

CITY OF LAS VEGAS



**YOUTH RECREATION
BASKETBALL
RULES & REGULATIONS
WINTER 2020**



SECTION 1: GENERAL LEAGUE INFORMATION	2
A. Rulebook Overview	2
B. Division Setup	2
C. Season Timeline	3
D. Jurisdiction	3
E. Non-Player Conduct	3
F. Disciplinary Procedures	4
G. Suspended or Postponed Games.....	5
H. Quality of Officials	6
I. Equipment.....	6
SECTION II: GAME-PLAY INFORMATION.....	7
A. The Court of Play	7
B. Number of Players and Forfeits	7
C. Player Participation Requirements	7
D. Length of Playing Quarters: Playing Time.....	8
E. Overtime	8
F. Game Clock.....	9
G. Mercy Rule	9
H. Coaching Box Rule	9
I. Free-throw Bonus	9
J. Coaching Tactics.....	10
SECTION III: Other Basketball Information	10
A. Terminology	10
B. Alternating –Possession Procedure	11
C. Choosing Sides	11
D. Boundary Lines	11
E. Nevada Revised Statute	11
SECTION IV: Grievance Procedures	12
A. Grievance Committee	12
B. Grievance	12
C. Grievance Committee Action	13
COACHES’ CODE OF ETHICS.....	13

SECTION 1: GENERAL LEAGUE INFORMATION

A. Rulebook Overview

The purpose of this document is to provide all participants in the City of Las Vegas Parks and Recreation Department youth basketball program with an overview of our rules and regulations. All games are conducted in accordance with the current National Federation of State High School Associations (NFHS) rules of the game and decisions as modified by the city of Las Vegas Park and Recreation Department. Any issues not specifically addressed in these guidelines will be governed by the Department. *The City of Las Vegas Parks and Recreation Department's goal is to create a fun, safe and positive sports program that will help participants focus on developing skills, teamwork, sportsmanship and how to win and lose gracefully. Also, create opportunities for all skill levels and abilities to participate.* The Parks and Recreation Department reserves the right to modify, adjust or omit any rule in this document that is deemed to enhance the quality of the program.

B. Division Setup

Each participant is assigned to a division based on their date of birth.

1. The aging date for the Winter 2020 Youth Basketball season is February 1, 2020.

Division	Age	Birth Date
6U	5-6	No more than 6 by February 1, 2020
8U	7-8	No more than 8 by February 1, 2020
10U	9-10	No more than 10 by February 1, 2020
12U	11-12	No more than 12 by February 1, 2020
14U	13-14	No more than 14 by February 1, 2020

C. Season Timeline

1. All practices begin the week of January 20, 2020. The league will provide one official practice per week for each team. Coaches may hold practice up to twice per week in the preseason, and once or twice per week during the season, depending on court availability.
2. The first game for all divisions is scheduled to be played on February 1, 2020, with the last game of the season on March 14, 2020.
Please note that the timeline may be adjusted due to unforeseen circumstances that alter the availability of allocated court space.

D. Jurisdiction

1. **COURTS**
Basketball courts are allocated by the City of Las Vegas Parks and Recreation Department for their prospective use; therefore, the city maintains jurisdiction over the courts and surrounding gym during events. All participants of the City of Las Vegas Parks and Recreation youth basketball program will honor the rules and regulation along with employees and officials who are empowered to enforce them.
2. **OFFICIAL'S AUTHORITY**
Coaches, spectators and players are reminded that the official is the authority in control of the game including the surrounding gym, from the time they arrive until the time they leave the facility. The official is authorized to enforce these rules and regulation in addition to NFHS rules of the game.
3. **In Case of Emergency**
In the event an emergency situation occurs, coaches, spectators and players are asked to contact facility/center staff immediately. Facility staff/league administrators will contact City of Las Vegas Marshals or Fire personnel if necessary and proceed from there. League administrators are trained and certified in basic first aide/CPR. Facility evacuation plans are posted at each facility as well.

E. Non-Player Conduct

1. **COACHES' CODE OF CONDUCT**
 - a. Head coaches are responsible for their own conduct as well as the conduct of their assistant coaches, players, and spectators affiliated with the team.
 - b. Coaches must stay off the court and remain on their respective sideline. Coaches must behave responsibly and may not shout at the officials or otherwise interfere with the game.
 - c. No voice amplification devices will be allowed.
 - d. Alcohol, tobacco and illegal drugs are prohibited.

- e. Each team must have one coach designated as the head coach, and may have up to one assistant coach. In the event that the head coach is ejected from the game, then the assistant coach will be designated as the head coach. A substitute coach may be granted with permission from the facility representative.
 - f. Coaches along with officials should make every effort to ensure the games are safe and fair.
 - g. Both teams must line up for post-game handshakes prior to having a team meeting.
2. **SPECTATORS' CODE OF CONDUCT**
- All individuals who are not coaches, players, officials, or city of Las Vegas employees are considered to be spectators from the time they enter the gym until the time they leave. This league is designed to promote fun and fundamentals. Below are some simple rules that should be observed by spectators:
- a. Shouting at players from the sidelines is not permitted; it is the coach's responsibility to direct the players.
 - b. Parents are encouraged to cheer for their child's team. They should refrain from any disparaging or discouraging comments.
 - c. Avoid obvious displays of anger.
 - d. Display good sportsmanship.
 - e. Do not run up and down the sidelines or behind the baskets. Spectator should remain stationary in the designated area.
 - f. Do not shout insults at the official. The official has the authority to stop the game if the crowd becomes discourteous.
 - g. Absolutely no alcoholic beverages, smoking and/or tobacco is permitted at any game.
 - h. Non-playing children must be supervised at all times.
 - i. Posted facility rules for gym use apply.
3. **GYM RULES**
- There are rules and guidelines that all coaches, parents, players, and spectators must follow within the recreation centers:
- a. Food and drink are not permitted in the gyms (except water).
 - b. After each game, coaches are responsible for cleaning their bench area.
 - c. After each game, snacks for players must be provided outside the gym (snack areas with tables or outside).
 - d. Do not leave personal items unattended. The City of Las Vegas is not responsible for lost or stolen items.
 - e. Appropriate attire must be worn at all times. This includes appropriate shirts, shorts/pants and shoes.
 - f. Inappropriate language or gestures are not tolerated and may result in removal from the gym.

F. Disciplinary Procedures

1. PLAYERS DISCIPLINED BY THE COACH

While the city of Las Vegas recognizes discipline is a key ingredient to the success of a team, no coach can prevent a player from participating in a game without prior approval from the

CLV facility representative at the game location. Any coach who feels a player's playing time should be restricted due to tardiness, absenteeism, behavior, or any other reason should discuss matter with the CLV facility representative at the game location.

2. **PLAYERS EJECTED BY THE OFFICIAL**

Players ejected from the game by the officials cannot participate in the remainder of the game. Any player ejected from the game by the official will be suspended for one or more subsequent games, subject to review by the Basketball League Sub-Committee. In all cases where a player is sent off the court, the official must submit a written report to the Basketball League Sub-Committee within 24 hours.

3. **EJECTION OF COACHES**

The official or league representative may eject any coach from the vicinity of the gym for the remainder of the game if they feel the coach's behavior is inappropriate. The game will not resume until the coach complies with the ejection. If the official or league representative decides to abandon or terminate the game because a coach fails to leave the immediate vicinity after being ejected, the league or facility representative will decide the outcome of the game. The official shall verbally inform the head coach of the ejection and all implications that may apply. Any coach ejected by the official or facility representative will be suspended for one or more subsequent games, subject to review by the Basketball League Sub-Committee. In all cases where a coach is ejected, the official or facility representative must submit a written report to the Basketball League Sub-Committee within 24 hours.

4. **EJECTION OF SPECTATORS**

The official or facility representative may eject any spectator from the gym or its immediate vicinity for the remainder of the game if they feel the spectator's behavior is inappropriate. The game will not resume until the spectator complies with the ejection. If the official or facility representative decides to abandon or terminate the game because a spectator fails to leave the immediate vicinity after being ejected, the facility representative will decide the outcome of the game. The official shall verbally inform the head coach of the ejection and all implications that may apply.

Any spectator ejected by the official or league representative will be suspended for one or more subsequent games, subject to review by the Basketball League Sub-Committee. In all cases where a spectator is ejected, the official or league representative must submit a written report to the Basketball League Sub-Committee within 24 hours.

G. Suspended or Postponed Games

In the event a game is not completed in regulation time for any reason (including insufficient players or abandonment or termination by the official); all relevant facts must be submitted to the Basketball League Sub-Committee. The facility representative has the option to:

1. Schedule the game to be replayed, thus nullifying the original game.
2. Continue playing the game at a later date with the score and elapsed time starting as it was when the game was terminated or abandoned.
3. Accept the score of the game at the moment it ended as the final score.
4. Award both teams a tie.
5. Award one team a win and the other a loss.

The facility representative's decision is final and under no circumstances can a game be protested by a coach, spectator or player.

H. Quality of Officials

All officials have different styles of officiating and different levels of experience. Coaches, spectators and players must make allowance for these differences and realize that officials are part of the game. The final outcome of a game is rarely determined by an official's actions or inactions. Any concerns regarding officiating should be filtered through the head coach of the team and discussed with either the facility representative or the Basketball League SubCommittee at an appropriate time. Officials will consist of city of Las Vegas employees and/or contracted officials.

I. Equipment

1. COACHES'S EQUIPMENT RESPONSIBILITIES

Each team will receive a minimum of two basketballs for practices reserved through the city of Las Vegas respective Community Centers. A form of collateral (ex. Keys) will be exchanged for use of the practice balls. Coaches may be held financially responsible for any damaged, lost or stolen equipment.

2. PLAYERS'S EQUIPMENT RESPONSIBILITIES

- a. Each player must wear the city-issued jersey/shirt which must be tucked in. Shoelaces must be securely tied. Open-toe shoes or hard-soled street shoes are not allowed. Basketball shoes are recommended.
- b. A player may not wear anything that could be dangerous to themselves or to another player, including orthopedic casts (even if cushioned), rings, watches, jewelry, and hair clips. Hair ties must be soft in texture. Exception: Prescription eyeglasses that appear to be reasonably safe.
- c. A player with blood, even if dried, on their uniform will not be allowed to participate until a new uniform is provided or until the blood is removed from the uniform.
- d. Uniforms may not be altered in any way.
If a player is wearing an ineligible uniform the city of Las Vegas reserves the right to allow that player to participate in the game as a legal player if they feel it is safe and fair to do so. Officials, coaches and game monitors should be notified if a player is out of uniform before the player enters the game. A game cannot be protested due to a player being out of uniform. City of Las Vegas and game officials are the sole determining factor whether a player is deemed eligible or ineligible.

3. Game balls are provided by the city of Las Vegas Park and Recreation Department on game days. Teams are responsible for providing their own warmup balls before games.

Division	Size Basketball
14U	29.5"
12U	29.5"
10U	28.5"
6U/8U	27.5"

SECTION II: GAME-PLAY INFORMATION

A. The Court of Play

Court sizes are subject to change at the league's discretion.

Division	Court Size	3-Point ARC	Basket Rim	Free Throw
14U	50 Feet x 84 Feet	19 Feet, 9 inches	10 Feet	15 Feet
12U	50 Feet x 84 Feet	19 Feet, 9 inches	10 Feet	15 Feet
10U	50 Feet x 84 Feet	19 Feet, 9 inches	10 Feet	15 Feet
8U	50 Feet x 84 Feet	19 Feet, 9 inches	10 Feet	12 Feet
6U	42 Feet x 50 Feet	N/A	8 Feet	10 Feet

B. Number of Players and Forfeits

1. If a team does not have at least four players on the floor ready to play at game time, the first period will be set, 7/8/10 minutes will be placed on the clock, and the clock will be started. Games will not start with less than four players. The late team will be penalized 1 point per minute up to (5) five points max.
2. If the late team shows up within the first period, the game will commence from the time remaining on the clock. If the first period has expired, the game will be officially declared a forfeit.
3. Both teams must finish the game with a minimum of three eligible players.
4. After the third forfeit, a team will be removed from the schedule.

C. Player Participation Requirements

1. Minimum Playing Time
 - a. Minimum playing time is two periods per game. No player may play four quarters unless everyone has played three.
 - b. Any team that has more than 10 players will be allowed to substitute the eligible player(s) half way through the quarter. The substituted player(s) must check in at the table one (1) minute prior to check in.
2. STANDARD SUBSTITUTION PROCEDURES

Player participation is controlled through proper substitution procedures as follows:

 - a. All divisions can only substitute players at the start of each quarter (1st, 2nd, 3rd and 4th)
 - b. In overtime, a coach can select any eligible players to play.

- c. Facility game staff will track all substitutions.
- d. Substituting players must report to the score table prior to substitution and at the beginning of each period before entering the court.
- 3. **SUBSTITUTION PROCEDURE MODIFICATIONS DUE TO PLAYER INJURY**
 - a. If a player is injured and play has been stopped by the official, the injured player may be substituted for another player.
 - b. If the injured player is able to return within the same period, then they may substitute back into the game for the player that replaced them.
 - c. This substitution must occur at a natural stoppage in the game, which temporarily halts the game, and allows for player substitutions to take place.
 - d. The player must receive a signal from the official to return to the game.
 - e. The official must recognize the player leaving the court
 - f. The player who played the majority of minutes in the period is credited with playing the entire period regardless of who started the period.
 - g. The official is the sole authority in awarding the period to the appropriate player.
- 4. **SUBSTITUTION PROCEDURE FOR LATE-ARRIVING PLAYERS**
 - a. If the player arrives during the first quarter, the player must be substituted onto the court at the first substitution break or at halftime, and may be required to play the remainder of the game.
 - b. If the player arrives during the second quarter, the player must be substituted onto the court at the half or at the third substitution break and are not subject to the conditions of the player participation requirements.
- 5. **SUBSTITUTION GUIDELINE EXCEPTIONS**

The only valid exceptions to these defined substitution procedures are:

 - a. If, in the opinion of the coach, parent or official, the player is injured or in jeopardy of injury or could further compound an existing injury by continuing to play.
 - b. If the official has sent the player off the court for an ejection due to receiving five fouls in the game or two technical fouls.

D. Length of Playing Quarters: Playing Time

- 1. Game possession is decided by a coin toss for 6U only.
- 2. To start the game, jump ball will determine possession for 8U, 10U, 12U and 14U only.
- 3. Playing time will consist of (4) four (7) seven-minute quarters for 6U, running clock.
- 4. Playing time will consist of (4) four (8) eight-minute quarters for 8U and 10U, running clock.
- 5. Playing time will consist of (4) four (10) ten-minute quarters for 12U and 14U, running clock.
- 6. Halftime will be (3) three minutes.
- 7. Each team has (2) two, thirty-second time-outs per half.
- 8. The clock will stop for time-outs.
- 9. If the point spread is 9 points or less, the last (1) one minute of the game the clock will stop for all official whistles.
- 10. Alternate possession rules apply.

E. Overtime

- 1. Overtime consists of one (2) two- minute quarter. Sudden death for 6U and 8U.

2. Full court Press is allowed the last minute as long as the score is within (9) nine points or less.
3. Each team receives (1) one timeout. Unused timeouts cannot be carried over.
4. If the score is tied, game remains a tie.
5. Coaches can select any eligible players to play.

F. Game Clock

1. The clock stops for all dead ball stoppages during the last (1) one minute of the fourth quarter. In overtime situations, the clock stops for all dead ball stoppages during the last minute.
2. Running clock stops only for:
 - a. Timeouts: the head coach or player on court may request timeout, or an injury timeout from the official.
 - b. The last 1 minute of the fourth quarter on dead balls.

G. Mercy Rule

1. Teams with a (10) point lead must remain inside the 3pt line (inside key for 6U). Teams will be warned after the first offense.
2. For all additional offenses, the opposing team will receive (2) two points and ball possession.
3. If a team is ahead by (10) ten points at any time during the game, monitors will continue to take score in the scorebook but not on the score clock.
4. The scorekeepers will inform the officials to insure that the mercy rule is enforced.

H. Coaching Box Rule

The NFHS has authorized the use of a 14 –foot coaching box or seven chairs closest to the score table.

All head coaches must comply with the rule by staying in the coaching box. The head coach is responsible for the conduct and behavior of substitutes, disqualified team members and all other bench personnel.

Any violation of the “coaching box” rule by the head coach is a direct technical foul-charged and the loss of the coaching box for the remainder of the game. Any violation of the bench rule by an assistant coach or any bench personnel is charged to the offender and an indirect technical foul charged to the head coach with the loss of the coaching box for the remainder of the game.

I. Free-throw Bonus

1. Penalty free-throw bonus begins on the seventh team foul (1 and 1) and the double bonus begins on the tenth team foul (2-shots).
2. 6U division: Personal, technical, flagrant or intentional fouls are not tracked. Personal fouls are called. Players will be disqualified on their 5th personal foul.
3. On a free-throw attempt, players in marked lane spaces will be able to move into the lane when the ball is released by the free-throw shooter.

J. Coaching Tactics

The overall object is for players to enjoy the game and strive to do their best at every level.

Coaches should recognize that the primary goals of the city of Las Vegas Park and Recreation youth sports program are to teach fundamentals and sportsmanship in a safe setting. Coaches should keep practices engaging and play each player at a variety of positions, giving them the best chance to succeed. 6U and 8U practices should focus on fun activities and the basics of basketball. Coaches in the 10U, 12U and 14U divisions should introduce tactical thinking and strategy based on their division's skill level. The key to being a successful coach is not determined by your record, but by creating an environment that allows players to learn and fall in love with the sport.

SECTION III: Other Basketball Information

A. Terminology

Alternating Possession Rule: The possession arrow changes direction after each held ball situation, alternating which team gets possession of the ball.

Backcourt: Refers to the half of the court opposite the half where play is currently taking place.

Carrying the Ball: Also called "palming", a violation committed by a dribbler that involves placing the dribbling hand under the ball and momentarily holding or carrying it while dribbling.

Charging: A foul called when the offensive player in possession of the ball runs into defender with an established position. The call is often the center of endless debates and is mostly subjective in nature.

Double Dribble: A violation that occurs when a player dribbles the ball with both hands simultaneously or stops dribbling and then dribbles again.

Foul: A foul is an illegal action committed by a player from one team against a player from the other team. There are two types of fouls. A defensive foul occurs when the offensive player is fouled by the defender. Defenders should not block, push, trip, strike or hold the player in possession of the ball. An offensive foul occurs when an offensive player commits a foul when charging into a stationary defender.

Foul Lane: The area underneath the basketball hoop bordered by the end line behind the hoop and the foul line or free throw line. Players line up along it during free throws, and offensive players are not allowed more than three seconds inside it during play.

Jump Ball: A method of putting the ball into play at the beginning of the game or overtime by tossing it up between two opponents in the center circle. 6U will be a coin toss. 8U-12U will be a jump ball.

Key: the area measuring 12 feet in width and extending from the free-throw line to the end line. Also call the "free throw lane" or "lane"

One-and-One Bonus: The "bonus" free-throw situation awarded for non-shooting fouls after the opposing team exceeds seven team fouls in a half. The person fouled shoots one free throw; if successful, the shooter takes a second shot.

Double Bonus: The "bonus" free-throw situation awarded for non-shooting fouls after the opposing team exceeds 10 team fouls in a half. The person fouled shoots two free throws.

Out of Bounds: The area outside of and including the end lines and sidelines.

Over – and Back Violation: A violation that occurs when the offensive team returns the ball into the backcourt once it has positioned itself in the front court.

Overtime: An extra period played to break a tie score at the end of a regulation game.

Possession Arrow: Used to determine which team's turn it is to inbound the ball to begin a period or in a held ball situation.

Technical Foul: A foul that does not involve contact with an opponent; a foul that involves unsportsmanlike conduct by a player, coach or non-player; or a contact foul committed by a player while the ball is dead. All players must be at the mid-court line while the shot is taken.

Traveling: A violation occurring when a player with the ball takes a step without dribbling (moving the established pivot foot).

Violation: A violation occurs when a player breaks the rules of basketball and results in the awarding of the ball to the opponents.

B. Alternating –Possession Procedure

1. The alternating-possession procedure is a method of putting the ball in play with a throw-in rather than a jump ball.
2. The procedure starts when an official places the ball at the disposal of a player for a throw-in and ends when the throw-in is completed or when the throw-in team commits a violation.
3. The team awarded the ball for the alternating-possession throw-in is indicated by the possession arrow.

C. Choosing Sides

1. Each team may warm up and shoot during the first half at the basket farthest from its bench.
2. The teams change baskets for the second half.
3. The home team is on the left bench of the scorer's table when facing the court.

D. Boundary Lines

If the ball or player makes contact on or beyond the boundary line, they are considered out of bounds.

E. Nevada Revised Statute

NRS 100.300 Intimidating public officer, public employee, juror, referee, arbitrator, appraiser, assessor or similar person.

1. A person shall not, directly or indirectly, address any threat or intimidation to a public officer, public employee, juror, referee, arbitrator, appraiser, assessor or any person authorized by law to hear or determine any controversy or matter, with the intent to induce such a person contrary to his or her duty to do, make, omit or delay an act, decision or determination, if the threat or intimidation communicates the intent, either immediately or in the future:
 - a. To cause bodily injury to any person;
 - b. To cause physical damage to the property of any person other than the person addressing the threat or intimidation;
 - c. To subject any person other than the person addressing the threat or intimidation to physical confinement or restraint; or
 - d. To do any other act which is not otherwise authorized by law and is intended to harm substantially any person other than the person addressing the threat or intimidation

with respect to the person's health, safety, business, financial condition or personal relationships.

2. The provisions of this section must not be construed as prohibiting a person from making any statement in good faith of an intention to report any misconduct or malfeasance by a public officer or employee.
3. A person who violates subsection 1 is guilty of:
 - a. If physical force or the immediate threat of physical force is used in the course of the intimidation or in the making of the threat:
For a first offense, a category C felony and shall be punished as provided in NRS 193.130
For a second or subsequent offense, a category B felony and shall be punished by imprisonment in the state prison for a minimum term of not less than 2 years and a maximum term of not more than 10 years, and may be further punished by a fine of not more than \$10,000.
 - b. If no physical force or immediate threat of physical force is used in the course of the intimidation or in the making of the threat, a gross misdemeanor.
4. As used in this section, "public employee" means any person who performs public duties for compensation paid by the state, a county, city, local government or other political subdivision of the state or an agency thereof, including, without limitation, a person who performs a service for compensation pursuant to a contract with the state, county, city, local government or other subdivision of the state or an agency thereof.

SECTION IV: Grievance Procedures

The Regulations in the Grievance Procedures, shall apply to all city of Las Vegas Youth Sports Leagues.

A. Grievance Committee

The grievance committee shall consist of no less than three persons, including a committee chair, in order to adjudicate grievances. The members of the committee may be the same as, or different in whole or part from, the committee first approved.

B. Grievance

1. An action taken by a team official indicating disagreement with the interpretation and/or implementation of rules, regulations, or league purpose. Judgment calls by the referee cannot be protested.
2. Any grievance against an individual or team may only be filed by (a) the Coach of the team who has competed in a game where the alleged violation occurred, or (b) City youth league representative.
3. Any grievance alleging a violation by an individual or team during competition shall be filed in writing with the CLV Youth Sports Grievance Committee Chair. A Grievance Fee of \$50.00 must accompany each grievance. The grievance must be filed prior to the commencement of whichever occurs first: (a) the involved team's next game, whether or not the involved player participates or (b) within 24 hours after the end of the league season.
4. In the event of an eligibility disqualification, the team will remain eligible to participate and retain points received up to the disqualification, but the ineligible player will not be allowed to continue.

C. Grievance Committee Action

1. Following the receipt of a grievance and as soon as reasonable, the Grievance committee shall investigate the alleged violation as it deems appropriate. If the Committee deems necessary, it shall arrange for a hearing at which the parties involved shall have the opportunity to present evidence.
2. The Grievance Committee shall have the power to dismiss or deny the grievance or to direct the correction of any violations by reasonable means, including the suspension of an individual or team. This is applicable to any party to the grievance as long as such party has been given the opportunity to review and present evidence.
3. The Grievance Committee shall prepare a written decision setting forth the basis for its decision and the deadline for any written appeal and promptly send copies to the parties involved.
4. The decision of the Grievance Committee shall be by majority vote.

COACHES' CODE OF ETHICS

I hereby pledge to live up to the Coaches Code of Ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I promise to review and practice first-aid principles needed to treat injuries of my players. □
I will do my best to organize practices that are fun and challenging for all my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players
- I will provide a sports environment for my team that is free of drugs, tobacco and alcohol, and I will refrain from their use at all youth sports events.
- I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- I will use those coaching techniques appropriate for all of the skills that I teach.
- I will remember that I am a youth sports coach, and that the game is for children and not adults.

**National Youth Sports Coaches Association*