

American Fork Recreation – Coach/Parent Basketball Information Sheet 2021

Program: Boys and Girls 7th / 8th grade basketball



After reading this information sheet, if you have additional questions or comments, please email, call or stop by to talk with our Recreation Department staff.

1. Season

- a. Season games begin the week after the School District Christmas break.
- b. Season consists of a 7 game season, plus a double elimination post season tournament.
- c. Season games are played at local Jr and Senior high schools. Game schedules will specify school, date, time and specific gym location of each game.
- d. Schedules will be posted on our “youth basketball” webpage and emailed out on December 17.
- e. According to Alpine School District COVID regulations gym space will be limited to 25% gym capacity and only parents or guardians. This means all gyms will be limited to one ~~or two~~ parents/guardians per player. No additional children or spectators will be permitted. We will send additional information for specific gyms, but please make sure your teams are aware. We must follow these regulations to continue to play.

2. Coach

- a. All coaches must turn in their background release form or have previously been cleared from a previous background check through American Fork Recreation.
- b. Coach’s team packet will be available at each team’s first game. They will be brought to each facility.
 - i. Packet Contents
 1. Team Roster with the coaches and players names, phone numbers, guardian’s names, volunteers, email addresses.
 2. Team reversible jerseys are included in the coach’s packet and all players on your roster receive a new, numbered jersey from your packet. New jerseys can also be exchanged for different sized at the AFFC during hours of operation.

3. Program Framework

- a. Ball size – 28.5 for girl’s games and regulation size ball for the boy’s game.
 - i. Game ball is provided at the facility each week.
- b. Games consist of two, 20-minute halves with a 3-minute half time.
- c. 5 on 5 with the baskets height at 10’

4. Rules

- a. 7th and 8th grade rules are posted on our “[youth basketball](#)” webpage. Parents and coaches should become familiar with the rules and their unique properties. Boys 7th and 8th grade are separate leagues. Girls 7/8th grade are combined.

5. Practices

- a. As of today, coaches may email kpdroza@americanfork.gov to schedule 2 practice times in December. The practice schedule link can be seen on our “youth basketball” webpage. Practices are held at the American Fork Jr High School and Timberline Middle School.

6. Facility Supervisor

- a. At each facility, there will be a supervisor to help with questions or other concerns you may have.