitute a violation of this rule; it does not have to be the entire team. Accordingly, one player standing in the lane playing the ball, rather than his or her man, constitutes a violation of this rule just as much as a zone played by all five players.

b. BACKCOURT OR PRESSING DEFENSE

Backcourt defense is not permitted in 5th grade and younger leagues.

In these leagues, guarding in the backcourt is not allowed by the defensive team after a change of possession and the offensive team has gained control of the ball in their backcourt. Change of possession may occur following a rebound or a turnover. Change of possession and control shall be determined by the referees and will occur when an offensive player clearly possesses and controls the ball after the rebound or turnover. All defensive players must retreat to the offensive team's front court after the offensive team has gained control of the ball in their backcourt. In addition, on an inbound pass in the backcourt, all defensive players must retreat to the front court prior to the ball being inbounded and no defense will be allowed until the offensive team advances the ball across the half court line.

Whenever guarding in the backcourt is not allowed, the following rules apply:

- After a change of possession and the offensive team has gained control of the ball in their backcourt, all defensive players must retreat to the offensive team's front court
- No defensive player in the offensive team's backcourt will interfere with nor actively play the ball and/or offensive player
- If the offensive team is dribbling the ball from their backcourt to their front court, the defensive team must allow the offensive dribbler to obtain uncontested front court status before engaging the offensive player with the ball. The defensive player must be an arm's length away from the offensive player with the ball at the time the offensive player with the ball establishes front court status.

In leagues for 6th grade and older, pressing defenses of any form, including full court presses, are allowed, so long as the pressing team is not leading by 15 points or more. Once a team obtains a lead of 15 points or more, that team may not press. 4th and 5th grade leagues are permitted to use a man-to-man press (the prohibition against zones and double teams remains) in the backcourt only in the last 2 minutes of the game. Zones or trapping presses are prohibited at these younger age groups. No back-court defense or zone of any kind, at any time, is allowed in the 3rd grade program.

c. MAN-TO-MAN DEFENSE

Each defensive player must guard a different offensive player. The distance between the defensive guarding player and the offensive guarded player will be dependent on whether the guarded player has the ball or not and the position of the guarded player to the ball, as well as the guarded players position on the floor. The defensive player must move with the man he or she is guarding, rather than simply occupying an area of the court. If a player does not move with his or her man, this constitutes a violation of the prohibition against zone defenses in the 5th grade and younger leagues.

D. DOUBLE TEAMING

Double-teaming occurs when two defensive players guard the same offensive player, whether he or she has the ball or not. In the 3rd-5th grade leagues, double-teaming is only permitted in the free-throw lane on a player with the ball. In the 6th-12th grade leagues, double-teaming is permitted at any time.

d. SPREAD OFFENSES

Spread offenses and clear-outs designed to isolate an offensive player to take advantage of man-to-man defenses are prohibited in the 5th grade and under leagues.

e. SWITCHING OR HELP DEFENSE

Defensive players may switch in the event of a screen or a pick. Furthermore, a player may leave the player he or she is guarding to switch to or help on a player with the ball who has beaten the player who was guarding him or her.

f. GAME TIME LIMIT

All leagues will use a "running clock" -- clock stops only on foul shots and time outs except for the last two (2) minutes of the game when the clock stops on all fouls, timeouts and other "dead ball" situations. Time limit between scheduled games shall be at least five minutes. Playing time limits for all leagues grades 3 through 12 shall be:

- 10-minute quarters
- Time between quarters: 1 minute
- Time between halves: 3 minutes
- TIME OUTS

Each team is allowed two 30-second timeouts per half. These timeouts are non-cumulative; if not used in the first half, the first half time-outs do NOT carry over to the second half.

g. OVERTIME

Games tied at the end of regulation play shall be continued in overtime for 3-minute periods, with one additional time out per team. Successive overtime periods shall be played until a team has won. The game clock stops at all dead ball situations during overtime.

h. BASKET HEIGHT

- Basket height for the Kst-2nd grade programs will be eight (8) feet.
- Basket height for the 3rd and 4th grade leagues will be nine (9) feet.
- All other age groups will play with a 10-foot basket.
- Free throws for all 4th grade leagues and younger will be taken from 12 feet, or 3 feet inside the regulation free throw line. 5th graders and older will shoot free throws from the regulation line.

i. GAME SCHEDULES AND LOCATIONS

The SYC Basketball Commissioner or Rec Deputy Commissioner must approve all game schedules and locations of play. Games will normally be played at schools in

the Springfield/South County area. Gym allocation is controlled by Fairfax County's Neighborhood and Community Services, and SYC has little flexibility in the selection of the schools we are assigned.

Games or practices may be postponed when the school facilities are closed because of inclement weather or when school functions conflict with SYC use of the facilities. In the event of questionable weather, call the Fairfax County Inclement Weather Hotline at 703-324-5264 or monitor the Fairfax County Public Schools website at fcps.edu. As soon as SYC officials have information on school closures, League Directors and coaches will be notified, the SYC website will be updated, and an email will be sent to all basketball families if circumstances permit. **If no announcement is made, SYC basketball will go forward as scheduled.**

j. FOOD AND BEVERAGES

Fairfax County regulations prohibit food or beverages, other than water, from being brought into or consumed in school facilities. This prohibition includes sports drinks such as Gatorade, Powerade, etc. Violations may result in SYC losing access to school facilities. Please help us in maintaining a good relationship with the schools by complying with these rules and keeping the gyms clean.

k. FORFEITURES

A game shall be declared forfeited when:

- The team is not ready to play within five minutes after a scheduled start time. Teams must have four players to start a game and three players to continue a game once it has started.
- A team plays an ineligible player.
- A team fails to comply with the player participation rule.
- A team receives three technical fouls in any one game (not counting those for illegal defense).

l. SUSPENSIONS

Any player or coach who is ordered out of a game by a referee for misconduct, is automatically suspended and is ineligible to play the next game.

Any player, coach, or spectator hitting, shoving, or causing verbal abuse to another player, referee, coach, or spectator shall be suspended for the remainder of the season and may be banned from attending future SYC activities.

m. PROTESTS

A coach may protest the eligibility of a player or the participation rule only. Protests must be written and filed with the League Director and SYC Basketball Commissioner within forty-eight hours after the completion of the game being protested.

n. SUMMER BASKETBALL PROCEDURES

Summer league game rules are modified from the winter league rules as follows:

- All games in all age groups will be played in two halves of 24 minutes in duration.
- Clock will run with limited stoppage for the entire first half – CLOCK DOES NOT STOP for dead balls or shooting fouls, etc. – However, clock will stop on time outs.
- During the last two minutes of the second half, clock will stop in all dead ball situations.
- Overtime periods will be three minutes, and clock will stop in all dead ball situations.
- The game officials may stop the clock at their discretion to deal with game administration or player injury issues.
- Each team is allowed two 30-second time outs per half. Game officials will strictly enforce the 30 second time limit. The game clock will stop during all time outs.

Each player in attendance for each team must play 10 consecutive minutes per half, unless the team has more than 10 rostered players present, in which case each player must play 8 consecutive minutes per half. This participation rule may be modified by the head coach based upon late arrival by player or health/injury concerns.

There are no restrictions on the type of defense played, except there is to be no back court defense played by a team with a lead of 15 points or more.

All other applicable rules set forth in the National Federation of State High School Association's rules for basketball, as modified in the SYC Basketball Program Guide, apply.

XV. SYC BASKETBALL REFEREE PROGRAM

a. PROGRAM OBJECTIVES AND PHILOSOPHY

The SYC Basketball Referee Program provides training and experience for individuals interested in officiating, while ensuring the Basketball Program has qualified referees. Quality officiating enhances the overall basketball experience.

Ideally, all games would be officiated by professional, high school-certified adult referees; however, this is not always feasible. Therefore, we develop, train, and employ our own team of paid referees to cover recreational league games.

Due to a shortage of adult referees, we actively encourage individuals aged 14 and older to help fill this need. This opportunity allows youth and adults alike to gain valuable experience, apply the rules of the game, and make quick decisions, skills that extend beyond the basketball court.

b. ELIGIBILITY REQUIREMENTS AND GENERAL INFORMATION

Any SYC member 14 years old or older is eligible for the program. All interested individuals must register with the Director of Referees. Every potential referee, regardless of age or experience, must attend classroom training and an on-court clinic on the rules and principles of refereeing, and, if required, pass the SYC written test prior to being scheduled for any games.

SYC Referees are members of a select group striving to enhance the level of SYC basketball play. Because they are paid for their services, they are expected to perform their duties and responsibilities as referees whenever they are on the floor acting in that capacity. Referees who fail to perform their duties in a professional manner will be dismissed from the program.

c. UNIFORMS AND EQUIPMENT

All referees are required to wear the black and white striped referee uniform. Referees are expected to report to the game in uniform with whistle and other equipment, which may be required. SYC provides each referee with a black and white striped shirt, a whistle, a lanyard, and a rulebook.

d. REPORTING AND DUTY

Referees are expected to report to their game location at least 15 minutes prior to game time.

e. CHANGING ASSIGNED GAMES

Once a referee has agreed to officiate a game, the assignment is considered final. Referees who must make changes are responsible for finding their own replacement, and they will notify and clear the change with the Director of Referees. Failure to show up for games or obtain replacements may result in being dropped from the program.

XVI. INSTRUCTIONS TO TIMEKEEPERS

GAME ROUTINE FOR TIMEKEEPERS

- Consult Officials as to signals used to indicate a time-out and resumption of time.
- Keep eyes on the officials throughout the game,
- Check on the duration of time outs, substitutions, time of periods, etc.
- Check the duration of time between periods. Notify teams, officials, and scorers the required number of minutes before the start of each half.
- It is strongly recommended that the operator of the official clock be an adult.

WHEN TO START THE CLOCK

- When ball is legally tapped on all jump balls.
- When ball is touched in bounds, if the play is resumed by a throw-in after clock has been stopped.

- When ball is legally touched after a missed free throw and ball remains alive.
- Be aware that in SYC Rec games, clock is running except on time outs, shooting fouls and during last two minutes of game and during overtime, when clock stops on all dead ball situations.

WHEN TO STOP THE CLOCK

- When time expires at the end of a period.
- When an official signals a shooting foul. (Clock stops on non-shooting fouls only during the last two minutes of game.)
- When an official grants a timeout.
- When an official stop plays for injury, equipment repair, or other emergencies.
- During the last two minutes of the game, the clock will stop on every dead ball (i.e., whenever an official blows the whistle to stop play for foul, violation, out-of-bounds, etc.
- When a violation occurs. (Last 2 minutes of game only.)
- When an official orders time-out.
- To avoid unusual delays
- To repair or adjust equipment.
- For an injury or other emergency
- Upon request of a player whose team has player control or when ball is dead
- If Timekeeper's signal is not heard the timekeeper shall go to the court and notify the official -- noting the position of the ball when time expires. Timekeepers are to remain impartial.

XVII. INSTRUCTIONS TO SCOREKEEPERS

GAME ROUTINE FOR SCOREKEEPERS

- Scorekeepers should be adults.
- Seek designation from Referee as to who is the official scorer, and which is official scorebook and consult with him as to signals used to designate fouls and time-outs.
- Obtain names and numbers of all players who may participate in the game at least ten (10) minutes before the start of the game. At least three (3) minutes before scheduled starting time have each team designate its five starting players.
- Record field goals made, free throws made, running summary of points scored, personal and technical fouls on each player, team personal fouls per half, time-outs and held ball possession. Score keepers are NOT required to keep individual player point totals; game score is priority.
- Designate each goal and each foul in the manner provided in the scorebook. Any questions regarding the format of the scorebook should be discussed and resolved with the game referees prior to the game.
- Notify official (a) when team has taken the legal time-outs, (b) when a player has five personal fouls, (c) after a team has been charged with five personal fouls in a quarter, and (d) when a team has used timeouts in excess of the legal number. In (b), (c) and (d), if play is in progress at time of discovery, withhold whistle until ball is dead or in control of offending team. Scorekeeper must also advise referee of who is entitled to possession in alternating possession held ball situations.
- Check with clock/scoreboard operator regarding display of score, bonus situation, possession arrow, etc. If any discrepancy occurs, notify referee for resolution once next dead ball situation occurs.
- Blow horn to stop game only when ball is dead.
- When a substitute reports (must be ready and entitled to enter game) signal when ball is dead and before change of status of ball is about to occur. Allow substitutes to go to court only when referee beckons. Do not signal after ball has been placed at the disposal of a free thrower; if ball is dead after a free throw attempt, a substitution may be made. If a thrower is to be replaced,

be sure that it is legal for another player to attempt that throw. A substitute cannot replace a player designated to jump or designated to attempt a free throw; he/she must wait until the next dead ball, time-out situation.

- Scorebook is official score.

XVIII. PLAYERS DEVELOPMENT GUIDELINES

Developing young basketball players requires more than just teaching the fundamentals of the game, it involves fostering a positive environment that emphasizes skill development, sportsmanship, teamwork, and personal growth. These development guidelines are designed to provide coaches, parents, and mentors with a clear framework to support players at every stage of SYC basketball program. The guidelines provide examples of appropriate age training, support physical and mental well-being, and foster a love for the game, helping to build a solid foundation for both on-court and off-court success.

Grades	Stage	Focus
K-2	Introduction (Joy & Coordination)	<ul style="list-style-type: none"> • Providing a fun environment • Foster a love for the game through play and exploration. • Introduce basic dribbling, passing, and shooting
3-4	Building foundation (Techniques & Movement)	<ul style="list-style-type: none"> • Increase fundamental skills. • Develop balance, agility, dribbling with control, basic layups, proper passing techniques and shooting forms. • May begins to teach basic spacing, team play and simple play such as staying between the ball and the basket of defense
5-6	Advance fundamentals (Speed & Confidence)	<ul style="list-style-type: none"> • Improve technique in shooting, ball-handling, passing and defensive stance. • Begin teaching decision-making, timing, offensive/defensive position, and rules of the game (man-to-man) • Introduce or refine basic

		offense/defense and competitive structure (1v1, 3v3)
7-8	Refinement and Competitive Readiness (Skill improvement)	<ul style="list-style-type: none"> • Strengthening mental toughness • Skill refinement, improve consistency and execution under pressure. • Increase team systems (zones, man-in-zone), offensive sets, defensive rotations, and transition play
9-12	Performance and Specialization (Consistency & Leadership)	<ul style="list-style-type: none"> • Mastering advanced offensive and defensive skills under game pressure • Tailored training specific to position-based skills; increase individual game-reading skills and effective countermoves. • Advanced team strategies, decision-making and performance consistency