

Division - 3

Full Court

BALL – 28.5 GOAL HEIGHT 10ft

Players at this age are able to pick up some of the more advanced concepts of the game and are growing into a more mature level of hand-eye coordination. They are able to understand the concept of teamwork. They realize that they can be successful as an athlete by helping their teammates in game situations. It is important to keep score at this level because life lessons can be taught through the concept of winning and losing. Because of this, rules have been designed to allow athletes to compete in a format that coordinates with their level of mental and physical capacities as they prepare for middle school basketball.

Play is governed by the National Federation of State High School Associations' (NFHS) Rules unless otherwise stated below.

DIVISION GOALS:

1. Advance fundamentals of dribbling, passing, shooting, and rebounding.
2. Intermediate offense play calling.
3. Respect for "on-the-court" referee.
4. Score and standings are kept and there will be a post season tournament.
5. Half-Court Defense only
 - a. Zone or Man defense allowed and must be set at the beginning of each period
 - b. Zone Defenses allowed (2-1-2)
 - i. Players must maintain their zone and cannot overload another zone area.
 1. Example: Forward position cannot double team with Guard defender at top of the key. Likewise, a guard defender cannot double team with a forward at the post position.
6. Beginner Foul Shot.
 - a. Players are allowed 5 fouls
 - b. Team fouls are maintained

DIVISION RULES:

- Score, Fouls, and Possession arrow kept by score keeper.
- Offensive & Defensive fouls called to include but not limited to:
 - Traveling & Double Dribble.
 - Backcourt violation
 - Ball inbound violations
 - Three-second violation called.
 - 5 second inbound
 - 10 second back-court
- Teams must purposefully attack the defense in every situation – no stalling. After a warning from the referee, a violation will be called resulting in a turnover.
- Goals switched at half-time.

PRACTICES:

Will be one day a week for one hour each. It will consist of a 50 practice court time followed by a 10-15 minute team meeting in an off-court room for a short lesson based on our league virtues.

- Players who miss their team meeting could result in reduced game time.

GAME DAY:

Will consist of two 18-minute halves. Teams will be allowed to select a “Man or Zone Defense” prior to the start of each period.

PRE-GAME: Team/Players will be introduced pre-game via fog-machine, lights, and music.

BETWEEN-PERIODS:

The clock will stop every 6 minutes for predetermined basketball substitutions using the Upward Substitution system. Players who arrive late, leave early, or have overly aggressive fouls will have reduced playing time during that specific game.

HALF-TIME:

At half-time of each game, players will exit for coach instruction in an off-court room.

POST-GAME:

Each participant will be awarded a star for their performance during the game. Parents are encouraged to participate in this time and cheer for each participant as these are given out by the coach. Game day stars are multi-colored iron on stars that are to be applied to the uniform undershirt.

BLUE – EFFORT > **GREY** – OFFENSE > **RED** – DEFENSE > **GOLD** – SPORTSMANSHIP > **WHITE** – CHRISTLIKENESS.

- Teams can coordinate snacks, but please clean-up as you exit the room.

UPWARD SUBSTITUTION SYSTEM:

A chart is provided in every coaches playbook to chart out playing time using our system. This removes coaches from playing “favorite” players and allows for ease of subs between periods.

- Every child will have the opportunity to start a game during the season.
- No child will sit out back to back periods.
- Every child will play at least half of the game.
- In most cases, each child will play against someone of similar ability.
- Playing time for all players is virtually even over the course of the season.
- Coaches are not open to making unfair substitutions and eliminates having to monitoring playing time for each player.

OVER-TIME:

OT-1: If score is tied one 3 minute overtime period will be played. The starting line up will revert to the first five players listed in the coaches handbook. Ineligible players will not be included.

OT-2: If score is tied after first overtime a sudden death free-throw contest will commence.

CONTACT:

If you have any questions or concerns please feel free to contact our leadership team at eaupwards@gmail.com