

YOUTH BASKETBALL

Rules and nuances

ROSTER/SCORESHEET

3rd – 8th grade

- *Players need to be added to the roster by the Recreation Division*

5th – 8th grade

- *Coaches need to fill out scoresheet before game*

High School

- *Players need to have parent/guardian sign roster before they can play*
- *9th & 10th players are \$18 each*
- *Teams must have a coach over 21 years old on the bench*
- *Coaches need to fill out scoresheet before game*

GAME TIME

3rd- 6th grade

- *4-ten minute periods*
- *Clock runs*
- *2 time outs per half*
- *No overtime*

7th grade – High School

- *2- twenty minute periods*
- *Clock runs except for last 2 minutes of game*
- *2 time outs per half*
- *Overtime is 3 minutes with the clock stopping the last 1 minute*

DEFENSE

3rd & 4th grade

- *Man-to-man defense only (wristbands). No zones or double teams.*
- *The defense must fall back to their half of the court to pick up their man.*
- *No full-court press!*

5th grade – High School

- *5th–6th Man-to-man*
- *7th–H.S. Zone allowed*
- *Full-court press allowed in 5th – 6th grades for the last two minutes only.*
- *Full-court press allowed anytime 7th – H.S. unless a team is leading by 15 points*

TURNOVERS & FOULS

3rd & 4th grade

- *Any turnover as a result of a double team- ball returned to offensive player at mid-court*
- *No fouling out or team fouls kept*
- *No score keeper- remember possession*

5th – H.S.

- *Any turnover as a result of a double team- too bad, so sad*
- *Players can foul out (5), team penalty for foul accumulation*
- *Score keepers- no memory needed!*

SET PLAYS & FREE-THROWS

3rd & 4th Grade

- *No isolation plays*
- *Watch for illegal screens*
- ***Free-throws played off the release***

5th – H.S.

- *5th – 6th no isolation plays*
- *Set plays are encouraged*
- *Watch for illegal screens*
- ***Free-throws played off the release***

SPORTSMANSHIP

Teams can earn up to 10 points each game.

- Staff grading- 5 points

Team Sportsmanship Points

- 1. Players and coaches shake opposing teams' hands. 1
 - 2. Coaches keep players and self under control. 1
 - 3. No technical or flagrant fouls called on team. 1
 - 4. Parents and spectators are positive during game. 1
 - 5. Teams go out of way to show good sportsmanship. 1
- Total: 5**

- Coaches grading- 5 points

7th-8th Grade League				
December 7, 2013	7 B	PN-N		
		9:00 AM		
	Game Score	Sportsmanship Score		
Your Team				
Heat				
Opponent's Team		Bad	Normal	Good
Cavaliers		1	2 3 4	5

CODE OF CONDUCT

- *No fighting*
- *No verbal abuse*
- *No rough tactics*
- *No dissention*
- *No unsportsmanlike action or language*
- *No drugs/alcohol*

RECREATION CENTER/ GYM RULES

- *No food or drink allowed in Gyms*
 - *Water in a water bottle is okay*
 - *Gatorade/Juice is not okay*
 - *Treats must be past out outside of gym*

PRACTICE RULES

- *Call school to see if they have availability*
- *One hour time slots available at Recreation Center*
 - *Monday or Wednesday– 4:00-6:00pm*
 - *Enter gym together as a team*
 - *Leave on time*
- *One hour time slots available at Centennial Middle School*
 - *Tuesday – 4:00-6:00pm*
 - *Enter school from front by flag poles*

CREDIT FOR WATCHING PRESENTATION

- *In order to receive credit for reading this at home, please tell the front desk the following word:*

Cavaliers

COACHES INCENTIVE

- *The criteria for the Incentive:*
 1. *Coaches Meeting (held 12/7)*
 2. *Sportsmanship Video*
 3. *Coaches Clinic*
 4. *Practice*
 5. *Sportsmanship*
 - *Team must receive 65% sportsmanship points for the season*
 6. *Equipment Check Out*
- *100% refund if criteria is met*

COACHES EXPECTATIONS

- [CLICK HERE TO WATCH COACHING VIDEO](#)

**HAVE FUN,
BE COMPETITIVE AS HECK,
PLAY AND LIVE WITH INTEGRITY.**

-DANIEL L RITCHIE