

4-6th Youth Basketball Points of Emphasis

- Intermediate size ball (28.5) on 10-foot hoops.
- All players get equal amounts of playing time. The best players should get the same amount of court time as your brand-new rookie (assuming everyone is at practice). Focus is on skill development. If some players don't get the equal amount of time in a game, it should be balanced the following week.
- Subs can be made during out-of-bound plays, fouls and b/w quarters. Coaches need to be mindful to have players guard like ability players when possible. Clock will not stop for subs, so it's swift.
- A jump ball will start the game followed by alternating possessions, and the switch of baskets at half-time.
- Fouls will not be officially recorded, and players will not foul out. **Referees can take players out of the game that are consistently fouling for a "cool down" period.**
- Defense allowed up to the half court line. When guarding inside the half court line, stealing is allowed per coach's agreement. The ball handler can lose control creating a turnover; however the turnover cannot be induced by the defensive player slapping at the ball. Players can play defense in stance, looking for pass deflections. If one kid is stealing frequently, it may be worth adjusting matchups.
- No full court pressure is allowed. Since full court defense is not allowed, the offensive team cannot baseball pass the ball up court. Passes will be called back that cross-half court that give the offensive team an unfair advantage. The offensive team keeps the ball and restarts play from out of bounds.
- Double-teaming on defense is not allowed outside of the paint/lane. **Help defense is allowed.** A second defensive player can help if the primary defensive player is picked, screened, or beaten by an offensive player. Once the original defensive player re-enters the play the help defender must return to his/her man.
- **Inside the lane double-teaming is allowed.** The offensive player does not have to have the ball for this to occur.
- Defensive players can switch players they are defending during a play. You should teach them to yell switch in such cases.
- Illegal defense will result in the ball going back to the offensive team.
- An offensive player is allowed 5 seconds in the key without the ball.
- No player is allowed to dribble for more the seven seconds without passing, shooting, or driving to the basket.
- If free throws are going to be a part of the game - the free throw line will be 15 ft. from the basket (regular distance). A player may move to the 12' free throw line if they cannot reach the basket. This will be determined by coaches/referees.
- Always remember your sportsmanship as a coach. This includes your language, gestures, and attitude toward the referees. Your team is watching you and following your lead.
- Have fun! Improvise as needed, so long you are in agreement with the other coach.

Time Clock (& Score Keeping)

- Games consist of a four-minute team warm-up, 4- 10-minute quarters, and a four-minute halftime. The clock will be running during each quarter without timeouts. One minute b/w quarters.
- BCRD refs keeps time for youth sports, not scores.

Fouls

A foul is when two players make contact and movement is inhibited by that contact. There are two possible results of a foul:

- If a player is shooting when fouled, they will shoot free throws if coaches want free throws in the game.
- If a player is not shooting when fouled, they fouled player's team will restart the game with an inbounds play. Most likely.

The six basic fouls you will see called by our referees are:

- **Shooting Fouls**—This is defined as contact to the shooting hands or body of the offensive player.
- **Reaching**—when an offensive player's movement is hindered by the opposition reaching across their body
- **Pushing/Holding**—when a player's movement is hindered by the opposition pushing or holding
- **Illegal Screen**—when a player does not set his/her feet when setting a screen.
- **Charging**—when an offensive player runs into a defensive player that has set his/her feet and established position.
- **Blocking**—When a defensive player gets in the way of an offensive player without setting his/her feet and establishing position.

Violations

When a player breaks a non-contact rule of the game, it is a violation. All violations by a player result in the opposing team restarting the game with an in-bounds play.

The five basic violations you will see called by our referees are:

- **Traveling**—When a player holding the ball moves one or both feet illegally.
- **Double Dribble**—When a player uses a second dribble after picking up their original dribble or uses two hands to dribble simultaneously
- **Out Of Bounds**—When the ball leaves the court boundaries, it goes to the opposing team of whom ever touched the ball last before it went out of bounds.
- **7 Second Rule**—When a player dribbles for more than 7 seconds without passing, shooting or making a move to the basket.
- **Lane Violation**—This is when a offensive player spends more than 5/7 seconds in the lane without the ball.

Referees will do their best to call all fouls and violations. Please show upmost respect to all referees, they are human and make mistakes! Please thank them after the games 😊