

2024-2025

**A.C.M.W. County Youth
Basketball 3rd-6th Grade**

Basketball Rule Book



Program Philosophy

Welcome to the Colusa County Basketball Program of A.C.M.W. The Basketball Program is open to 3rd through 6th grade girls and boys. Some rules have been modified for the current basketball season to allow for a greater emphasis of basic basketball rules. The Basketball Program is designed to prepare our youth for basketball action in an atmosphere of fun and good sportsmanship. The program concentrates on the basics of basketball with an important emphasis on both personal player development and team work. The purpose of this program is the instruction of our youth as basketball players. At the conclusion of each game each participant should feel like a winner. We place a strong emphasis on players and coaches having fun. Game score will be kept for this program.

General Information

Schedule

We will attempt to provide each team with a one hour practice session per week. This will be subject to occasional blackouts due to previously scheduled school activities. Please contact the program supervisor to resolve any schedule conflicts. The games will be four 10 minute quarters. Teams cannot practice more than 3 hours total a week.

Teams-

No coach can bring a team already formed. All players will be entered into draft. Requests for coaches or to have two children play on the same team will be taking into account but are not guaranteed. A.C.M.W. reserves the right to modify any team.

Player Equipment

1. Ball sizes will be 3rd – 6th grade 28.5" or size 6 Intermediate

Practice Balls will be passed out by your area representative and must be returned at the end of the season.

Game Balls- There will be only one game ball. Please bring the practice balls or have players bring their own balls for warm ups.

2. First Aid-Each coach will be assigned an individual kit to be returned at end of program. Referee will also carry a First Aid kit to be made available during game times.

3. Basket height will be set at 8 foot tall for the 3rd - 4th graders and 10 foot tall for 5th – 6th graders. Both levels will play full court.

4. Gym shoes are required for practice and games, and should be free of all mud or dirt. (One way to help keep your gym shoes clean is to not wear them outside and wear other shoes to games and practices and change when you get to the gym).

5. Players must have their jersey for all games. Uniforms will be provided to the coaches before the first game. If you have a problem with your uniform please contact the program supervisor. Coach's shirts will be provided to the coach.

6. No Jewelry, casts or other hard foreign objects. Players are not to wear any object that is dangerous or could cause injury to other participants at practices or games. All personal jewelry and watches must be removed prior to participation in practices or games.

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Parent Monitor Responsibilities

Parents are required to participate in supervision of the school area while players from their team are in the building for practice and games. There are no exceptions to this program requirement. This requirement is necessary to protect the integrity of the program from inappropriate behavior by unsupervised participants. The failure to provide monitors during practice sessions and games can result in the loss of our privileges to utilize school facilities.

Parent Conduct:

Parents will be required to sign a Parent Code of Conduct for their Park & Recreation organization before their child is able to participate in practice or games. Many of our basketball referees are subjected to verbal abuse that is unfair and often presented at improper times.

Occasionally, a bad call may be made. As a coach, parent or player you have a right to question a call. THIS HAS TO BE DONE AT THE PROPER TIME HOWEVER, BETWEEN QUARTERS OR AT THE END OF A GAME. Coaches as a participant, you must set an example for fellow coaches, players, and parents. If you have further concerns, please contact the program supervisor. Harassment of referees will not be tolerated. Such behavior can lead to the loss of coaching or playing privileges with Arbuckle Parks and Recreation District, Colusa Parks and Recreation or Maxwell Parks and Recreation. Abusive behavior by parents can lead to your son or daughter being dismissed from the basketball program. Parents and all family members will exhibit self-control and respect at all games.

Abusive or derogatory behavior or language toward any player, coach scorekeeper or referee will not be tolerated. If an individual continues to exhibit such behavior after warning by a coach, referee, or program official the individual will be required to leave the gymnasium. If the individual refuses to leave, the game will immediately be suspended. Act responsibly and let the players play.

COACHING CONDUCT

Only coaches will be allowed to step out on to the court during game time to assist an injured player. Any coach arguing, raising his/her voice in a rude or abusive manner or using profanity will receive a technical foul and will be immediately removed to the spectator area. Such coach will be banned from the balance of that game and will not be allowed to coach the next additional game where the coach can attend the game, but will be restricted to the spectator area and will abide by all rules governing parental behavior. Any coach receiving a second technical foul during the same season will be banned from coaching the balance of the season. Furthermore the coach will only be allowed to coach the following season after a thorough review process conducted by their town's Parks and Recreation District. Upon receipt of a technical foul by a coach, the opposing team will be awarded two points. In addition, the opposing team will then retain possession of the ball and will be allowed to in-bound the ball at mid-court.

FACILITY USAGE REQUIREMENTS

1. Any food, beverages, coffee, or post game refreshments are prohibited in all school buildings. These items are not allowed in the hallways or gyms. Distribute refreshments in the hallways or outside, weather permitting.
2. Smoking within all school buildings is strictly prohibited.
3. The presence and/or consumption of any alcoholic beverages while on any school property is strictly prohibited.
4. Coaches, players, parents, or siblings must not abuse any school equipment or facilities. This includes hanging from any basket rims, kicking balls inside gym area, climbing onto stage areas, attempting to open locked doors to hall lockers or otherwise abusing school facilities or displays. All washroom facilities should be treated with respect and left clean. Any damage to school property by players, parents, siblings or family members while attending a game will be responsible for reimbursement to the School District. There is to be NO dribbling basketballs in the hallways. Any child or adult found damaging school property, abusing emergency phone numbers or playing with the fire alarms will be held responsible for any and all costs levied as a result of their actions. Players will be suspended from the program if they are found damaging school property or abusing school equipment in any form.

THIS COULD RESULT IN PROGRAM LOSING PRIVILEGES TO USE SCHOOL FACILITIES.

5. Coaches, players, parents or siblings are specifically limited to the gym and immediate hallway areas of the school building. Access to any other areas of the school building by adults or children is prohibited. It is not the responsibility of coaches to baby sit siblings at practices or games. Act responsibly and watch your family members.
6. As required by the school district, a parent monitor must be present in the school hallway area at any time a member of their team is present in the school building for practice. If there is no parent monitor, there will **not** be a practice.
7. School officials and custodial personnel are supporting our program. Everyone must follow their instructions and directions completely. Please give all school officials and custodial personnel your highest respect and cooperation.
8. Players from the next hour's practice should not be in the gym until it is time for the next hour's practice to start. When the last hour of practice is over, leave the school immediately. Pre or post practice meetings should be held outside instead of in the gym in order to maximize the gym time that can be used for drills, instructions, etc. Players will not be allowed to dribble basketballs in the hallways or outside at any time. Players must also refrain from dribbling balls in the gyms during another teams practice session. Parents should drop off players within 10 minutes of their practice starting times. Coaches are responsible for players' conduct at all times while inside the school and on school property. Parents must insure that the coach is present in the school before leaving school property.
9. When leaving the gym at the end of your practice the basketball nets **MUST** be put back up if they are down, even if they were down before your practice. We cannot leave the portable basketball backboards on the ground. Also the roll away basketball hoops must be put back in the appropriate corners of the gym.

YOUTH SUPERVISION REQUIREMENTS

1. All non-participating youths are restricted to the seating or sideline areas of the gym while the practice or games are in progress. Parents must watch their non participating children and must keep them in the seating area at all times.
2. Players are not allowed to warm up in the school hallway areas or outside by dribbling or passing balls prior to games or practices.
3. Unsupervised siblings are not allowed at practice sites or in adjoining gyms or basketball courts during Saturday games.
4. Parents who will not be attending games must make prior arrangements with one of the team coaches to assume the supervisory responsibility of the player while at the school site. It is not the coach's job to become a team babysitter.
5. Parents must confirm that there is adult coaching supervision of the player on site for games or practices before they leave the school site. Do not leave your children without confirming that a coach or team official are present.
6. Coaches must not leave any players they are supervising alone at the school before, during, or after their practice or game.
7. Each player must play **ONLY** in the division that they are registered with. Example: A Kindergarten player cannot play during a 2nd grade game even if they are signed up with the league. This includes practices as well as games.
8. Ar buckle only- North Gym – Girls that need to use the restroom need to be supervised by a parent as access to the restroom is outside the gym next to the parking lot.

**FAILURE TO FOLLOW ONE OF THESE SUPERVISION RULES MAY RESULT IN
DISMISSAL OF YOUR PLAYER FROM THE PROGRAM WITH NO REFUND.**

PROGRAM PARTICIPANT CONDUCT

1. Never argue or criticize the referee's calls. Questions of rule interpretation should be made in a calm, intelligent fashion after the game.
2. Any misconduct by players, coaches, spectators or other program representatives may result in immediate dismissal from the program after review by the program supervisor.
3. Coaches have the prerogative to discipline a player for conduct or play detrimental to the team or injurious to other players. Examples include: players who do not inform the coach that they will be missing practices or games, players who fight with each other during practice or games, and players who try to intentionally hurt another player. Disciplinary action may take form in reduced playing time. Coaches should use this action only in rare circumstances and should try to work out problems with parents before action is taken. Contact the program supervisor to resolve any difficult situations

COACHING RESPONSIBILITY

1. Instruct your team players in the skills, discipline and sportsmanship of basketball at the youth level. Always make sure that your players are having FUN.
2. Instruct players about the game rules appropriate for their level.
3. Work with the other coaches on the team in a cooperative effort to instruct your team players. Coaching is a collaborate effort.
4. Set a good example for your players by displaying good sportsmanship at all times. Emphasize displays of skill and team play at games, not the score.
5. Communicate information to your teams' parents regarding the facility usage and youth supervision requirements, practice schedule, game schedule, picture session, equipment requirements, time / scorekeeper assignment, player expectations and any other program activities.
6. Assign a parent to monitor the school area during the team practice as defined in the Facility Usage Requirements.
7. Assign parent time/scorekeeper to each game. Timekeepers and scorekeepers must be at least 16 years old when needed.
8. Coaches are also responsible for the conduct of their team parents on the sidelines during games. Parents should refrain from all screaming and hollering. All encouragement should be done in a positive manner. Abusive parents will not be tolerated by the referees.
9. Our program will emphasize skill development and teamwork, not hard physical play. Over aggressive physical play will not be tolerated by the referees.
10. Do not permit players to engage in any warm-up or practice drills which are unsafe or could cause injury.
11. Coaches are not allowed on the court during the game. The referees will help the players. A time out must be used to teach skills or give a lengthy explanation.
12. Coaches, Asst. Coaches and team parents are responsible for keeping their address, phone number and any other pertinent information current with the department.
13. No form of physical punishment is allowed in this program.
14. Discrimination or derogatory remarks are prohibited.
15. No adult is to be left alone with a child at any time. Two adults must be present for all games and practices.
16. It is the responsibility of the coach to report any routine injury of a participant to the program supervisor of their Parks & Recreation. An accident report must also be filled out and reported to the program supervisor.
17. Report any injuries requiring medical treatment immediately to the program supervisor.
18. It is the responsibility of the coach to report any injury that occurs to a player on the date of its occurrence to the program supervisor of APRD, Colusa Parks and Recreation and Maxwell Parks and Recreation reserves the right to drop a participant at any time for the following reasons: non-cooperation, physical or verbal abuse of another child or leader, lack of cooperation by parents or guardians, continual late pick up of a child, non participation, or other causes deemed critical.
20. The Park & Recreations of APRD, MPR & CPR reserves the right to drop a participant at any time for the following reasons: non-cooperation, physical or verbal abuse of another child or leader, lack of cooperation by parents or guardians, continual late pick up of a child, non participation, or other causes deemed critical.
21. Coaches must pick the child of the person that they want for their assistant coach on their first round of draft of the player is an eligible for draft
22. **All players must be given equal game playing time and should be integrated into the team offense regardless of the player's skill or the game score. Additionally all players must be given a chance to score and all players must also have time on the bench.**
23. **Coaches will be responsible for parent conduct at all games and practices. If a coach has an out of control parent or other relative they must attempt to control the situation. Parents will be removed for poor behavior with the possibility of the player also being removed from the game.**

GAME RULES

TIME

1. Each game shall begin at the time specified on the specific grade schedule.
2. The duration of each game shall be: **4 quarters of 10 minutes each**
3. There shall be a one minute time-out between quarters and a three minute time-out at the half.
4. Running time is only stopped for injury or time-out. For long stoppages of play, the game must be shortened. No game will extend past the 55 minute mark of each one hour game session. If the referee notifies the coaches of a shortened game, the coaches must cooperate fully. There will be no exceptions.
5. In situations where there is a close game, during the last two minutes of the game the timekeeper will stop the running clock at every dead ball.

SUBSTITUTIONS

On the fly substitutions area not permitted at any grade level Substitutions can only be made at half way through each quarter, at the quarter or half when the referee calls for subs. The referee will attempt to stop the game at a point as close to the half way point of each quarter at a dead ball. Substitutions can also be made in the case of an injury or request from the player to be removed. A substitution must also be allowed by a referee. This will allow each team to make their substitutions without taking a timeout and allow for players to play an even amount of time.

Players MUST be at the score table/ mid-court a minute before the substitution window (**6 minutes left.**) Players that are not at the proper location a minute before the substitution window will not be allowed to sub for that half of the quarter.

Players must be ready to go in. The clock will continue to run during the substitution. Coaches should attempt to let players know who their defensive assignment before the substitution. **Defensive match-ups do not have to be opposite each other (a player that is guarded by a certain player on the opposite team does not have to guard that player).**

If players have had equal playing time in the first 3 ½ quarters the last 5 minutes (last ½ quarter) the coaches may play any player regardless of the amount of playing time they have had in the previous four quarters. If the players have not played equal time those players that still need playing time must play the entire 4th period. This will allow for competitive play in the last 5 minutes in close games. Teams can substitute during the last 5 minutes at any time. Have the player go to the score table to be buzzed in at the next dead ball. Remember that the clock will continue to run during the substitution.

If you have a player that will not be playing an equal amount of time due to health issues or discipline issues such as player that has missed practices, behavior issues, etc., you must approve the request with your program supervisor two days before the game so that they have ample time to resolve the problem with the player's parents before the game.

Substitution breaks are NOT to be used as time outs

FOULS 3-4th Grades

1. Any defensive foul committed on an attempted shot: If the shot is made, the basket will count for TWO POINTS PLUS ONE POINT FOR THE FOUL. The ball is then awarded to the defensive team. If the shot is missed, the offensive team is awarded ONE POINT and will retain possession of the ball. The ball will be in-bounded in the immediate region in which the foul was committed.

FOULS 5-6th Grades

When fouled on a shot the player fouled will get to shoot 2 or 3 free throws (depending on where the shot was taken from). Coaches will want to work on lining up as so this will move us along in the game as the clock will continue to run as free throw are shot. A player shooting at the line will shoot as soon as the ball is handed to them by the referee and is not allowed to just stand at the line and dribble the ball. The player must shoot within a reasonable time or the referee may take the free throw away and charge the team with a time out while the player is shooting. Players can move into the key as soon as the ball leaves the shooters hand on a free throw.

PLAYERS FOUL OUT AFTER THEIR FIFTH FOUL There will be no distinction between shooting and non-shooting and technical fouls. Non-shooting fouls will be called and result in the offensive team maintaining possession, and the offensive team will in-bound the ball in the region where the foul was committed. Shooting and technical fouls will be handled as stated.

OFFENSIVE DIRECTION: The offensive direction will change at the half

SCORING: 3-4th & 5-6th Grade Levels

1. Made basket – TWO POINTS
2. Gyms with three point lines will score THREE POINTS for such shots. The player's body or feet must not cross the three point line during the shot.
3. If one team is up by over 20 points the score will be cleared out with the scorekeeper continuing to keep score in the book. If the losing team is able to bring the score back to under a 10 point difference the scorekeeper will turn back on the scoreboard. The losing team may request to have the score remain up. The Coach must inform the scorekeeper **before** the start of the game that they wish the score to remain on the scoreboard regardless of the score.

EQUALIZER RULES

2nd half of game only - Any team with a **15 point** scoring lead will not be allowed to fast break down the court. The player with the ball must wait for all the players to come down the court and allow the defensive team to set up. Failure to comply will result in immediate turnover of the ball to the opposing team. If a score is made during a fast break then the points will not count and the ball turned over to the other team. Any team that is leading **by 15 points** will not be allowed to double team or trap the other team. If trapping or double teaming is happening during this time a team will be warned, but if it continues and the team is not complying after being told by the referee the player who continues it will receive a personal foul and can be asked to sit down for 5 minutes. Coaches need to attempt to not run up the score and if far ahead run their plays and offense

NUMBER OF PLAYERS

If one team has only four players, then both teams must play with the same number of players. A maximum of five and a minimum of four players from each team will be permitted to start or continue a game. If a team does not have enough players to play they will forfeit the game. At the discretion of the Program Supervisors and coaches from both teams, a team member from another team may be substituted and the game may be played as a scrimmage only.

Approval must be reached by coaches and Programs Supervisors before game time.

START OF PLAY

Referees/Senior Staff will introduce themselves to the coaches before the start of the game.

Captains and Referees will meet before the game. Referees will inform Captains of pertinent information. It will be the responsibility of the captains to inform their coaches and players any information given in the pre game meeting.

3-4th grades- the game will begin with the visiting team taking the ball out first. The possession arrow will be used to restart play at quarters and the half. At the start of the quarters and halftime for all grades, the ball will be in-bound on the baseline.

5-6th grades – the game will begin with a jump ball. The possession arrow will be used to restart play at quarters and the half. At the start of the quarters and halftime for all grades, the ball will be in-bound on the baseline

INTENTIONAL GROUNDING

No intentional grounding of the basketball out-of-bounds will be allowed. This will result in an immediate turnover of the ball to the opposing team. This includes intentionally grounding the ball off an opposing team player.

TIMEOUTS

All grades will receive two 30 second timeouts per half which is 4 per game. These timeouts can only be called by the offensive team in possession of the ball. The coach must clearly signal the referee when the timeout is called. The time clock will be stopped during these timeouts. Following the 30 second timeouts, the offensive team will in-bound the ball at mid-court. During overtime a coach will have 1 time out per OT period.

VIOLATIONS

All fouls and violations will result in the award of the ball to the offended team, except as specifically noted. A player receiving five personal fouls will be required to sit out the remainder of the game. Personal fouls will be called more strictly with the older grades. Any type of hand on the body or if a player attempts to steal the ball and bumps the offensive player it will result in a foul. A defensive player can not put their hand on the offensive player to stop them which will result in a foul.

On screen or pick plays – the offensive player must be stationary. Movement by the offensive player to impede the path of the defensive player will result in a personal foul. Hand checking by either an offensive or defensive player will result in a foul. Only one hand can be used during the checking process and the hand cannot be laid on the body of the opposing player. Any violation of this rule will result in an immediate foul. Any player grabbing any part of an opposing players' uniform will be immediately charged with a foul and possibly a technical foul depending upon the degree of contact. No moving screens will be allowed in any part of the program which will result in a foul. Any coach receiving a technical foul will be required to leave the gym area. Any spectator who is abusive or otherwise out of control will be requested to leave the gym area. Failure to leave the gym area when requested will result in termination of the game. Any player receiving a technical foul will sit out for 5 minutes in that game. Upon receipt of a technical foul by a player, the opposing team will be awarded two points. In addition, the opposing team will then retain possession of the ball and will be allowed to in-bound the ball at mid-court. Any player receiving three technical fouls over the course of the season will be banned from playing the balance of the season.

Any offensive player standing (any part of their feet) in the lane for more than five seconds will be called for **5 seconds in the key**.

Moving violations such as traveling and double dribbling will be called. Carrying or palming the ball will not be allowed. Over-and-back will be called. Any portion of the ball or body which crosses half court and then recedes will constitute over and back. This will result in an immediate turnover of the ball to the opposing team. Fouls that are flagrant, in the opinion of the referee, will result in the offending player sitting out for 5 minutes of the game. **Referees in an attempt to maintain the flow of the basketball game will not call every single violation. They will make their best attempt to call all fragrant fouls, calls that will impact the outcome of the game, and players that continue to exhibit the same issue even after it is brought to their attention by the referees.**

DOUBLE TEAMING:

GRADES 3rd – 4th- Double teaming will be allowed by the defense when an offensive player with the ball moves into the free throw lane. The offensive players assigned to the defensive players must be in the lane or moving into the lane for the defensive players to double team. Defensive players cannot plant themselves in the lane in a situation resembling a zone defense. If a referee spots this situation, **personal fouls will be assessed** to the defensive players if they continue to exhibit this behavior after a verbal warning from the referee. Triple teaming (or more) will NOT be allowed, players who do so will be assessed personal fouls.

DEFENSIVE ARRANGEMENTS:

Grades – 3-4th & 5-6th - Defenses may not extend past the mid court line. Any defensive move that results in a player crossing the defensive line to gain control of the ball is not allowed. Once a defensive player gets a rebound or turn over, neither their movement nor their pass can be defended or impeded by the opposing team until they reach the top of the defensive zone. Example If a player dribbles the ball and it goes off of their foot for example and it is rolling in the back field the other team will have to wait for that ball to pass the half court line for them to pick it up as the other team had control and started dribbling. If a team does this and continues to guard the opposite team or impeded the opposing team the referee can implement a technical foul on the player guarding in the back court and will need to sit down for 5 minutes. Man to man defense will be used. **Switching off on pick plays or picking up another player in the open court is allowed. Each player must make an honest attempt to guard their player (player they first engaged at the start of the defensive series). Situations where a player may switch to guard a different player than the one they started the defensive series include: fast breaks, screens, inability to reach their defensive assignment due to other players in the way. One player cannot follow the ball, and guard each player that handles the ball. – No double teaming allowed after team is up by 15 points.** Players must make a valid attempt to remain with their original opponent for that series. A single player cannot make numerous switches in one series in an effort to follow the ball.

3-4th grade defensive line – Volleyball line in-between the top of the 3 point line and mid court (half court line)

Players cannot pick up their defensive assignment until the player bringing the ball down the court has passed the volleyball line. After the original ball handler has crossed the defensive plane all players can guard their defensive players regardless of where they go (over the defensive line).

5-6th grade defensive line – Volleyball line in-between the top of the 3 point line and mid court (half court line)

Players can only pick up their defensive assignment until the player bringing the ball down the court has passed the defensive line (volleyball line). No double teaming until the ball passes the defensive line. Double teaming is allowed after the offensive player crosses the defensive zone (volleyball line in-between midline and top of the three point line). After the original ball handler has crossed the defensive plane all players can guard their defensive players regardless of where they go (even over the defensive line).

Teams will have 10 seconds to bring the ball across the half court line and an additional 5 seconds (15 seconds total) to not advanced into the defensive zone (volleyball line in-between half court and top of the three point line). If the ball is not advanced into the defensive zone in the assigned 15 seconds the referee will stop play and it could result in a turn over of the ball to the defensive team.

OFFENSE

The ball may be advanced on a fast break from a rebound or a defensive turnover by any combination of dribbling and passing the ball. Inbound plays must be completed in five seconds. Defensive players must stay three feet away from an offensive player in-bounding the ball at all times for games. Players have ten seconds to carry the ball over the mid court line at all grade levels. The referee will use their discretion on all in bound plays and in awarding the ball to the opposing team. If the ball is not advanced into the defensive zone once crossing the half court **line after 10 seconds**, the referee will stop play and could result in a turn over of the ball to the defensive team. **If a game ends in a tie it will be up to the supervisor of the facility if an additional 4 minutes of playing time will be allowed.**

TIMEKEEPER/SCOREKEEPER INFORMATION

TIME: Set the time clock at the beginning of each quarter. Start time on inbound play after a time-out or at the start of the game.

Stop time only on injury, any time-out or at the direction of the referee. If time will run out on a free throw leave 10 second on the score board so they work on rebounding skills. The only time the clock will be stopped is for injuries, referee time out, or during the last two minutes of the 4th quarter.

POSSESSION ARROW At the start of every game the referee will have the visiting team inbound the ball at the start of the game. For all grades, the possession arrow is set to indicate the team that did not throw the ball in at the beginning of the game. The arrow will be flipped after the ball is in bounded from a jump ball or change in possession situation. The possession arrow will indicate the team receiving the next jump ball or possession. The quarters and half will be started by the team receiving the next possession arrow. The arrow does not point in the offensive direction of the team taking the ball. The arrow points in the direction of the bench receiving the next jump ball or possession.

GAME SCORE: Tally points for each team on flip cards and game score sheet or if available on the score boards at the schools.

FOULS: Keep track of personal fouls on score sheet. Inform the referee if a player is approaching fouling out or has fouled out
Keep track of technical fouls on game score sheet a technical foul will also count as a personal foul.

Time of Play: Keep track of each time a player is put in the game. Inform Coaches if a player has played too much or if a player is still in need of playing

THE SCOREKEEPER AND TIMEKEEPER SHOULD DOUBLE CHECK EACH OTHER IN ORDER TO AVOID POTENTIAL CONTROVERSIES. ALL SCOREKEEPERS AND TIMEKEEPERS SHOULD REFRAIN FROM HOLLERING OR SCREAMING DURING GAMES. POSITIVE ENCOURAGEMENT OF ALL PLAYERS IS ALLOWED.

Rules that have been updated recently

- Switching off on pick plays or picking up another player in the open court is allowed. Each player must make an honest attempt to guard their player (player they first engaged at the start of the defensive series). Situations where a player may switch to guard a different player than the one they started the defensive series include: fast breaks, screens, inability to reach their defensive assignment due to other players in the way. One player cannot follow the ball, and guard each player that handles the ball Equalizer rule – No double teaming allowed after team is up by 15 points. Players must make a valid attempt to remain with their original opponent for that series. A single player cannot make numerous switches in one series in an effort to follow the ball.
- Referees in an attempt to maintain the flow of the basketball game will not call every single violation. They will make their best attempt to call all flagrant fouls, calls that will impact the outcome of the game, and players that continue to exhibit the same issue even after it is brought to their attention by the referees
- Defensive match-ups do not have to be opposite each other (a player that is guarded by a certain player on the opposite team does not have to guard that player).
- If players have had equal playing time in the first 3 ½ quarters the last 5 minutes (last ½ quarter) the coaches may play any player regardless of the amount of playing time they have had in the previous four quarters. If the players have not played equal time those players that still need playing time must play the entire 4th period. This will allow for competitive play in the last 5 minutes in close games. Teams can substitute during the last 5 minutes at any time. Have the player go to the score table to be buzzed in at the next dead ball. Remember that the clock will continue to run during the substitution.
- Games will be 4 quarters – no more 5th period
- EQUALIZER RULES-2nd half of game only - Any team with a 15 point scoring lead will not be allowed to fast break down the court. The player with the ball must wait for all the players to come down the court and allow the defensive team to set up. Failure to comply will result in immediate turnover of the ball to the opposing team. If a score is made during a fast break then the points will not count and the ball turned over to the other team. Any team that is leading by 15 points will not be allowed to double team or trap the other team. If trapping or double teaming is happening during this time a team will be warned, but if it continues and the team is not complying after being told by the referee the player who continues it will receive a personal foul and can be asked to sit down for 5 minutes. Coaches need to attempt to not run up the score and if far ahead run their plays and offense
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Rules that are stressed each year

- All players must be given equal game playing time and should be integrated into the team offense regardless of the player's skill or the game score. **Additionally all players must be given a chance to score and all players must also have time on the bench.**
- Substitution breaks are NOT to be used as time outs
- Coaches need to attempt to not run up the score and if are far ahead need to take the opportunity to run their plays and offense.
- No Zone Defense, all play will be man on man defense.

Skills to Develop

Shooting: One handed shooting- with follow through

Dribbling

- ❖ Right handed
- ❖ Left handed
- ❖ Not looking at the ball
- ❖ Moving from one hand to the other

Defense

- ❖ Center of gravity low
- ❖ On toes ready to move in any direction
- ❖ Man to man defense
- ❖ Stay between the player and the basket

Fundamental Concepts

- ❖ Offense (we have the ball and are trying to make a basket)
- ❖ Defense (they have the ball and we are trying to slow them down)
- ❖ Out of bounds
- ❖ Use the backboards
- ❖ No traveling
- ❖ No two handed dribbling
- ❖ Take a shot if you are open
- ❖ Passing the ball Getting the rebound