2026-2027 Atascadero Youth Basketball League Kinder - 8th Grades



Coach & Parent Handbook/Rulebook

CITY OF ATASCADERO
Youth Basketball League

Participating Cities

The City Atascadero, Templeton, Morro Bay, & San Luis Obispo Recreation Departments, as well as the local YMCA take an active role in this Youth Basketball Program. In addition to taking registration, fees, and ordering supplies, the departments will be actively involved in the day-to-day running of the program, including game day supervision. It is our desire to work closely with all program coordinators and volunteers to ensure the success of the program.

League Format

Kindergarten Coed – 5 Teams
1st & 2nd Grade Coed – 12 Teams
3rd & 4th Grade Girls– 8 Teams
3rd & 4th Grade Boys – 12 Teams
5th & 6th Grade Girls – 5 Teams
5th & 6th Grade Boys – 10 Teams
7th & 8th Grade Boys - Interleague with Templeton – 4 Atascadero Teams
7th & 8th Grade Girls- Interleague with Templeton & Cambria – 2 Atascadero Teams

Philosophy

The objective of this league is to provide a recreational program of instructional games for the youth of the Atascadero area. Emphasis is on having fun, developing skills, and learning the game of basketball. It is our objective to insure that all aspects are experienced by all players, through the encouragement and support of coaches, parents and the league staff.

League Directors

The representatives of Atascadero, Templeton, Morro Bay, & San Luis Recreation Departments, as well as the local YMCA are League Directors of their respective divisions. They have the final authority to expedite any problems which may arise. All agencies work together to coordinate and execute each of their programs in a similar fashion, in an effort for all participants to have a positive and cohesive experience.

Team Formation

The Atascadero Recreation Division, according to the following procedures, forms all teams in the League:

a. Each division shall have placed teams based on department team placements OR according to a Team Draft, which league coaches participate in.

b. When openings arise, late registrations shall be placed on the teams in the order of sign-up.

c. Participants of team coaches and sponsors shall automatically be assigned to the team coached or sponsored by the parent if they are eligible in the division. Any siblings who are eligible in the same division will be placed on the same team if they so desire.

d. A team consists of a minimum of seven (7) players. **All players must play an equal amount of time on the court.**

Player Eligibility

1. Participants may play "up" one division, but may only play for one team in any League. This arrangement must have the approval of the Recreation Division.
2. **Only players on approved rosters will be eligible to participate in practices and games.**
3. The League Directors have the authority to make special exceptions regarding eligibility and roster procedures.
4. **Team coaches are held responsible for the enforcement of, and adherence to, all eligibility rules.**
5. Teams using ineligible/un-rostered players will forfeit their game and be subject to further action by the league. Matters concerning this should be immediately taken up with your League Director at the earliest possible time.
6. Any player registering or playing under a false name will jeopardize the team for which they play, and they shall suffer suspension.
7. The penalty for not following eligibility rules will be forfeiture of game or multiple games.
8. School players are eligible to participate in this recreational league, but must attend at least one team practice a week to be eligible to play during games.

Exceptions

9. If a Kinder or 1st/2nd grade team only has four players, the opposing team will lend 1 or 2 players to the other team

Officials

1. Officials shall be appointed and scheduled by their respective location/department directors. **Officials assigned to games shall have complete charge of the game and have the power to banish players, coaches or other persons from the player's bench or the gym for misconduct, delaying the game or any other reason deemed necessary for the good of the game, including spectators.** Official's decisions are final, with the exception of misinterpretation of rules. All officials assigned shall submit a report to their governing agency twenty-four (24) hours after any game in which a problem has occurred. Any player or coach banished from the game by the officials shall be required to leave the player's bench and shall not direct remarks toward the officials during the remainder of the game, even if such player or coach is in the spectator area. They may be asked to leave the gymnasium. Any player or coach continuing to direct remarks towards an official or staff after having been banished from the game, shall be suspended from the League which will result in the player's or coach's team forfeiting the current game.
2. When more than one official is used and one fails to appear, then the assigned official shall handle the game from the best vantage points. The assigned officials shall have complete jurisdiction and control over the ball game.
3. The duties of Officials shall be as follows:
   - **a**. To administer decisions of the game in accordance with the rules of play, and those adopted therein by the respective leagues.
   - **b**. The Officials are the representatives of the League by which they have been assigned to a particular game, and as such are authorized and required to enforce each section of these rules. They shall have the authority to order any player, coach, captain, or spectator to do, or omit doing, any act which in their judgment is necessary to give, force, and effect one or all of these rules, and inflict penalties as herein prescribed.
   - **c**. All League games are under the control and direction of the Officials and only team coaches may discuss decisions with officials as described in the rulebook.
4. Officials should wear dark pants, a black and white striped shirt, as well as closed toed shoes, as a complete official's uniform. **Professional appearance is required i.e. Jewelry must be removed.**

5. **Officials are not required to take time out of the game to instruct and/or teach players the rules of the game or position placement. It is the responsibility of the team coach to review these skills.**
6. Many of our referees are current local students, who are learning. We use local students to provide them with an entry level refereeing opportunity. This is a learning experience. They will improve as the season goes on.
7. Spectators and coaches are **NOT** to approach officials after games to discuss any decisions made by officials.

Scorer

1. Official Scorer's Book will be the official recorded score.
2. The League Director shall assign the official scorekeepers.
3. The Scorekeeper's Table **may not** be approached by any parents or spectators at any time. **Team coaches and players may approach the table ONLY during their game time.**

Coaches

1. All coaches are considered volunteers for the Recreation Departments and are subject to all Department policies.
2. Coaches must meet the standards of the Recreation Departments, or they will not be allowed in the league.
3. Coaches are responsible for informing players and parents of any rule, schedule or league changes.
4. League Rules supersede any School, Professional, or CIF rules.
5. Coaches may be removed from the League if their misconduct deems it necessary.
6. It is the Department's recommendation that 5th – 8th grade teams practice two (2) days a week and Kinder – 4th grade teams practice one (1) day a week.
7. Only cleared staff and volunteers are permitted to be on the courts/team benches during games & practices
8. All practices shall begin on or after December 1st, 2025.

Practice & Game Site Rules

FOR ALL SITES: *PARENTS MUST SUPERVISE CHILDREN AT ALL TIMES.*

Children are not allowed to play on school campuses or inside the Colony Park Community Center unsupervised. Playing under bleachers is not allowed.

For All Game/Practice Sites:

**** NO SPECTATORS ARE TO APPROACH OFFICIALS OR SCOREKEEPERS AT ANY TIME****

1. Spectators should sit only in the bleachers that are pulled out and available to them. Do not sit on closed bleachers, it will cause structural damage, or in any space that may impact the flow of games or staff working games. Spectators are only permitted to use the bleachers, and are never to be on the court at any time.
2. Only the game balls will be provided on game days. If teams would like a ball to warm up with, they must provide that on their own.
3. No basketballs are to be used in the hallways or foyer/lobby area of any facility, only in the gym.
4. **NO FOOD ITEMS ARE ALLOWED IN THE GYM AT ANY TIME! (**water bottles are okay)
5. **NO ROLLERSKATES, SKATEBOARDS, OR BICYCLES ARE ALLOWED IN THE GYM OR ON SCHOOL CAMPUSES.**
6. Only non-marking shoes are allowed on the basketball courts. **NO CLEATS.**

Practice & Game Site Rules continued:

7. The coach/team that has the last practice or game of the evening is responsible for leaving the gym spotless: **pick up any balls (even if they were already there), and return them to the lockers.**
8. Players are not allowed on the court until their coach is present.
9. At the conclusion of practice or games, coaches shall insure that all their players leave the gym and are picked-up by their parents. **Please start and end practices at the scheduled time. Do not leave children unattended!**

Rules of Play

WHEN PLAYING AT SITES OTHER THAN ATASCADERO,
RULES FOR THAT SITE WILL APPLY

1. The Game:

a. Games will start at the scheduled game time. If the previous game is over before that time, warm-up is allowed inside the gym. In all other cases, warm-ups are to be done outside the gym.

b. The first quarter will begin with a jump ball in the center of the court. Possession will alternate for the remainder of the game.

c. Teams will change direction at half-time.

d. The offensive team has ten (10) seconds to move the ball over the half court line.

e. Games will consist of four (4) quarters; Kinder, 1st/2nd and 3rd/4th grade divisions-each quarter will run eight (8) minutes. 5th/6th and 7th/8th grade divisions-each quarter will run ten (10) minutes.

f. There will be a one (1) minute intermission between quarters **and five (5) minutes between halves** (if time allowing).

g. PRESSING: In **5th & 6th & 7th & 8th grade division**, if a team is ahead by ten (10) points or more, they **may not** use the full court press until they are less than ten (10) points ahead.

h. Kinder – 4th Grade Divisions, NO PRESS WILL BE ALLOWED. This includes a half-court press. Please coach your players to not begin defending until the opposing team reaches "3 point/top of key" territory.

i. Three (3) point shot will count only in 5th-8th divisions.

j. The clock will be stopped for out of bounds, free throws, and fouls in the last two (2) minutes of the game, unless one team is ahead by **fifteen (15) or more points**.

1. Exception to the rule if a team is ahead by 15 or more points, there will be a running clock, if the score difference drops below 15 points it will return to a stopped clock.

k. Score clocks will be **turned off only at a coach's request**, if there is a 15 point lead.

Transitional Rules ~ Kinder & 1st-2nd Grade

Week 1-2: No running with the ball
Week 3: No two-hand dribbling or double dribbles
Week 4: No four step traveling

2. Time Outs:

a. Four (4) time-outs per game, per team (2 time-outs per half per team).

b. Only the coach on the bench may call a time-out. A time-out will stop the clock for the duration of thirty (30) seconds and must be called out to the officials, not the score table.

c. The coach may only call a timeout when either their team is in possession of the ball or during a dead ball. Failure to abide by this rule will result in a team technical foul.

3. Individual Playing Time and Substitutions:

a. Playing Time for all leagues:

-Minimum playing time of two (2) quarters. (Playing at least 4 half quarter/sub-ins.)

-Maximum playing time three (3) quarters. (Playing no more than 6 half quarter/sub-ins.)

-No player can play all four full (4) quarters unless needed to have five (5) players, ***and*** all other players have played (3) quarters minimum.

***b**. **Substitutions will happen at the midway point of the quarter in all divisions.** To make a substitution:

1. **Have your subs report to the scorekeeper table thirty (30) seconds BEFORE the midway point of the quarter. Scorekeepers will keep substitution records.**
2. **The clock will NOT stop to allow for substitutions.**
3. **There will be NO team line-ups during substitutions. (Only at the top of a quarter.)**
4. Injuries. If a player gets injured less than halfway through the subbing period, they will not get charged the playing time, but rather the injury replacement will get charged and visa versa.

All players entering the game must report to the scorer's table, this includes entering at the start of each quarter and half.

c. If a coach chooses not to play any team member the minimum amount of time because of disciplinary reasons, to include not showing up to practices; the opposing team's coach, the official, and the scorekeeper must be notified prior to the start of the game.

4. Gym Practice Time

a. The League Directors will regulate gym practice time for each team.

b. It is the Department's recommendation that 5^{th} – 8^{th} grade teams practice two (2) days a week and Kinder – 4^{th} grade team practice one (1) day a week.

c. Each team will have the use of one basket/one-half a court for practice.

5. Overtime:

a. In the case of a tied score at the end of regulation play, play will continue without change of baskets for one extra, three (3) minute period.

b. If the game is still tied at the end of that period, the second over-time three (3) minute period will be given. If the game is still tied at the end of the two (2) overtime periods, the game will remain tied.

c. There will be one (1) minute intermissions before each overtime period.

d. The clock will be stopped for out of bounds, free throws, and fouls during the last minute of overtime.

e. One (1) timeout per overtime per team.

Exceptions:

f. Kinder – 2^{nd} grade games will not go into overtime.

g. 3^{rd}/4^{th} overtime will be two (2) minutes with no timeouts.

6. Protests:

a. No protests will be allowed. **In the name of sportsmanship we must remember that these are children and this is a recreational league.** While game outcomes may not be protested, coaches may reach out to League Directors to discuss issues or concerns with a game the following Tuesday after game is played.

7. Suspended Player or Coach:

a. Any player or coach who is removed from a ball game for a flagrant violation of the Player's Code of Conduct will remain suspended from further participation until their case has been acted upon by the League Directors and will not be permitted to remain on the property.

b. The coach has the choice of not playing a player for reasons of illness, injury, and unexcused absence from practice or games, or because of other necessary disciplinary action. The opposing manager, scorer, and officials must be notified before play begins.

c. The coach has the choice of removing a player from a game after play has started, regardless of quarters played, if the player exhibits unsportsmanlike conduct, or because of intentional ineffective play. *A player may not, however, be removed from a game because of unintentional ineffective play*

8. Forfeits:

a. Forfeit time is game time. Failure of a team to appear with four (4) rostered players will forfeit the game.

b. Other reasons where games may be forfeited are:

1. Using ineligible / un-rostered players.
2. Withdrawal during a league.
3. Failure on the part of any player to abide by the official's decisions.
4. Failure to adhere to individual playing time requirements.
5. **The Officials/League Directors have the right to rule forfeit of a game due to excessive unsportsmanlike behavior from any team.**

9. Fouls:

a. For all **3rd – 8th** Grade Divisions:

-Teams in Bonus get an automatic free throw (team fouls).
-Bonus is reached on the fifth foul in a quarter.
-Team fouls reset every quarter.

b. Each player can have four (4) personal fouls and on the 5th foul the player is ejected from the game.

Fouls Exceptions:

c. Kinder & 1st – 2nd Grade Divisions

1. Fouling will result in a turnover to be taken out at the side of the courts, nearest the infraction.
2. Five fouls will result in fouling out of the game.
3. However, hard intentional fouls will result in removal from game for the remainder of the quarter. A second intentional foul will result in being removed from the game.

10. Team Standings:

a. If a double forfeit game occurs, both teams will receive a full game loss in the team standings.

b. Standings will not be kept in Kinder & 1st/2nd Grade Divisions.

c. Kinder & 1st & 2nd grade divisions will NOT keep score.

11. Changing of Practice or Game Schedules:

a. All schedule changes/adjustments may only be done by League Directors.

12. Champions:

a. Division champions will be declared by the total games won overall in each division. (excluding Kinder–4th Grade Divisions).

b. All players in all divisions will receive a participation award.

13. Food or Drink Rule:

NO FOOD OR DRINK WILL BE ALLOWED IN ANY OF THE GYMNASIUMS

If this rule is violated the following procedures will be taken:

1. A reminder to the Coaches to inform their players and spectators of this rule.

2. A Technical Foul

3. Game will be forfeited

14. Code of Conduct & Coach/Parent/Player Responsibilities:

a. The League will enforce the Code of Ethics in this manual. This includes all coaches, players and spectators.

b. No coaching away from the bench any more than ten (10) feet from the scorer's table is permitted.

15. Uniforms:

a. Each player will be given a team shirt which will be theirs to keep. This team shirt must be worn for all league games and should NOT be altered in any way.

b. All players must wear athletic shoes with non-marking soles.

c. For safety purposes, no hair clips, watches, rings, earrings, or other jewelry, etc., will be allowed.

16. Equipment:

a. Kinder & 1st – 2nd grade divisions will use eight-foot hoops.

b. 3rd-4th grade girls division will use nine-foot hoops.

c. 3rd-4th grade boys and all 5th/6th & 7th/8th divisions will use regulation (ten-foot) hoops.

d. ★ Kinder, 1st & 2nd grade and 3rd - 4th grade girls will use a junior 27 ½" basketball.

★ 3rd - 4th grade boys, 5th - 6th grade girls, and 7th - 8th grade girls will use an intermediate/women's 28 ½" basketball.

★ 5th - 6th grade boys and 7th - 8th grade boys will use an Official/Men's 29 ½" basketball.

GAME CODE OF CONDUCT

1. **No Player or Coach Shall**: At any time lay a hand upon, shove, strike or threaten an official. Officials are required to immediately suspend a player from further play and report such player to the League Director. Such player shall remain suspended until the League Director has considered their case.
   Minimum Penalty: Suspension from one league game, placed on probation for the remainder of the season.
   Maximum Penalty: Suspension for remainder of season.
2. **No Player or Coach Shall**: Refuse to abide by an official's decision. Officials are required to immediately suspend a player from further play and report such player to the League Director. Such player shall remain suspended until the League Director has considered their case.
   Minimum Penalty: Placed on probation for remainder of season.
   Maximum Penalty: Suspension for one league game, placed on probation for remainder of season.
3. **No Player or Coach Shall**: Be guilty of objectionable demonstrations of dissent at official's decision. The degree of infraction of this tenet of good sportsmanship shall, in the official's judgment draw.
   Minimum Penalty: Warning by the Official.
   Maximum Penalty: Removal from the game.
4. **No Player or Coach Shall**: Discuss with an official in any manner the decision reached by such official. Penalty: The degree of infraction of this tenet of good sportsmanship shall in the official's judgment draw.
   Minimum Penalty: Suspension from one league game, placed on probation for the remainder of the season.
   Maximum Penalty: Suspension for remainder of season.
5. **No Player or Coach Shall**: Be guilty of using unnecessary rough tactics in the play of the game against the body and person of an opposing player. Officials are required to immediately suspend players from further play and report such player to the League Director.
   Minimum Penalty: Placed on probation for remainder of season.
   Maximum Penalty: Suspension for one league game and placed on probation for remainder of season.
6. **No Player or Coach Shall**: Be guilty of physical attack or aggression upon any player, official, or spectator. Officials are required to immediately suspend the player from further play and report such player to the League Director. Such player shall remain suspended until the League Director has considered their case.
   Minimum Penalty: Suspension from one league game, placed on probation for the remainder of season.
   Maximum Penalty: Suspension for the rest of the season.
7. **No Player or Coach Shall**: Be guilty of an abusive verbal attack upon any player, official or spectator. Officials are required to immediately suspend player from further play and report such player to the League Director. Such player shall remain suspended until the League Director has considered their case.
   Minimum Penalty: Probation for the remainder of season.
   Maximum Penalty: Suspension from one league game, probation for the rest of the season.
8. **No Player or Coach Shall**: Be guilty of discussing any play decision or their personal opinion of other players during the game or publicly with spectators in a derogatory or abusive manner.
   Penalty: Officials are required to warn player guilty of infraction of this rule, and failure of such players to comply will result in removal from the game.

Special Note:

1. Any player placed on probation for the remainder of the season and reported again for violating the "Code of Conduct" will be suspended for the remainder of season.

2. Any player removed from a game must leave the game immediately (may sit in bleachers). Failure to do so will carry a maximum penalty of suspension for remainder of season.

KID ZONE RULES

Kids are #1.

Fun (not winning) is everything.

Fans only cheer, coaches only coach.

Respect the decisions of the referees.

Treat all Players, Coaches, Scorekeepers & Referees with RESPECT.

Promote good sportsmanship.

No Swearing.

No Alcohol/Nicotine Use

Leave no trash behind.

Parent's Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this PAYS Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth - not for adults.
- I will do my very best to make youth sports fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.
- I will read the National Standards for Youth Sports and do what I can to help all youth sports organizations implement and enforce them.

_____ _____

Parent/Guardian Signature Date

_____ _____

Parent/Guardian Signature Date