

“VERITAS ATHLETICS”

WELCOME

Welcome to *Veritas Athletics*. *Veritas Athletics* is a ministry of Elkin Valley Baptist Church. What is “*Veritas Athletics*?”

- “*Veritas*” is the Latin word for truth. It refers to our desire to link truth with athletics. Apart from truth athletics is merely a game. But linked with truth athletics becomes a life-building challenge. As such our program aims to develop children spiritually as well as physically. It works to build character through competition.

OBJECTIVES

Veritas Athletics seeks to fulfill its mission by focusing on 3 objectives:

- **PROCLAIMING CHRIST**
 - We believe that Jesus Christ is the key to living a purposeful and meaningful life. As such, we seek to use sports as a means to teach children the truth of who He is and the difference He makes in life.
- **PROMOTING CHARACTER**
 - As followers of Jesus Christ we believe that it is essential to follow His example in our lives. As such, we stress living a Christ-like life exemplified in character qualities such as sportsmanship, truthfulness, humility, and righteousness.
- **PROVIDING COMPETITION**
 - We believe that competition is good and can enable the building of character. We believe it can be used to accomplish the objective of helping children become all that they can be. As such, we encourage healthy competition that teaches children to be gracious and humble in both winning and losing. Every child, regardless of skill or ability, will receive equal playing time and learn through the challenges of competition.

VERITAS BASKETBALL

SEASON

- The basketball season will last 8 weeks.
 - The season will consist of 6 regular season games and tournament week.
 - Week 1 will consist of 2 practices.
 - Weeks 2 – 7 will consist of 1 practice per week and 1 game on Saturday.
 - Week 8 will consist of tournament week.

RULES

- Rules for play are governed by the North Carolina State High School Athletic Association Rules with the following exceptions.
 - Man-to-man defenses must be played at all times in Kindergarten, Grades 1-2 and Grade 3-4. No double-teaming is allowed.
 - Man-to-man or zone defenses can be played in 5-6 grade division.
 - Full-court presses are not allowed in any cross-court games or in Kindergarten, Grades 1-2 or Grades 3-4.
 - Full-court presses are allowed only in the last six minutes of games played on a full-sized court.
 - No team leading by 10 points or more is allowed to full court press.
 - Backcourt violations will not be called in cross-court play or at all in Kindergarten, Grades 1-2 or Grades 3-4.
 - The three-second call for a lane violation will not be called in Grades Kindergarten or Grades 1-2.
 - A player can commit a maximum of two fouls in a six-minute period. Upon committing the second foul, he/she must sit out the remainder of the period. The next player in the rotation schedule will replace him/her.
 - A player fouls out of the game after accumulating six total fouls. They may not return to the game.
 - Referees will call and explain all violations.
 - Referees will advise players of potential violations when possible.
 - Any technical foul on either a coach or player will result in a one-game suspension. A second technical foul will result in suspension for the remainder of the season including the tournament.
 - Each team will be allowed 1 one-minute timeout per half. Unused timeouts do not carry over to the following half.
 - The clock shall be a running clock during the game. The only times the clock will stop are:
 - Injury timeouts.
 - Called timeouts.

- The last two minutes of the game or overtime. During the last two minutes the clock will stop on all dead balls. This exception does not apply to Kindergarten. The clock shall be a continual running clock throughout Kindergarten games.
 - If a game ends in a tie an overtime period shall be played.
 - A two-minute overtime will follow games ending in a tie.
 - If the game remains tied after the first overtime period, a sudden death one-minute overtime will be played.
 - The first team to score in the sudden death overtime wins.
 - If the game remains tied after both overtime periods the game will be counted as a tie.
 - All overtime periods will begin with a jump ball.

PRACTICE FORMAT

- Kindergarten will not practice during the week. Their format on game day will be:
 - Instructional time for 20 minutes.
 - A 30-minute game consisting of two 15 minutes halves (running clock) will be played following the instructional time.
- All other ages will practice two times during the opening week of the season.
- Each team will practice one time per week during the regular season.
 - No other practices are allowed other than those scheduled by the league.
 - No practice is allowed during the week of the tournament.
- Each team will be assigned a time to practice that will remain consistent throughout the season.
- Each practice will last no longer than one hour.
- All practices will stop at the halfway point to engage in team devotions.

GAME FORMAT

- Each team will play one game per week.
- Each team will play in the season ending tournament week.
- Every child, regardless of skill or experience, will receive equal playing time with the following exceptions:
 - The player has willfully and consistently neglected attendance at practices.
 - The player is being disciplined for disrespect shown to coaches, referees, or players.
 - A coach may hold a player out of participation only after consultation with the league officials and parents of the child.
- A referee will lead both teams in prayer at center court before every game.
- All coaches will adhere to the substitution system without exceptions.

- League officials or referees will check each team's roster before each game and at halftime to make certain coaches are adhering to the substitution pattern.
- The clock runs continuously except during the last two minutes of the game when it will be stopped on all dead balls.

PARENT PARTICIPATION & SPORTSMANSHIP

- A lack of sportsmanship will not be tolerated from players, coaches, parents, fans, or anyone else associated with *Veritas Athletics*.
- It will be expected that parents will assist in making the season a success through their support and participation.
 - Each team must provide at least one person to either run the clock or keep the scorebook for that game. Failure to do so may result in a forfeit.

COSTS

- The cost for each participant is \$25.00.
- Scholarships are available on a needs basis.
 - Applications for a scholarship are available from the EVBC office or the league director.
 - In most cases, scholarships are only partial and will require something from the participant.