

# CHRISTIAN YOUTH BASKETBALL



*So, whether you eat or drink, or whatever  
you do, do all to the glory of God.  
1 Corinthians 10:31*

2018-2019  
**COACHES' HANDBOOK**

Jimmy Easterby, Director  
Tom Parker, Assistant Director  
Mark Cunningham, Senior High Coordinator

CYBL Participating Organizations  
2018-2019 Season

1. Ben Lippen School
2. Bethlehem Baptist Church
3. Downtown Church
4. Eastminster Presbyterian Church
5. Epworth Children's Home
6. First Baptist Church
7. First Presbyterian Church
8. Forest Lake Presbyterian Church
9. Good Shepherd Lutheran Church
10. Grace Presbyterian Church
11. Northeast Presbyterian Church
12. Riverland Hills Baptist Church
13. Shandon Presbyterian Church
14. Shandon UMC
15. St. John Neumann
16. St. John's Episcopal Church
17. St. Joseph Catholic Church
18. St. Martin's in the Field
19. Timmerman School
20. Trenholm Rd Methodist Church
21. Trinity Episcopal Church
22. Union Methodist Church
23. Windsor UMC
24. Zion Baptist Church

## STATEMENT OF PHILOSOPHY

THROUGH A PROGRAM OF CHRIST-CENTERED ATHLETICS, THE LEAGUE PROVIDES THE OPPORTUNITY FOR EACH PARTICIPANT TO DEVELOP HIS OR HER TALENTS THROUGH A PROGRAM THAT EMPHASIZES CHRISTIAN GROWTH AND A DEEPER DEDICATION TO GOD AND CHURCH.

### OBJECTIVES

- To develop a Christian environment where fellowship, recreation and ministry can take place.
- To use the sport of basketball as a tool to spread the Gospel and reach people for Christ.
- To develop within each participant patience, self-control, courage, good sportsmanship, teamwork and a Christian outlook toward sports.

### Eligibility

1. Each participating team in this Christian Youth Basketball League must be affiliated and sponsored by a supporting church. Each supporting church must have one (1) contact person for their participating team(s) to approve the team coach(es) and roster(s). Roster forms are attached and must be filled out, submitted and approved before the first game of the season.
2. In order to make basketball programs at every church an outreach tool, youth participants are not required to be church members, but coaches will be responsible for following up on prospect status of non-church members playing on their team and placing them on the roster per the league rules.
3. In an effort to foster relationships for host church teams, a minimum of 50% of each team roster must be from a sponsor church family or a member of the sponsor church.
4. All teams will provide a complete roster listing:
  - a. Church Team Name and Team Coach
  - b. Player name, address, phone #, grade level, and church member (Y/N)
  - c. Signature of the Church Representative confirming team and roster
5. Churches may enter more than one team per age group (Team A, Team B...)
6. Each player must play one-third (1/3) of the scheduled games to be eligible for tournament play.
7. Players who make – and choose to play for – their respective school teams are NOT eligible to play in the Christian Youth Basketball League.
8. All questions and concerns will be handled by an official league representative or the League Director. If necessary, the League Director may take questions and concerns to the Governing Body which has final authority.
9. Players must be in Grades 2 - 12.
10. Division breakdown. The Divisions will be referenced as follows:
  - a. Second & Third Grades (Grades 2&3)
  - b. Fourth & Fifth Grades (Grades 4&5)
  - c. Sixth & Seventh Grades (Grades 6&7)

- d. Eighth & Ninth Grades (Grades 8&9)
- e. Tenth, Eleventh & Twelfth Grades (Grades 10-12)

### RULES FOR PLAY

Christian Youth Basketball League plays by official high school rules with the following exceptions:

1. Each team is required to participate in the prayer and pre-game devotion prior to each game.
2. Grades 10 - 12 will follow the regular high school rules and regulations, playing four seven-minute quarters.
3. Scoreboard clock will be operated as follows:
  - a. Grades 2 & 3, twenty (20) minute halves, running clock
  - b. Grades 4 & 5, twenty (20) minute halves, running clock
  - c. Grades 6 & 7, twelve (12) minute halves
  - d. Grades 8 & 9, twelve (12) minute halves
  - e. Between halves, five (5) minute break
  - f. Between games, ten (10) minutes
4. Timeouts:
  - a. Grades 2 - 5 - There are three (3) timeouts per game, with no timeouts inside the last three (3) minutes of the game. Any time-out called will not stop the clock.
  - b. Grades 6 - 12 – There are three (3) timeouts allowed at any time during the game.
5. Forfeits: Please call the appropriate director if your team cannot play.
6. Each player must have a proper jersey on to enter a game. All jerseys must be the same color and have a number. No two (2) players may wear the same number. Gyms will enforce this rule.
7. Games will begin with a jump ball. Possession then alternates for the remainder of the half. The scorer's table will use the arrow system to designate possession. The arrow will be pointed to the basket.
8. No three (3) point shot will be in effect for Grades 2 - 5.
9. Playing time:
  - a. Each player should play a fair and equitable amount of time in each game: approximately half of each game.
  - b. League Directors will monitor the application of this rule.
  - c. No overtime: Game ending in ties during regulation season will not play overtime.
10. The home team will be responsible for providing the official scorekeeper. The scorekeeper will sit at the scorer's table during the game.
11. Technical fouls and unsportsmanlike conduct:
  - a. No unsportsmanlike conduct will be tolerated by coaches, players or fans. The league director, present at the game, will make a determination of action to be taken at the time of the incident.

- b. If a player is ejected from the ballgame for any reason other than fouling out, the player is automatically suspended from the next game.
- 12. Forfeit time: Game time is forfeit time. Five (5) players must be present to start the game. No gentlemen's agreements allowed. The gym representative will determine game time. The game will not begin before game time.
- 13. Scheduled games: All games will be played as scheduled. No games will be rescheduled unless a team drops out of the league or the league, in its discretion, elects to reschedule. Reasons for rescheduling include, but are not limited to, adverse weather conditions and unforeseen threats to safety.
- 14. Defense:
  - a. Grades 2 - 5 Boys - **No defense outside of the defense box, must play man-to-man at all times.**
  - b. Grades 6 & 7 - No pressure defense past half court until the last two minutes of the game.
  - c. Grades 8-9 & Grades 10-12 - No pressure defense past half court when a team is ahead by twenty (20) or more points.
  - d. Grades 6 - 12 - Teams that illegally pressure in the backcourt will get one (1) warning. If a team continues to pressure in the backcourt, it will be assessed a Technical Foul after each infraction.
- 15. Basketball Size:
  - a. Grades 2 & 3 - Junior Ball
  - b. Grades 4-7 -- Intermediate Ball - 28.5
  - c. Grades 8-12 Boys - Regulation Size
  - d. Grades 8 – 12 Girls - Intermediate Ball-28.5
- 16. Fouls:
  - a. Grades 4 & 5 - Players accumulating six (6) personal fouls are disqualified.
  - b. Grades 6 - 12 - Players accumulating five (5) personal fouls are disqualified.
- 17. Bonuses:
  - a. Grades 4 & 5 - Once a team is assessed its tenth (10<sup>th</sup>) personal foul of a half, opposing team is awarded two foul shots after each foul. The player fouled is the player to attempt the foul shots.
  - b. Grade 6 & 7 - Once a team is assessed its tenth (10<sup>th</sup>) personal foul of a half, opposing team is awarded two foul shots after each foul. The player fouled is the player to attempt the foul shots.
  - c. Grades 8 - 12 - Team shoots one and one after the seventh (7) team foul, then follows the procedure described in A, B and C on the 10<sup>th</sup> and succeeding fouls.
- 18. Free Throws:
  - a. Grades 2 & 3 - Ten (10) foot line
  - b. Grades 4 & 5 – Fifteen (15) foot line (may cross line after releasing the ball)
  - c. Grades 6 - 12 - Fifteen (15) foot line
- 19. Goal Height:
  - a. Grades 2 & 3 - 8 ft.

- b. Grades 4 & 5 – 9 ft.
  - c. Grades 6 - 12 – 10 ft.
20. Anyone using foul language, alcohol, drugs or tobacco or misbehaving will be removed from the gym. All players, coaches and fans will adhere to the rules of the gym in which they have a game. Any damage done to a gym by an individual will be his/her responsibility.
  21. All players, coaches, referees and fans participate in this league at their own risk.
  22. A single elimination tournament will be held at the end of the season for Grades 6 - 12.
  23. Players that make their school team are NOT eligible to play in the Christian Youth Basketball League.
  - 24. Spectators are expected to adhere to proper Christian conduct. We want everyone to support and cheer on their teams, but also remember you are a visitor in another church's gym sitting among the opposing teams' family and friends.**

Notes:

## **Christian Youth Basketball League**

### **Devotions & Lessons - 2018-2019 Season**

Proverbs 3:5-6, (ESV)

*Trust in the Lord with all your heart and lean not on your own understanding.*

*In all your ways acknowledge him and he will make straight your paths.*

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#### **LESSON 1 -**

##### **Opening Question:**

Have you ever had times when you experienced disappointment, rejection, or something did not turn out the way you wanted?

**Scripture:** John 16:33 (NIV)

*I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*

##### **Key Points:**

1. Jesus said that in this world you will have trouble that you will have to face.
2. However, Jesus said to be encouraged because he has overcome the trials of this world and will help you do the same.

#### **LESSON 2**

##### **Opening question:**

When something bad happens, is it possible for it to turn into something that is good for you?

**Scripture:** Romans 8:28 (NIV)

*And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

##### **Key Points:**

1. God promises that if you love him and are called according to his purpose, he will work in all things for your good.
2. When you lose a game or experience disappointment, God can use that to help you develop qualities like self-control, patience, and the ability to maintain a positive attitude despite difficult circumstances.
3. God's ultimate goal for you is to make you more like Christ.



### LESSON 3

#### **Opening Question:**

What is perseverance and how can it help you deal with various trials and conflicts?

**Scripture:** James 1:2-4 (NIV)

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.*

#### **Key Points:**

1. Perseverance can only be developed when you face trials of many kinds and learn how to remain faithful to God no matter how difficult your circumstances are.
2. Instead of complaining about our struggles, we should see them as opportunities to grow in our commitment to God.

### LESSON 4

#### **Opening Question:**

How would you describe someone who has a wonderful spirit?

**Scripture:** Galatians 5:22-23 & II Corinthians 4:18 (NIV)

*But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

*So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.*

#### **Key Points:**

1. Qualities of a spirit led by Christ include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. These qualities will help you deal with any trial that may come your way.
2. The condition of your spirit is much more important than your physical condition.
3. What is seen (physical) is temporary, but what is unseen (spirit) is eternal.

### LESSON 5

#### **Opening Question:**

What keeps your house stable when a storm or hurricane comes along?

**Scripture:** Matthew 7:24-25 (NIV)

*Here he is, speaking publicly, and they are not saying a word to him. Have the authorities really concluded that he is the Messiah? But we know where this man is from; when the Messiah comes, no one will know where he is from.” Then Jesus, still teaching in the temple courts, cried*

out, "Yes, you know me, and you know where I am from. I am not here on my own authority, but he who sent me is true. You do not know him, but I know him because I am from him and he sent me."

**Key Points:**

1. When you listen to Jesus and do what he says, you are building a solid foundation for your life.
2. A foundation built on Christ will remain stable in the midst of any trial or difficult circumstance you may encounter.

**LESSON 6**

**Opening Question:**

Who is Noah and why is he such a great example to follow?

**Scripture:** Hebrews 11:6-7 (NIV)

*And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that is in keeping with faith.*

**Key Points:**

1. Noah had great faith and obeyed God's command to build a huge boat even though what he was warned about was not seen yet.
2. God is faithful to those who obey him, and he demonstrated this by saving Noah's family.
3. When God leads you to do something, he will give you the strength needed to complete the task.

**LESSON 7**

**Opening Question:**

Do you expect the road to following Jesus Christ to be easy or hard?

**Scripture:** Luke 9:23 & Matthew 7:24-27 (NIV)

*Then he said to them all: "Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me.*

*"Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."*

**Key Points:**

1. During his time on earth, Jesus faced many trials including lots of rejection and eventually enduring intense pain on the cross.
2. He overcame all of that, so we may receive forgiveness and eternal life thru faith in him alone.
3. Being a daily follower of Jesus means putting aside selfish desires and being committed to serving Christ no matter what it may cost you.

**LESSON 8****Opening Question:**

What are the best ways to overcome temptation?

**Scripture:** Hebrews 2:18, 1 Corinthians 10:13 (NIV)

*Because he himself suffered when he was tempted, he is able to help those who are being tempted.*

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.*

**Key Points:**

1. Adam and Eve gave into temptation because they listened to the false promises of the serpent instead of their trustworthy God.
2. There will be times when you need to walk away from the crowd and stand alone with Jesus to avoid temptation.