

MVBA Rules & Policies

1. Philosophy Statement

The Mounds View Basketball Association (MVBA) exists to provide an opportunity for boys and girls to compete in an environment that emphasizes fundamental basketball skills, teamwork, good sportsmanship, and the development of a healthy positive attitude. Winning, although important, is secondary to learning the game and having fun.

2. Eligibility

To be eligible to play on an MVBA team, the player MUST reside or attend school in the Mounds View High School attendance area as identified by the school district. Students who are open-enrolled in schools within the MVHS attendance area will also be eligible to play in the MVBA.

VERIFICATION WILL BE REQUIRED.

- "Little Mustangs" is open to boys and girls of all skill levels in grades 1 and 2.
- The in-house program is open to boys and girls of all skill levels in grades 3 through 8.
- The traveling program is open to boys and girls in 5th through 8th grades with participation determined via a tryout process (refer to the separate description of the traveling program).

3. Board of Directors

The general management of the affairs of the MVBA shall be performed by the MVBA Board of Directors (Board). The Board shall have general charge and management of the affairs, funds, and property of the MVBA. The Board shall have full power and it shall be the Board's duty to carry out the purpose of the MVBA according to its by-laws in accordance with Minnesota State laws for nonprofit organizations. The Board may establish any policies and procedures necessary to achieve the philosophy of the MVBA.

The Board meets the second Monday of each month (subject to change with scheduling conflicts).

Monthly Board meetings are open to all parents/guardians of MVBA participants. Board meeting agendas will allow for public comment for parents/guardians to bring issues to the Board's attention.

Time allowed for public comment will be determined by the president or presiding officer.

The officers of the Board include:

- President
- Vice President
- Treasurer
- Secretary
- Directors:
 - Little Mustangs Program
 - Girls In-House Program
 - Boys In-House Program
 - Girls Traveling Program
 - Boys Traveling Program
 - Scheduling
 - Tournaments
 - Equipment
 - Referees
 - Concessions
 - Development

4. Registration

Registration information for the MVBA will be mailed or sent via e-mail in September to home addresses of past program participants. Notices will be sent home through the eligible elementary schools and posted at the middle schools. Registration dates will be set for September and will be held at a community building or school in the area.

- Traveling team registration can take place in person at the time of the first tryout session or through the MVBA website.
- Registration fees are determined annually by the Board to cover the costs of gym time for practice and games, uniforms, equipment, referees, etc.
- Scholarships are available based on financial need. All requests are confidential and should be made to the Board using the appropriate form.
- Refunds of fees, total or partial, will be considered under special circumstances by notifying the Board in writing and explaining the situation. Refunds will not be given after the season has started, as defined by the date of the coaches meeting.

5. Little Mustangs Program MVBA is involved in a partnership for in-house Little Mustangs teams with Irondale Basketball Association. The Little Mustangs program is designed to be an introductory, non-competitive program that allows 1st and 2nd grade boys and girls an opportunity to explore their interest in the sport of basketball. The purpose is to introduce the basic skills of shooting, passing, dribbling, and team play.

Boys and girls play separately, usually with 8-10 players each. Teams are organized primarily based on home address location and elementary school affiliation.

Games will be four-on-four with eight–four minute running time periods. Basket height is 8 feet. At half time, the players will take a skills break. Each team will perform skills such as a dribble relay, pass and catch, short shots, lay-ups and a defensive shuffle.

. For a detailed outline of the skills and the specific program rules, please refer to the Little Mustangs -Rules.

Scores are not kept for Little Mustangs games. The goal is to provide equal playing time for all players regardless of skill level. The season consists of one practice and one game per week except during holidays and during MVBA tournament weekends when gyms are not available.

6. In-House League

The in-house basketball program is designed to offer a competitive environment for 3rd through 8th grade students to play basketball. The purpose of the program is to advance the players' basketball skills and team play.

Boys and girls teams are separated for the in-house program and are organized in three leagues: 3rd-4th graders, 5th-6th graders, 7th-8th graders. Teams generally consist of 8-10 players each with the number of teams in each age group determined by the number of players registering.

The main factors used in creating teams are the geographical location of the player, their elementary school affiliation, player height, teammate requests and player skill level. Coaches are expected to strive for equal playing time in all in-house programs as much as possible.

3rd & 4th Grade In House

MVBA is involved in a partnership for in-house 3rd/4th grade teams with Irondale Basketball Association and St. Anthony Basketball Association. Players in 3rd and 4th grade will play five on

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five for eight – five minute running time periods. Basket height will be 10 feet for boys and 9 feet for girls. Game scores are recorded and league standings are reported. There is no tournament at the end of the season.

At halftime, they will break for a skills completion against their opponent. The skills will consist of lay-ups, a dribble relay and short shots.

The purpose of this competition is to improve individual skills of each player and to ensure that all coaches are stressing skills in practice. Should your team have an uneven number of players for the skills contests, we expect coaches to vary the extra turn player throughout the season.

Two Referees will monitor the skill events. Their counts will be considered the official results. Referees will determine and award points requiring proper execution of the skills. .

In house grades 5-8

MVBA is involved in a partnership for in-house 5th/6th and 7th/8th grade teams with Irondale Basketball Association, Roseville Basketball Association and St. Anthony Basketball Association. Games are played five-on-five for eight periods of five minutes each. Game scores are recorded and league standings are reported. Season-ending tournaments are held for boys and girls on 5th-6th and 7th-8th grade teams to determine the league champions.

7. Traveling Program

The MVBA traveling program is a highly competitive program that involves tournament play throughout the Twin Cities and surrounding areas. Traveling teams for boys and girls in 5th through 8th grades are determined via tryouts. Refer to the separate section on traveling teams for more information about this program.

8. Safety

Safety of our players is a serious concern. Parents/guardians are primarily responsible for their child's safety including safe transportation to and from practices and games. Although game sites may have emergency medical staff on hand, parents retain ultimate responsibility for safety. If a child has a unique health situation that affects their ability to play basketball or if a parent/guardian feels the child is being placed in an unsafe situation, the coach should be consulted immediately.

Traveling coaches are equipped with only basic first-aid equipment (bandages, wraps, ice packs). For the most part, coaches have no formal medical training, only the knowledge gained through any prior experience with injuries typically encountered during basketball.

Before participating in any MVBA practice or game, players and their parents/guardians must complete the waiver/medical release form. This document releases the MVBA and it's coaches from any liability associated with player injury and provides information about who to contact in the case of an emergency.

9. Coaching

The MVBA relies primarily on parents and other volunteers to coach teams in its various programs. Coaches are selected after the teams are formed. Every effort is made to attract and select the most highly qualified coaches. Every team will have a head coach who is selected by the MVBA. One or two assistant coaches may also then be selected by the head coach.

The Board considers these factors when selecting a head coach:

- A willingness to volunteer as a coach (indicated on the player registration form).
- Experience as a basketball coach.
- Feedback from year-end evaluation forms from previous MVBA coaching assignments.

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- Any recommendations from others to the Board.
- Number of other interested coaching candidates.

Coaches are also required to complete an application form and authorize a background check.

The MVBA expects its coaches to:

- Develop all players equally – not to concentrate on the best players.
- Understand winning is secondary to the development of all the players.
- Avoid showcasing individual players.
- Remember players develop at different rates – today's star may not be the star of the future.
- Provide a good experience to players who are impressionable young people.
- Teach the benefits of dedication and hard work.
- Prepare for practices and games.
- Be responsible for their player's behavior.
- Conduct themselves professionally on the court.
- Treat referees, coaches, players and parents respectfully.

10. Parent Representation/Grievance Procedure

Every MVBA team should nominate a parent representative. This representative will assist the coach to work with the Board on things such as collecting fees, typing schedules, organizing tournament volunteers, etc. The parent representative can also serve as a focal point to help other parents or guardians with their concerns related to the team, coaches, or the league. Most issues can be resolved by dealing directly with coaches but in those unique circumstances where the coach cannot handle the issue, we ask that you escalate your concerns according to this grievance procedure:

Step 1: Contact the head coach directly and ask for a meeting to discuss your concerns.

Step 2: If the issue cannot be resolved directly with the coach, contact your parent representative and the appropriate league director (Girls or Boys Traveling, In-House, Little Dribblers).

Step 3: If the issue is still unresolved, contact the MVBA President who may resolve the issue or ask for a meeting with the entire Board.

Escalation from one step to the next should be handled promptly -- failure to notify the director or the Board within 15 days will close the matter. Any decisions made by the Board shall be final.

11. Code of Conduct

The MVBA requires its coaches, players, and their parents/guardians to abide by this code of conduct.

IMPORTANT TRAVELING PROGRAM INFORMATION for PLAYERS & PARENTS/Guardians

Thank you for your interest in the Mounds View Basketball Association's traveling program!

Purpose

Through its traveling teams, the MVBA provides an opportunity for 5th-8th grade boys and girls living in the Mounds View High School attendance area to participate in a highly competitive

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environment against other top teams. The MVBA traveling program has a long history of success and we expect our traveling teams to be competitive with the teams they face in tournaments. The tryouts are aimed at identifying the best basketball players and we desire to find the most qualified coaches for the traveling teams. However, while the MVBA expects its teams to be competitive, it also balances the goal of winning games by emphasizing teamwork, player participation, fundamental skill development, and sportsmanship.

Teams

Teams typically consist of eight to ten players. There is typically an A , B, and/or a C team for 5th, 6th, 7th and 8th grade teams. The actual size and number of traveling teams fielded depends on the number and skill level of interested boys or girls at each grade level and will be determined by the MVBA.

Traveling teams play in tournament games on weekends, often Fridays through Sundays. Teams will typically play three to five games in each tournament (sometimes more!). The season begins in October and runs into March when state tournaments are held. The number of tournaments entered can vary by grade and team, usually 8 tournaments for 5th graders and 8-11 or more in 6th-8th grades.

Over the course of a season a traveling team can expect to play roughly 30-40 games.

Commitment

A traveling team is more intense than a non-traveling in-house team and requires a significant commitment. If your child is trying out for a traveling basketball team, you should be aware that playing on a traveling team requires a lot of time – usually two two-hour practices weekly and up to 10 or more weekend tournaments during the season. Players are expected to attend all practices and games. However, the MVBA recognizes that family commitments, schoolwork, religion or similar activities should be the top priorities for our children. Thus, an infrequent scheduling conflict resulting from these priorities or an illness that causes a player to miss an occasional practice, or in some cases even a game, is certainly understandable. Players or parents are asked to notify coaches in advance of any scheduling conflict. On the other hand, if the child's schedule requires an ongoing, regular commitment to another evening or weekend activity -- whether that activity is another athletic team, the school play, scouts, music lessons, volunteer work, or some other important commitment – we suggest your child register for the MVBA in-house program. The house program requires a significantly smaller time commitment and is less likely to create scheduling conflicts.

Other Expectations

In addition to the time commitment, traveling teams require an additional financial commitment. At the beginning of the season, players are asked to pay their share of tournament costs. Plus, tournaments require some travel – primarily in the Twin Cities – and a nominal daily admissions charge for fans and family members. The MVBA provides game uniforms and practice jerseys (game uniforms are returned at season-end). Parents or guardians of traveling team players are also expected to support the traveling program by working a few hours at the MVBA hosted

tournament(s). More information about the tournament and other parent volunteer opportunities will be distributed to teams at the beginning of the season.

Tryouts

Players are selected for traveling teams based on their performance at tryouts held before the season begins.

Tryouts are scored by independent evaluators and observed by selected Board members. Tryouts are held over a 2-3 day period and consist of three parts. The first part involves a series of individual skill drills incorporating:

- Shooting (free throws and speed-shooting)
- Ball handling (for speed and control)
- Lay-ups (right and left handed)
- Vertical jumping

The final two parts of the tryouts are most valuable and include 3-on-3 and full court workouts. With these scrimmages, evaluators score players on five equal categories:

- Ability to Score (including off the pass, drives, and put-backs)
- Offensive Skills (emphasis on passing and ball handling)
- Defensive Skills (emphasis on rebounding and ability to defend)
- Court Sense (ability to move without the ball, switch on cue, see the entire floor)
- Team Play (sharing the ball, setting screens, hustle, and keeping a positive attitude)

A player who does not do well in the skills portion of tryouts can recover and strengthen their position by performing well in scrimmages. The second day of tryouts may involve 1-on-1 competition and competition amongst players of the same position in order to compare strengths and evaluate skills. In some situations a third tryout session may be utilized to further evaluate some players.

After the tryouts are completed, the evaluators discuss results (previous coach input may be used), place all players, and make team selections. The numbers and skill levels of tryout participants will determine how many and what level of teams will be formed. The Board will make every effort to accommodate as many teams as are reasonable within these parameters. In addition, the Board will review evaluations and team placement to assure proper position balance and mix of player size and skill.

Players will be allowed to tryout only for their grade level.

If a player chooses to leave an MVBA traveling team after it is formed, that player will not be eligible for the MVBA traveling program the following year, unless granted an exception by vote of the MVBA Board.

The Board will consider players unable to compete in the tryout process due to injury for inclusion on a traveling team. The injured player must register at the tryout and participate in any skills unaffected by the injury. In addition, the injured player must provide medical documentation of their injury and the expected date at which they can fully participate. To maintain the integrity of the tryout process, the Board will consider injured players only on a case-by-case basis and will consider that player's history with the MVBA traveling program.

Coaches

Head coaches for traveling teams are determined by the traveling directors and select board members following the tryouts. Selection of coaches is based on their experience, qualifications, and any prior-year feedback provided to traveling directors. Of course, availability of interested parents will also be considered following team selection with the objective of finding the most qualified coach. Head coaches may select their own assistant coaches. All coaches will be required to provide information for a back ground check.

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Coaches are primarily responsible for teaching basketball skills and promoting teamwork and sportsmanship. Coaches are also responsible for assuring player participation. The general guideline is equal playing time in 5th and 6th grades and a minimum of one quarter of playing time per game in 7th and 8th grades. Participation guidelines can be affected by attendance at practice and a player's commitment to the team. Parents/guardians are encouraged to consult the coach directly with any concerns related to the team. Refer to the coaching section of the MVBA Rules & Policies for more information about coaching in the MVBA.

MVBA Traveling Team Parent / Player Agreement

PURPOSE: It is in the best interest of all parties that this agreement is signed acknowledging Mounds View Basketball Association (MVBA) policies and rules for traveling basketball.

1. Due to the competitive nature of traveling basketball, players must make a commitment to the team by participating in all practices and games (barring illness, injury, etc.). Parents and players are expected to make the MVBA team their top extra-curricular team throughout the season.
2. Both parent and player acknowledge that MVBA policy does not require equal playing time at the 7th and 8th grade level.
3. ANY conduct detrimental to the team or individuals on the team, and/or any violation of the Minnesota State High School League Rules will present the coach with no option but to enforce disciplinary actions available to them. These disciplinary actions may include reduced playing time, ineligibility for games, or even removal from the team. The coach has the authority to limit playing time due to unexcused absences from practices or games, or for disciplinary reasons (based on attitude, effort, practice habits, etc.). Ineligibility and playing time issues will involve the traveling director and the Board. It is agreed that both the player and parents accept the coach's disciplinary action(s).
4. Uniforms issued to players by the MVBA basketball program are required to be maintained in good condition. Parents agree to reimburse MVBA for lost or damaged uniforms.
5. Tryouts will be conducted based on established MVBA evaluation criteria. Players may try out only for their grade level. Players and parents agree in advance to the results of these tryouts and the player's placement on a team.
The Board will consider players unable to compete in the tryout process due to injury for inclusion on a traveling team. The injured player must register for the tryout and participate in any skills unaffected by the injury. In addition, the injured player must provide medical documentation of their injury and the expected date at which they can fully participate. To maintain the integrity of the tryout process, the Board will consider injured players only on a case-by-case basis and will consider that player's history with the MVBA traveling program.
6. It is understood and agreed that if a player chooses not to join the team assigned, or chooses to leave an MVBA traveling team at any time during the season, that player will be ineligible for the MVBA traveling program the following year.
7. As a player, you agree to apply the concepts and drills offered by the coaches and practice them on your own. Parents will work with your child's coaches to reinforce the skills and attitudes that they are trying to teach. In no case will you coach your child in a manner that is contrary to the coach's instructions. It is agreed that players and parents will accept constructive criticism from coaches in a positive manner. As a player, you agree to do your best at all practices and games. Players will make every effort to be a good teammate.
8. It is agreed that players and parents will show respect for coaches, game officials and their decisions and your opponents. As a player or as a parent, you agree to take total responsibility for your behavior. You will apply the rule of good sportsmanship and accept, respect, and abide by the decisions made by coaches and officials.

MVBA Traveling Team Parent / Player Agreement

9. The MVBA code of conduct policy applies to all participants in MVBA activities, including parents, players, and spectators and is intended to provide a safe, enjoyable environment for all. *As a representative of MVBA, every coach, parent, and player must be committed to good sportsmanship at all times.* Unsportsmanlike, abusive, or violent conduct will not be tolerated by MVBA. Unsportsmanlike conduct includes, but is not limited to; profanity, verbal or physical abuse of referees, tournament officials, coaches, other parents, or players. Repeated violations or disregard for MVBA policies and rules is subject to disciplinary action by the Board. Disciplinary action may include: i) a verbal warning, ii) a written warning, iii) suspension from one or more MVBA activities, iv) permanent suspension and/or banning of parents or player. The type of disciplinary action imposed is at the discretion of the Board and nothing in this policy is intended to guarantee that the Board must or shall follow all disciplinary steps prior to suspending or barring any parent or player. For example, steps i through iv above may occur for the same conduct or infraction. Disciplinary action may include permanently barring a parent and/or their player from any and all MVBA activities. The MVBA also reserves the right to dismiss at any time a player who by the conduct of their parent(s), creates problems or issues for the team, or after a verbal warning, continues to disrupt a team or team members.

10. As a parent, you agree that you will be involved in the Mounds View Classic Basketball Tournament in February 2012. You will be assigned to work a 4-hour shift at admissions or concessions. Upon completion of your voluntary shift, your \$100 deposit will be returned to you. The \$100 volunteer replacement fee will be deposited if you fail to work your scheduled time or do not find a capable replacement volunteer.

I, as a **player**, ACCEPT and UNDERSTAND these conditions:

Name (please print): _____

Player's Signature: _____ **Date:** _____

I, as a **parent** or **guardian** of the above player, ACCEPT and UNDERSTAND these conditions:

Name (please print): _____

Parent's Signature: _____ **Date:** _____

NOTE: This form must be signed by both the player and parent prior to any traveling tryout.