



Rochelle Park Athletic Association (RPAA) Youth Basketball Handbook 2026-27

Logistics

Season Timeline

- **Registrations:** Friday, September 25 – Saturday, October 31
- **Basketball Coaches Meeting:** Thursday, November 5
- **Juniors & Seniors Clinics & Team Assignments:** Weeks of November 16 & 23
- **Practices Start for All Teams & Divisions:** Monday, November 30
- **Juniors & Seniors Games Begin:** Week of January 4
- **Season End:** Week of March 22

Gym Schedule

We understand how important it is to coordinate family schedules and appreciate community eagerness to receive the upcoming basketball schedule. To create a functional gym schedule, we must first have our final registration numbers to determine team counts, followed by assigned coaches to match practice slots with availability. Releasing a schedule without these key inputs would result in constant disruptions and last-minute changes for everyone.

We are sharing the below schedule template to offer a general idea of time frames, but please note that the **SCHEDULE BELOW IS NOT FINAL AND IS SUBJECT TO CHANGE**. Practice schedules traditionally follow a Monday-Wednesday or Tuesday-Thursday cadence. Games for Juniors and Seniors are played on Fridays. Rookie exhibition games will be played when the schedule allows.

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30pm - 6:30pm	PeeWees (PreK - K)	Rookies (Grades 1-2)	PeeWees (PreK - K)	Rookies (Grades 1-2)	Juniors Game #1
6:30pm - 7:30pm	Junior Team 1 Junior Team 3	Junior Team 2 Junior Team 4	Junior Team 1 Junior Team 3	Junior Team 2 Junior Team 4	Juniors Game #2
7:30pm - 8:30pm	Senior Team 1 Senior Team 3	Senior Team 2 Senior Team 4	Senior Team 1 Senior Team 3	Senior Team 2 Senior Team 4	Seniors Game #1
8:30pm - 9:30pm	5th & 6th Girls Elite Team	5th & 6th Boys Elite Team	7th & 8th Girls Elite Team	7th & 8th Boys Elite Team	Seniors Game #2

You may include scheduling preferences while registering your player and we will do our best to accommodate, but we cannot guarantee time slots. RPAA does not issue refunds for scheduling conflicts. Thank you for your patience and flexibility as we finalize team rosters and coach assignments for the upcoming season. Final schedules are usually shared before Thanksgiving.

Programs / Divisions / Teams

Recreation

Focuses on inclusivity, fundamental skill development, and fun in a low-pressure co-ed environment. Open to players of all skill levels with no cuts, teams are balanced to ensure fair play and playing time for everyone. Local practices and games taking place entirely within the township or community facilities.

PeeWees (Pre-K & Kindergarten)

- Registration Fee: \$75
- Focus: Basic motor skills, introduction to dribbling, and having fun
- Supervision: Parents must be present for the duration of practice
- Basketball Size: 27.5 (Size 5) / **Rim Height: 7 feet**

Rookies (Grades 1-2)

- Registration Fee: \$85
- Focus: Fundamentals (passing, shooting form) and learning court boundaries
- Supervision: Parents must be present for the duration of practice
- Basketball Size: 27.5 (Size 5) / **Rim Height: 7 feet**

Juniors (Grades 3-5)

- Registration Fee: \$110
- Focus: Team concepts, basic play-calling, and game rules
- Supervision: Drop-off permitted, but parents must confirm a coach is present before leaving and ensure prompt pickup at session end time
- Basketball Size: 28.5 (Size 6) / **Rim Height: 8.5 feet**

Seniors (Grades 6-8)

- Registration Fee: \$125
- Focus: Advanced skills, game strategy, and sportsmanship
- Supervision: Drop-off permitted, but parents must confirm a coach is present before leaving and ensure prompt pickup at session end time
- Basketball Size: 28.5 (Size 6) / **Rim Height: 10 feet**

Please note that our Juniors and Seniors divisions operate as co-ed recreation leagues, with approximately 4 teams per division. In order to promote fair competition and a balanced experience for all players, coaches across both divisions will collaborate directly during team selection to distribute skill levels evenly before final rosters are released.

RPAA Elite Teams

Designed for advanced players seeking higher-level competition, tactical development, and regional play. Teams are formed through competitive tryouts where playing time is earned based on skill, effort, and game situations rather than guaranteed. This option requires higher commitment from players from the standpoint of effort and obligation to the team.

With the formation of Elite Teams, RPAA is seeking to develop a travel basketball program starting with the 2027-28 season. We have been in negotiations with regional basketball leagues at the possibility of exhibition games against neighboring townships. Enrollment and commitment to this program from community families will help determine the future of this program.

We are currently projecting the following RPAA Elite Teams:

- 5th & 6th Grade Boys
- 5th & 6th Grade Girls
- 7th & 8th Grade Boys
- 7th & 8th Grade Girls

Facility & Program Guidelines

Gym Location & Rules

Practices and games are primarily held in the gym / multi-purpose room at Midland School #1 (300 Rochelle Ave, Rochelle Park, NJ). Please note that due to potential scheduling conflicts, PeeWees or Rookies division practices may be held at Houghton Hall (101 Thiem Ave, Rochelle Park, NJ).

- **Cleanliness:** No food allowed in the gym, and everyone must dispose of any trash before leaving
- **Footwear:** Proper basketball sneakers required; no muddy or wet shoes on the court.
- **Personal Basketballs:** Allowed for PeeWees and Rookies and must be labeled with player name. Juniors or Seniors should not be bringing personal basketballs – managed by coaches.
- **Stage & Hallways:** No sitting on or accessing the stage at any time. Children must stay inside the gym and may not roam the hallways.
- **Seating:** All spectators must remain in the bleachers during practices and games.
- **Court Access:** Players are only permitted on the court during their scheduled practice time. Clear the court promptly and gather belongings at the end of practices and games.
- **Sportsmanship:** Enforcement and sanctions are applicable for unsportsmanlike conduct or disrespect toward referees, coaches, players, or school staff.

Registration Fees

Covers all essential league operating costs, including:

- **Uniforms:** Jerseys for PeeWees & Rookies; jerseys and shorts for Juniors & Seniors.
- **Equipment & Facilities:** Basketballs, training equipment, and court maintenance.
- **Referees:** Game official fees for officiated divisions.
- **Safety & Admin:** Mandatory coach background checks and certifications.

Best Practices & Apparel

- **Arrival:** Arrive 5 minutes early for practices; 15 minutes early for games.
- **Apparel & Footwear:** Wear official jerseys to games and proper basketball sneakers (no street or muddy shoes on the court).
- **Jewelry & Hair:** No jewelry (including earrings, watches, or wristbands) or hard hair accessories
- **Eyewear:** Players with glasses should wear protective sports goggles with shatterproof lenses.
- **Hydration:** Bring a labeled water bottle

Get Involved!

RPAA is run entirely by volunteers and relies on community support. There are multiple ways to get involved as per below:

- **Coaches & Assistant Coaches:** No experience needed. RPAA covers all background checks and training costs.
- **Parent Volunteers:** Assist with game-day clock/scorekeeping and bench supervision.
- **Student Volunteers:** Earn community service hours assisting with clinics and games.

Be sure to visit rochelleparkaa.org and navigate to the “Get Involved” page to support RPAA!

RPAA Terms & Conditions

The terms and conditions below are included as part of registration and require a digital signature noting agreement and compliance with the policy. The terms and conditions are reiterated here for awareness and in service of creating a positive atmosphere and environment for everyone involved.

Promulgated in accordance with **N.J.S.A. 5:17-1 et seq. (P.L. 2002, c. 74)** authorizing youth sports organizations to establish mandatory standards of behavior and enforce disciplinary sanctions.

Code Requirements for Families

1. **Sportsmanship & Respect:** I will demonstrate positive sportsmanship and treat all players, coaches, officials, parents, and attendees with respect, regardless of race, creed, color, national origin, sex, sexual orientation, gender identity, or ability. I will teach and model this behavior for my child.
2. **Safety & Non-Violence:** I will not engage in—nor encourage others to engage in—verbal abuse, physical threats, harassment, profanity, fighting, or any behavior that endangers the health, safety, or well-being of anyone present.
3. **Substance-Free Environment:** I will not use, possess, or be under the influence of alcohol, illegal drugs, or unauthorized controlled substances at any event, nor permit or encourage minors to do so.
4. **Authority of Officials & Administrators:** I will respect game officials and administrators, abiding by their decisions without public confrontation or interference.

Enforcement & Sanctions: Failure to comply by any parent, guardian, spectator, coach, or participant may result in immediate disciplinary action by the organization, including:

- Level 1: Official verbal warning.
- Level 2: Written warning recorded in organization records.
- Level 3: Immediate ejection from the facility/premises.
- Level 4: Suspension from upcoming practices or games.
- Level 5: Full or multi-season suspension, up to permanent expulsion from all activities

Waiver, Release of Liability & Hold Harmless

1. **Assumption of Risk:** I acknowledge that participation in athletic activities involves inherent risks of physical injury, illness, or property damage. I voluntarily assume all risks associated with participation and attendance for myself and my participating child/minor.
2. **Waiver & Release:** To the fullest extent permitted by law, I release, waive, and forever discharge the **Rochelle Park Athletic Association**, its officers, directors, coaches, volunteers, employees, township partners, and facility providers from any and all claims, liabilities, demands, or causes of action arising out of or related to participation in organization programs.
3. **Indemnification (Hold Harmless):** I agree to indemnify, hold harmless, and defend the organization against any claims, losses, damages, or costs (including legal fees) resulting from my or my minor child's negligent actions or breach of these Terms & Conditions.

RPAA Youth Basketball – Player C.O.U.R.T. Code of Conduct

The **C.O.U.R.T. Code of Conduct** is in service of building a basketball program and culture where every player commits to following the guidelines below and supports a positive environment where we all chase excellence together.

C - Coachable & Disciplined

- **Listen up:** When a coach is speaking, talking stops, eyes are on the instructor, and basketballs are held flat on your hip or on the floor
- **Take feedback:** Listen to instructions so you can work on ways to improve your skills and knowledge
- **Control your game:** If a drill gets tough or a shot is missed, shake it off. Mistakes are just opportunities to learn.

O - On Time & Ready

- **Be ready to roll:** Arrive a few minutes early so you are laced up and ready to go for the start of the session
- **Gear check:** Wear proper athletic sneakers, comfortable gym clothes, and bring a water bottle with your name on it

U - Uplift Everyone

- **Be a great teammate:** Celebrate your peers. High-fives, cheers, and encouraging words build a court where everyone wants to play
- **Positive vibes only:** Leave bad attitudes at the door. A positive mindset helps you—and the players around you—get better

R - Respect the Game

- **Respect your peers:** Treat every single player with kindness. We never tease, mock, or criticize anyone's skill level or exclude them from gameplay
- **Respect the facility:** Take care of the court, the hoops, and the equipment. Pick up your water bottles and trash before you leave

T - Total Effort

- **Be Present:** Be there for practices, games, and team engagements – giving your full participation to support the team as a collective unit where everyone does their part
- **Give 100%:** Participate fully in every drill, line, and hustle play from the opening warm-up to the final whistle
- **Try new things:** Don't be afraid to fail or drop the ball. Growth happens when you work outside your comfort zone

Player Commitment: By stepping onto the court, I commit to bring my best effort, lift up my teammates, respect my coaches, and follow the C.O.U.R.T. code

RPAA Youth Basketball Game Rules

Overview: The game rules noted below are applicable to Juniors and Seniors divisions. Please note that there may be instances of Rookies exhibition games. In these instances, where applicable, Junior division rules will be adopted and applied.

Game Stakeholders

- Scoreboard operator and score keeper needed for all games
- One (1) referee for Juniors Games, Two (2) referees for Seniors Games
- CPR Certified - RPAA Member Onsite
- Coaching Responsibilities
 - Supporting fair competition and in-team collaboration
 - Ensuring appropriate player and team conduct
 - Managing time-outs and substitutions
 - Ensuring playing time for all available players
 - Equipment management including first aid and ice packs
 - Quick transitions of players between games to follow overall schedule

Gameplay

- All RPAA games consist of two halves with each half being twenty (20) minutes long
 - 18 minutes of running time until final two minutes
 - The final two minutes of each half will have clock stoppages when there is a dead ball
 - Halftime is five (5) minutes long
- Each team begins with 5 players on the court
- Substitutions can only happen when there is a dead ball
- A jump ball starts the game, after which, possession situations (i.e. future jump ball situations) are decided by alternating turns
- The ball may be passed, thrown, tapped, rolled or dribbled, but not kicked or carried.
- Once a player stops dribbling, they must pass or shoot. Another player must possess the ball before a player is able to dribble again.
- A player is in possession of the ball when holding or dribbling a live ball.
- A team is in possession of the ball when a team member is in possession or when the ball is being passed between two teammates
- Shots from the field, inside of the 3-point line, are worth 2 points
- Shots from the field, outside the 3-point line, are worth 3 points. A foot on the line results in 2 points.
- Each foul shot is worth 1 point

Live Ball vs. Dead Ball

- Ball becomes live when tapped at a jump ball, is touched by a player on the court, or following a missed shot in a 1-and-1 foul scenario or on the final foul shot of a shooting foul scenario.
- A ball is dead when a point is scored, a foul occurs, the ball touches the basket supports at the first of two free throw, or touches the boundary line.

Inbounding the Ball

- When a ball is out of bounds, possession is awarded to the team that did not touch the ball last.
- Players inbounding the ball have a designated area of approximately 2 feet to allow a pass-in
- Opposing players must give the inbounding player this space
- If inbounding the ball after a dead ball, the inbounding player cannot move
- If inbounding the ball after a made shot, the inbounding player is able to move along the boundary

Fouls

- A defensive player fouling an offensive player in the act of shooting results in foul shots
 - Within the 3-point line (2 foul shots)
 - Outside of the 3-point line (3 foul shots)
- If an offensive player makes a shot while also being fouled by a defensive player, this will result in a one foul shot opportunity (And 1 Rule) being awarded to the offensive player
- An offensive foul committed by an offensive player towards a defensive player (i.e. charging foul) results in a change of possession
- Teams are allowed 6 collective team fouls in a single half before the opposing team enters the bonus
- If a team has 7 or more fouls in a given half, the opposing team is in the bonus and offered a 1-and-1 foul shot opportunity for each foul committed that is not in the act of shooting
- A "1-and-1 foul" refers to a free-throw situation where a player gets one shot, and if they make it, they get to shoot a second one. If the player misses the first shot, the ball is immediately live.
- If a team has 10 or more fouls in a given half, the opposing team is in the bonus and offered two foul shots for each foul committed that is not in the act of shooting.
- A technical or flagrant foul results in two free throw shots for a player of coach's choice from the opposing team. The opposing team also retains possession following the two free throw attempts.

Juniors Defensive Rules

- Cannot defend past the white line during first 18 minutes of a half
- Half court press allowed in final 2 minutes of a half
- No full court press allowed under any circumstances

Seniors Defensive Rules

- Seniors cannot defend past half court during the first 18 minutes of a half
- Full court press allowed in final 2 minutes of a half