

Rules and Regulations

We strive to provide the highest quality basketball league by providing a nurturing learning environment that fosters skill development, friendship and sportsmanship. Before every game, there will be a 15 minute warm-up and skill review, where coaches will go over practice material and get their team ready for the basketball skills. Between the warm-up and game, coaches will have a “goals talk” with their team. This is an opportunity for the team to make 3 goals that they want to accomplish in the basketball game, for example, to complete 10 team passes in the game. Winning cannot be one of these goals—winning is a potential outcome from a team achieving all 3 of their goals. These goals are based off what was taught in practice and what the players on the team want to improve upon. These small game goals help focus the players to see that the effort they put into playing and trying their hardest helps them improve! Games consist of 8 minute quarters with timeouts every 4 minutes for player substitutions. There is a 3 minute halftime and there is no overtime play.

The basic rules that we will be enforcing in this league are:

- **Traveling:** This is when a player is not dribbling while walking or running with the ball in their possession. At all times when a player is in movement and in possession with the ball—the ball needs to be dribbled!
- **Double Dribble:** When a player uses both hands at the same time to dribble the ball, or when a player dribbles the ball, stops and then dribbles the ball again—when a player stops the dribble, they cannot start dribbling again—they need to pass the ball or shoot the ball.
- **Foul:** Some contact between players is acceptable; however rough or aggressive contact can be called a foul. There are two types of fouls that can occur. When a player makes contact with another player, regardless if they are shooting, a personal foul can be called. Personal fouls are called for blocking, holding, pushing or illegal hand use such as hitting or slapping. Technical fouls are rarely issued for contact, and are more commonly used when administrative rules are broken for example unsportsmanlike conduct or illegal substitution.
- **½ Court Press:** The team on defense can start playing man to man defense when the team on offense gets to the ½ court line; the player on offense with possession of the ball needs to cross the half court line before the defensive player marking them can start to guard them.
- **Man to man defense:** Each defensive player is assigned to guard a specific opposing player and can only mark that player while playing defense
- **Out of bounds:** When the player with the ball or the ball itself is on or beyond the court boundaries.
- **Over and back:** A basketball player may not dribble the ball from the backcourt to the frontcourt and then return to the backcourt again.
- **Sportsmanship Rule:** Inappropriate behavior, like abusive language and fighting, will result in an automatic ejection from the game. All players, teams, coaches and spectators are required to abide by this rule and exhibit good sportsmanship. For example, giving a high five and giving positive feedback.

Rules

1. Baskets are 9 feet high; Ball size 6 is used.
2. Games will be played 4 on 4.
3. Scores and standings are not emphasized.
4. After the initial jump ball, all other jump ball situations will follow the alternate possession rule.
5. All defense is man to man and may only start at the half court line. Steals in the backcourt are prohibited, unless the player loses the ball without pressure. No double teams are allowed anywhere on the court.
6. Double dribble and traveling violations will result in a turnover.
7. A player fouled while in the act of shooting will take 2 free throws. For all other fouls, the team that gets fouled gains possession of the ball by passing the ball in the from the sideline.
8. All players on roster that are present at the start of the game must play at least one half of the game. If a player arrives late, the coach will make every effort to get the player into the game as much as possible.