

**SAN DIEGO ELITE SPORTZ  
HANDBOOK  
2019-2020 SEASON**

**San Diego Elite Sportz  
8681 Northview Lane  
Santee, CA 92071  
[sandiegoelitesportz.com](http://sandiegoelitesportz.com)**

## Philosophy

In 2013, James Shaw founded San Diego Elite Sportz (S.D.E.S.).

Our staff are very excited to guide today's youth to strive in basketball while learning how to deal with life's challenges. Our coaches will educate the kids about the D.R.I.V.E. - Discipline, Respect, Integrity & the Value of Education: **Progress is the primary the goal.**

## Divisions and Number of Teams

Divisions are based on number of athletes in each age group that come out to play.

## Balanced Teams

Sign-ups and skill evaluation take place in late October and early November. All players must participate in evaluations. Grades 2-8

Players who sign up late are evaluated on dates specified by the director of instruction. All late signups are handled through the player agents and the information director. Teams are put together based on skill level, height, age, and experience. The highest weighted criterion is skill level. All players receive a skill level score of one through five, with five the highest and one the lowest score. Using the skill level scores and the other criteria, players are seeded on teams. Coaches have the option to coach their own children. Two coaches options per team.

## SDES Rule Modifications

San Diego Elite Sportz abides by the AAU Code and plays by AAU and California Interscholastic Federation Basketball Rules unless specified below:

### Periods

All divisions play two 20-minute halves with 2 time outs per team per half. There is a 3 minute halftime.

### Overtime

Games are limited to one three-minute overtime period. The overtime period begins with a jump ball.

### Timeouts

Each team is allowed two time outs per half. Each team has one time out in the overtime period. During **the last five minutes** of the game, the clock will stop for all time outs unless the score differential is 20 or more. In **the last 2 minutes of the second half and also the last 2 minutes of overtime**, the clock will stop for any violation called by the referees, or a time out called by the players, coaches, or referees. The clock stops on the whistle. All timeouts are 1 minute.

The clock shall be running **except for the last 2 minutes of the 2<sup>nd</sup> half or last 2 minutes of overtime period**, provided the score difference is 15 points or less. The clock runs during time outs until **the last 5 minutes of 2<sup>nd</sup> half or any timeout during the overtime period**. This applies to all Divisions.

## Time in the Key

The 3/4 division are allowed five seconds in the key. All other divisions play the traditional three seconds in the key.

### **Score**

Zero the score on the scoreboard at half-time if one team is ahead by 20 or more points. The score sheets will not be altered.

### **Free Throw Lines**

Boys/Girls 2/4 division the distance from the bottom of the backboard to the free throw line is ~10" 6"

Boys/Girls 5/6 division the distance from the bottom of the backboard to the free throw line is 15'

Boys/Girls 7/8 division the distance from the bottom of the backboard to the free throw line is the standard 15'

### **Balanced playing time**

It is **required** that each coach plays all his players a minimum of 16 minutes per game. Players who missed both practices during the week shall play as many minutes as coach decides.

### **Minimum Number of Players**

Teams may play with four players, but if a player is injured or disqualified, the game is forfeit. No team may play with three players! Players arriving late to a game may play but are not required to play half the game. The opponent team may play five on four or four on four; this decision is made by the opponent head coach.

### **Pressing**

The Boys 2-4 and girls 2-4 May not press. The Boys 5/6, 7/8 and Girls 5 - 8 division may press in the last 9 minutes of second half and all over overtime unless the pressing team is ahead by 20 points or more.

### **Substitutions**

Coaches can sub players in and out of the game at a dead ball/regular substitution times. (16 minimum per player) coaches that violate this rule will forfeit. An injured player may have a substitute but must reenter the game when recovered from the injury for the person who substituted for him/her.

### **No Zone Defense**

We want to teach players how to play a helping man-on-man defense, so every player must be guarding another player in the half court. Help defense is allowed but it must be executed via switch or hedge and recover. Zone presses are allowed in the divisions allowed to press, but they must return to man-to-man once the opposing team breaks half court. Double Teams and Traps only allowed in pressing situations.

### **No Triple-team Trap**

The 2/4 Boys and 2/4 Girls divisions may not perform a triple team trap on the ball handler. A double team trap is always allowed. A triple team trap at a young age is generally a condition of 'chasing the ball handler'. SDES wants to teach good, sound man-to-man defense. Triple-team traps are considered deliberate traps on a ball handler and not the result of scrambling for a loose ball.

The referee will stop play and issue a warning and instruction to the offending players. Play resumes with the offensive team taking the ball out of bounds at midcourt.

## Referees

SDES uses local, high school players and Senior Refs to referee all games. Experienced referees are assigned the lead role and shall train the junior refs on the court. League Master Scheduler shall create the ref schedules and game schedules. All refs need to cancel with League Master Scheduler 24 hours before his/her shift.

## Standards of Conduct for Coaches

1. Demonstrate good sportsmanship.
2. Teach basketball fundamentals!
3. Treat referees with the utmost of respect and courteousness. Referees are High School student players. They are our neighbors' sons and daughters and they **will miss calls and make mistakes. You can help your players most by coaching them**, not refereeing the game. In the end, the referee is the final authority, not the coach. Accept the referee's authority.
4. Help the SDES Board control the conduct of players, fans, and coaches of your team.
5. SDES coaches will conduct themselves in a manner that allows players to retain their dignity.
6. Coaches are expected to relay spectator and player standards of conduct to their players and player parents/guardians.
7. Notify a SDES Board member if a potential hazard is visible (e.g. water spilled on the floor, potential tripping hazard due to trash or another object being in a position that could pose a risk to players/spectators). Encourage team participants to do so, as well.
8. Coach focused on progress and getting better from the beginning of the season to the end, not focused on the score on the scoreboard. Yes, play/coach to win, but don't let it take priority.

## Standards of Conduct for Players

1. All players shall be sportsmen, treating their coaches, teammates, and opponents with respect.
2. All players shall not openly question a referee's judgment. The referee's judgment is final.
3. All players shall accept the results of the game.

## Standards of Conduct for Spectators

1. Spectators shall demonstrate good sportsmanship
2. Spectators shall respect the coaches realizing that each coach is a volunteer giving personal time and effort to provide an enriching recreational experience for all involved.
3. Spectators shall not "coach" from the stands. Doing so creates an atmosphere of confusion for the players - which is the exact opposite of what is intended.
4. Spectators shall applaud all good plays by both teams competing.
5. Spectators shall not openly question the call of a referee.
6. Spectators shall accept the results of a game as good sports.
7. Spectators shall stay in the areas designated for spectators. No spectators are allowed on the players' bench. Only the head coach, one assistant coach and the team players are allowed on the bench.

8. Spectators shall notify an SDES Board member if a potential hazard is visible (e.g. water spilled on the floor, potential tripping hazards posing risks to players/spectators/others).

### **Consequences of Violating the Standards of Conduct:**

1. Any coach or player receiving two technical fouls will be ejected from the game. The violator will leave the gym immediately and may not return until the ejection has been reviewed by the San Diego Elite Sportz Board of Trustees.
2. Any fan causing disturbance to the players, games, or referees, determined by the working official or SDES board member, will be asked to leave on the first warning.
3. Two ejections results in expulsion from the league for the entire season. Reinstatement in the league may be granted by the SDES Board after a thorough review of the matter.
4. Any coach, player, or fan in any physical altercation shall be expelled from the league, but may be reinstated after a thorough review of the matter by the SDES Board.

### **Santana High School Site Specific Rules**

1. Spectators are not permitted to use chairs in areas where the bleachers have not been deployed. These open areas are used for spectators in wheel chairs, with strollers, or who wish to stand.
2. Seating at the side of the courts is reserved for players and coaches only.
3. No one is permitted to stand and move along the sideline during the game except the head coach.
4. No one is permitted to sit on the top sections of the bleachers unless they are fully deployed.
5. Smoking is prohibited.
6. Animals are prohibited with the exception of service animals

### **Violating Spectator Rules**

Any spectator violating any of these rules may be required to leave the gym area for the remainder of the day and the next playing date. Any spectator removed from the gym for an additional infraction of these rules or unsportsmanlike conduct is restricted from SDES indefinitely until the individual requests and is granted reinstatement by the SDES Board of Trustees. For spectators under the age of eighteen, the parent or designated guardian of the minor will also suffer the negative consequences of the infraction. The consequences are severe because a few spectators have been unable or unwilling to control themselves or their children. The majority will not be inconvenienced by inconsiderate, irresponsible behavior.

### **Games**

There are 16-20 games per weekend: one game per week on either Saturday or Sunday. Games are held in the Santana, West Hills, or Lemon Grove Rec Center. We encourage teams to arrive thirty minutes before game time to warm up, stretch, and go over pregame instructions outside the gym. It is imperative that coaches fill out the scorebook at least fifteen minutes prior to game time. Violations will result in a technical foul. The team shooting the technical will then possess the ball to start the game-- no jump ball. If both coaches are delinquent, the game clock starts on the scheduled game time. Our limited gym time is very valuable; we must stay on schedule; that is why we are so strict on having the scorebook ready before game time.

### **Practices**

Most teams practice on the outside courts at Santana High School. Practice day and times vary. We expect 2 practices to be held a week for a length of 90 minutes.

### **Basketballs**

28.5 ball - 2-4 Division and all Girls Division

29.5 ball - 5/6 Boys Division and 7/8 Boys Division

Game balls are to be provided by the home team.

### **Uniforms**

**All players must wear SDES-issued uniform.** Players may wear an undershirt that must be the color of the uniform. Players who are not dressed properly for games will not be allowed to play. Uniform jerseys must be tucked in, and all shorts must be pulled up to the waist. Coaches obtain uniforms from the SDES uniform representative. Uniforms are distributed in December.

### **Schedules**

Schedules are ready for coaches to distribute to their teams as soon as possible after coaches and teams have been assigned by the SDES Board of Trustees. Schedules may change during the season due to the availability of the high school gyms. Please be understanding of schedule changes. We are guests in the high school gyms and appreciate their willingness to allow our league to have a significant amount of gym time during basketball season.

### **Picture Day**

Team pictures are scheduled at Santana High School. Team pictures are not part of the registration fee.

Pictures are a separate expense. All players must show up for Picture Day, even if some of the players do not purchase pictures. Coaches are informed of dates and times for pictures.

### **Medical Insurance**

San Diego Elite Sportz does not provide general medical insurance for players; however, all players, upon being properly registered, will be enrolled in the Club's secondary insurance. SDES' secondary insurance provides excess medical which becomes primary if there is no other coverage. Players must be properly registered in order to participate in SDES. Part of this registration requires the parent/guardian to sign a waiver and assumption of risks.

**NO PLAYERS WILL BE ALLOWED TO PARTICIPATE IN ANY SDES ACTIVITIES UNLESS A WAIVER HAS BEEN COMPLETED FOR THE CURRENT SEASON.**

## **SDES Scope and Sequence of Fundamental Basketball Skills and Strategies**

The following scope and sequence of basketball skills and strategies is in no way exhaustive. No matter what the age group, all teams will have players that vary in skill level. Each player is at a different stage in the sequence of skills. Players should set individual goals to master the specific offensive and defensive skills listed below. Remember that quality is the overall goal. Players should gain sufficient confidence and mastery before moving up into a more difficult skill or strategy. Fundamentally sound ball players have the skills necessary to execute a particular defensive or offensive strategy. Players should be consistent! Be strict! Be organized! Be enthusiastic! Be positive! Have fun!

### **Suggestions for All Levels:**

- Players must master 2/4 division skills before moving on to more advanced skills and strategies.
- They should use proper form when performing any basketball skill.
- The player should learn the importance of ambidextrousness.
- The player should know the importance of good footwork and positioning.
- Man-to-man defense only.

**The following skills are stressed at the Divisions listed.**

### **2/4 Division**

#### **General Skills**

- The rules and terminology of the game are explained.
- Cutting, changing direction on the run.
- Jump stopping.
- Pivoting.
- Fundamental dribbling skills with both hands.

#### **Offensive Skills**

- Speed dribble with right and left.
- Control dribble with both hands.
- Crossover dribble. Right to left and left to right crossover.
- Reverse dribble. Right to left and left to right reversal.
- Two-hand chest pass and bounce pass.
- Overhead pass.
- Left and right hand push pass.
- Left and right hand lay-up with proper footwork and form.
- Catch, shoot, and follow the shot from the blocks to 10 feet extended.
- Dribble, jump stop, shoot, and follow the shot at the blocks out to 10 feet extended.
- Remember that a player's shooting range is determined by how far out that player can shoot maintaining good form.

#### **Defensive Skills**

- Proper stance: one foot forward playing the opponent to the weak side with the deny hand out and the dig hand up.
- Proper defensive movement. Pivot and shuffle with the body low in athletic position.
- Proper vision. Positioned between the opponent and the basket, point at the ball and the player guarded. With one hand pointing at the ball and the other at the player one's guarding

and with the body low in athletic position, the defender uses pinpoint peripheral vision to see both the ball and the player one's guarding.

- Learn to stay between the opponent and the basket to establish good defensive position and rebound position. Introduce boxing out and outlet passing.

### **Defensive Strategy**

- Man-to-man defense.
- Man-to-man full court pressing.

### **Offensive Strategy**

- Maintaining a floor spread. Constantly look ahead for an open teammate's hands. Good spacing and pass ahead.
- Know the pick and roll, the give and go, and the backdoor cut.

## **5/6 Division**

### **Offensive Skills**

- Extend the player's shooting range to 15 feet.
- Know a reverse lay-up with dominant hand.
- Know low post moves: turn around jump shot, drop step, and hook.

### **Defensive Skills**

- Half court and full court trapping.
- Practice turning the dribbler.
- Know how to deny, and help.
- Know post defense; fronting post players.
- Improve your rebounding skills.

### **Defensive Strategy**

- Man-to-man defense.
- Man-to-man and zone press.

### **Offensive Strategy**

- Improve on pick and roll, give and go and backdoor plays.
- Screening and movement away from the ball.
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## **7th/8th Division**

### **Offensive Skills**

- Extend the player's shooting range to the 3-point line for players if you can maintain the proper shooting form from that distance. Post moves should be made from the left and right side.
- Practice all passing techniques, including baseball, full court push, curl, and lob passes.
- Improve fundamental dribbling skills with both the left and right hands. Learn the around-the-back and between-the-legs dribble as part of a move to the basket.
- Improve the speed and accuracy on the pass.
- Meet the pass protecting the catch with one's body.
- Offensive rebounders should work on keeping the ball over their head for a quick put back shot.
- Know the reverse layup with the weak hand.



### **Defensive Skills**

- Refine all skills introduced at earlier levels.
- Improve on rebounding skills, specifically reading the rebound off the rim and the fundamentals of boxing out.
- Communicate with teammates. Call picks. Call switch. Call out who one is guarding. Call ball on loose balls or defensive rebounds.

### **Defensive Strategy**

- Refine your helping man-to-man defense.
- Practice a man-to-man and zone full court press.
- Improve on team communication skills, helping, and switching.
- Have a strategy to defend against the fast break.

### **Offensive Strategy**

- Improve press break against a man-to-man and zone press.
- Know how to run a patterned offense against a man-to-man defense.
- Recognize when to fast break and when to go into a half court set.

### **NBA JR.**

**We're very excited to let everyone know we are partnered with the Los Angeles Clippers as part of the NBA Jr. Program and our kids will be wearing official NBA gear.**

**All SDES players will receive an official NBA Jr. Clippers/SDES uniform (includes shorts), along with a ticket to a NBA Clipper's game where our kids will be recognized at the Staple Center at a special SDES night!!!!**

## **RULES QUICK REFERENCE GUIDE**

1. PLAYERS MUST HAVE A WAIVER SIGNED BY A PARENT/GUARDIAN AND A PLAYER & PARENTAL CODE OF CONDUCT FORM ON FILE. (PER SEASON). (2/4 BASKETBALL DIV)
2. EACH HALF IS 20 MIN RUNNING CLOCK, WITH 2 TIME OUTS PER HALF. (OVERTIME IS 3 MIN WITH 1 TIME-OUT) THE CLOCK SHALL STOP IN THE LAST 2 MINUTES OF THE SECOND HALF ONLY. OVERTIME CLOCK WILL STOP IN THE LAST 2 MINUTES OF THE OVERTIME PERIOD.
3. ON THE 6TH FOUL THE PLAYER MUST LEAVE THE GAME (10 TEAM FOULS WILL RESULTS IN ONE AND ONE FREE THROWS AND IT IS ONE AND ONE FOR THE REMAINDER OF THAT HALF. SECOND HALF FOULS CARRY OVER INTO OVERTIME)
4. PEE WEES USE A 28.5 INCH BALL (FREE THROWS ARE SHOT FROM 10.5-15 FEET DEPENDING ON ABILITY)
5. TEAMS HAVE 10 SECONDS TO ADVANCE THE BALL OVER HALF COURT, 5 SECONDS TO INBOUND THE BALL AND 5 SECONDS IN KEY UNLESS WORKING FOR OR IN THE ACT OF A SHOT)
6. FULL COURT PRESSING IS NOT ALLOWED AT ALL in 2-4 Div
7. TWO TECHNICAL FOULS WILL RESULT IN PLAYER EJECTION FOR THE PRESENT GAME.
8. MAN TO MAN ONLY (NO ZONE)
9. GAMES CAN START AND END WITH 4 PLAYERS AT LEAST AND IDEALLY 5. A GRACE PERIOD OF 10 MINUTES IS ALLOWED, AFTER WHICH THE DELINQUENT TEAM SHALL FORFEIT THE GAME.
10. GAMES ARE CONDUCTED ACCORDING TO AAU RULES IN EFFECT AT THE TIME OF THE GAME. IN ALL DISPUTES, A REFEREE'S DECISION IS FINAL.
11. PLAYERS ARE NOT ALLOWED TO WEAR JEWELRY OF ANY KIND, INCLUDING EARRINGS, NECKLACES AND BRACELETS. REFEREES WILL ASK PLAYERS TO REMOVE ANY JEWELRY OR UNNECESSARY CLOTHES (E.G. HATS) BEFORE BEING ALLOWED TO PLAY IN A GAME.
12. COACHES CAN SUB PLAYERS IN AND OUT OF THE GAME AT ANY TIME. (12 MINIMUM PER PLAYER) COACHES THAT VIOLATE THIS RULE WILL COST THE TEAM A GAME FORFEIT.
13. PLAYERS CAN BE BENCHED IF THEY MISS PRACTICE WITHOUT A VALID REASON.
14. IF AN OFFENSIVE PLAYER IS CLOSELY GUARDED, HE CANNOT HOLD THE BALL FOR MORE THAN FIVE SECONDS WITHOUT DRIBBLING, PASSING OR SHOOTING IN 7/8 DIVISION ONLY.
15. EACH TEAM CAN HAVE TWO COACHES ON THE BENCH/NO COACHES ARE ALLOWED ON THE COURT UNLESS SUMMONED BY A REFEREE.
16. COACHES WILL INFORM PARENT'S OF THE TEAM'S HEALTHY SNACK SCHEDULE (VOLUNTEER)
17. ALL RULES VIOLATIONS WILL BE CALLED BY THE LEAGUE'S OFFICIALS.
18. ALL TEAM PLAYERS MUST WEAR MATCHING JERSEY'S WITH A NUMBER ON THE BACK OF IT.
19. THIS IS A DEVELOPMENT LEAGUE COACHES WILL FOCUS ON DEVELOPING PLAYERS AND NOT WINNING GAMES.

### **SPORTSMANSHIP**

COACHES ARE RESPONSIBLE FOR ENSURING THAT ALL MEMBERS OF THE TEAM AND THEIR FANS PRACTICE GOOD SPORTSMANSHIP BEFORE, DURING AND AFTER THE GAME. COACHES SHOULD

**NOT ALLOW PLAYERS TO MAKE DEROGATORY COMMENTS TOWARDS OTHER PLAYERS, COACHES OR REFEREES ALLOW TRASH TALKING OR ALLOW HIS/HER TEAM TO RUN UP THE SCORE.**

**SD Elite Sportz has the authority at any time to add or remove rules to better the conduct of the league.**

**Coach Kevin Poniatoski: 860-307-0366 or kpon30@gmail.com**

#### **SD ELITE SPORTZ 5/6 and 7/8 BASKETBALL RULES AND REGULATIONS**

- 1. PLAYERS MUST HAVE A SIGNED WAIVER & CODE OF CONDUCT FORM ON FILE. (PER SEASON)**
- 2. EACH HALF IS 20 MIN RUNNING CLOCK, WITH 2 TIME OUTS PER HALF. OVERTIME IS 3 MIN WITH 1 TIME-OUT) THE CLOCK SHALL STOP IN THE LAST 2 MINUTES OF THE SECOND HALF ONLY AND LAST 5 MINUTES OF SECOND HALF WITH TIMEOUT.**
- 3. ON THE 6TH FOUL THE PLAYER MUST LEAVE THE GAME**
- 4. BOYS THIS DIVISION USE A 29.5 INCH BALL (FREE THROWS ARE SHOT FROM 15 FEET)**

5. 10 SECONDS TO CROSS THE BALL OVER HALF COURT. 5 SECOND INBOUNDS (3 SECONDS IN KEY)
6. FULL COURT PRESSING ALLOWED IN LAST 9 MINUTES OF SECOND HALF AND OVERTIME (WINNING TEAM CANT PRESS IF UP BY 20PTS OR MORE)
7. TWO TECHNICAL FOULS WILL RESULT IN PLAYER EJECTION FOR THE PRESENT GAME ONLY.
8. DEFENSE: MAN TO MAN DEFENSE ONLY/ UNLESS THE TEAM HAS 5 PLAYERS OR LESS.
9. GAMES CAN START AND END WITH 4 PLAYERS. A GRACE PERIOD OF 10 MINUTES IS ALLOWED, AFTER WHICH THE DELINQUENT TEAM SHALL FORFEIT THE GAME.
10. OUR GAMES SHALL BE CONDUCTED ACCORDING TO AAU RULES IN EFFECT AT THE TIME OF A GAME. IN ALL DISPUTES, A REFEREE'S DECISION IS FINAL.
11. PLAYERS ARE NOT ALLOWED TO WEAR JEWELRY OF ANY KIND, INCLUDING EARRINGS, NECKLACES AND BRACELETS. REFEREES WILL ASK PLAYERS TO REMOVE ANY JEWELRY OR UNNECESSARY CLOTHES (E.G. HATS) BEFORE BEING ALLOWED TO PLAY IN A GAME.
12. COACHES CAN SUB PLAYERS IN AND OUT OF THE GAME AT ANYTIME NEEDED (PLAYERS CAN BE BENCHED IF THEY MISS PRACTICE WITHOUT A VALID REASON. (16 MINUTE MINIMUM PER PLAYER)
13. IF AN OFFENSIVE PLAYER IS CLOSELY GUARDED, HE CANNOT HOLD THE BALL FOR MORE THAN FIVE SECONDS WITHOUT DRIBBLING, PASSING OR SHOOTING IT. 7/8 DIVISION ONLY
14. EACH TEAM CAN HAVE TWO COACHES ON THE BENCH/NO COACHES ARE ALLOWED ON THE COURT.
15. COACHES WILL INFORM PARENT'S OF THE TEAM'S HEALTHY SNACK SCHEDULE (VOLUNTEER)
16. ALL VIOLATIONS WILL BE CALLED BY THE LEAGUE'S OFFICIALS. (TRAVELING-DOUBLE DRIBBLE-CARRYING-BACKCOURT-ECT.
17. ALL TEAM PLAYERS MUST WEAR MATCHING JERSEY'S WITH A NUMBER ON THE BACK OF IT.
18. THIS IS A DEVELOPMENT LEAGUE WHICH MEANS COACHES WILL FOCUS ON DEVELOPING PLAYERS AND NOT WINNING GAMES.

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