**DIVISION-1**

**(K5 – 1st Grade Coed)**

**BALL – 27.5 GOAL HEIGHT 7.5**

The goal of DIVISION 1 is to introduce the game and basic skills. No score or league standings are kept. Coaches will serve as on the court “Referees” because the ultimate goal is to teach players the game, and should work together to try and ensure every player has a chance to score during a game. These rules are designed to allow young athletes the opportunity to learn the game of basketball at the most basic level.

**DIVISION GOALS:**

1. Understand the basic flow and rules of the game.

2. Basic fundamentals of dribbling, passing, shooting, and rebounding.

3. Beginner ball inbounding.

4. Awareness and layout of the court.

5. Respect for “on-the-court” referee.

6. Understand the difference between offense and defense.

7. Basic understanding of man-to-man defense

**DIVISION RULES:**

* Home team receives possession for even periods, away team for odd periods.
* No Stealing Off Dribble, You can steal passes.
* Offensive & Defensive foul warning. Coach’s judgment to be used for aggressive fouls.
* Traveling violation: Lenient calls, per head coach’s discretion.
* Double Dribble: Lenient calls, per head coach’s discretion.
* Backcourt violation, Three-second violation, and inbound violations will not be called.

**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 play “Man-Defense” only and will be assigned a color they must stay within arm’s length for defense. NO FAST BREAKS.

**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 coach’s 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.

**CONTACT:**

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