

City of Long Beach Parks, Recreation & Marine

Youth Sports Program Basketball Rulebook



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Youth Sports Program Pillars

- Health and Wellness
- Sportsmanship
- Fundamentals
- Perseverance
- Teamwork

Mission Statement

The Department of Parks, Recreation and Marine Youth Sports program exists to provide, boys and girls in our community, a variety of citywide recreational sports that promote Health and Wellness, Sportsmanship, Fundamentals, Perseverance and Teamwork. We believe every child in Long Beach has something to play for and our role is providing that opportunity in a fun, safe and nurturing environment.

Coaches Code of Conduct

I agree to the following:

- I will be honest, fair, and always show good sportsmanship to all coaches, officials, players and fans involved in the City of Long Beach Youth Sports Program.
- I will do my best to organize practices that are fun and challenging for all of the players and their abilities.
- I will use coaching techniques appropriate for each of the skills that I teach.
- I will do my best to provide a safe playing situation for all of the players.
- I will place the emotional and physical well-being of the players ahead of any personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will lead by example in demonstrating fair play and sportsmanship to all of the players.
- I have read, understood, and will follow the rules of each sport that I coach, and I will teach these rules to the players.
- I will remember that I am a City of Long Beach Youth Sports coach and that the game is for the children and not for the adults.
- The coach will accept, and respect the decisions of officials, and understand that officiating is one of the hardest jobs on and off the court.
- I will not cheat or engage in any form of unethical behavior that violates league rules and will remember that this league is for fun!

Parents' Code of Conduct

I agree to the following:

- I will remember that youth sports are played for fun! I will be a role model for my team demonstrating how to treat players, others parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parent and coaches.
- I will show respect to all referees, officials and never act in a manner that would be disrespectful toward them.
- I will encourage all players on all teams regardless of the score.
- I will place my child's emotional and physical well-being ahead of my own personal desire to win.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I understand that failure to follow the above rules may lead to removal from the Youth Sports Program.

General Youth Sports Rules & Regulations

1. Proof of Birth

Proof of birthdate is required and due along with team rosters. It is each coach's responsibility to collect proof of birthdate from ALL players that are not already on the Master List. Documentation **MUST** show participant's full name and their birthdate.

Acceptable documents include:

- Copy of Birth Certificate
- ParentVue/School Loop printout
- Immunization Records
- Other official documents

In order to protect participants' private information, all physical documents will be shredded and discarded once the participant has been approved for the Master List.

2. Rosters

Due dates for rosters will be provided before each season and **MUST** be turned in on time. In order for rosters to be accepted, coaches should ensure the following:

- All parts of the roster are completely filled out
- The roster consists of at least the minimum number of participants needed to play the given sport
 - Basketball – Minimum 8, Maximum 10
 - Indoor Soccer – Minimum 8, Maximum 10
 - Dodgers Dreamteam – Minimum 11, Maximum 15
 - Flag Football and Volleyball – Minimum 9, Maximum 12
 - Volleytennis – Minimum 8, Maximum 10
 - a maximum of 2 boys are allowed on a volleyball roster
- All the necessary paperwork is attached
- Roster is signed by a certified coach and their supervisor

3. Adding/Dropping Players to Rosters

Adding a Player – No late registrations are accepted. All participants must be registered in order to play, **no exceptions**.

Dropping a Player – A player can only be dropped from a team by their parents/guardians, the park supervisor, or the Youth Sports program supervisors.

4. One Team, One Park

A participant may only be on one roster, per sport. For example, a participant may not play on an E-Boys Soccer team at Silverado Park and play up on a D-Boys Soccer team at Pan American Park. However, a participant may register for both Flag Football and Volleyball.

5. Transfers from One Park to Another

There will be no transfers from park to park after the transfer deadline. All transfers during the transfer time must be approved by the park supervisor and the Youth Sports supervisor.

6. Insufficient Number of Registrants

If a participant signs up at a park that does not have a team for their division, the Youth Sports Office will advise the family of available options.

7. Team Dropouts

If a team drops out of the season, the Youth Sports Office will advise the remaining players of available options. Game schedules will be updated to reflect changes due to the team dropping.

8. Forfeits

A team will be issued a forfeit for any one of the following reasons:

- A team does not have the minimum amount of players ready to play at the 10 minute mark. Basketball – 4, Indoor Soccer – 4, Dodgers Dreamteam – 8, Flag Football – 5, Volleyball – 5, Volleytennis – 4
- A team is playing an ineligible player. A player will be considered ineligible if:
 - The player has not been properly added to the roster
 - The player is impersonating another rostered player
 - The player is not of the correct age group

****If a team forfeits twice in a season, the Youth Sports Office will reach out to the park supervisor to determine next steps.***

9. Start of Game Delay

If the minimum amount of required players are present for a game, the game must begin at its scheduled time. Officials will not wait for a full team to start the game. (Ex: If Cherry Park's Junior Baseball team has 8 players and Orizaba Park's team has 9 players at the scheduled game time, the game will begin. Officials will not wait out the 10-minute grace period for Cherry Park's 9th player to arrive. Please see sport-specific rule on how to check late players into the game.)

10. Unsportsmanlike Conduct

Unsportsmanlike conduct will not be tolerated under any circumstances.

PARTICIPANTS – Fighting, display of physical force, taunting, or any other negative gestures directed toward other participants, coaches, officials or spectators is cause for immediate ejection from the game. If a player is ejected from a game, the player will be asked to leave the game immediately and be suspended for the next playable game. If a player is ejected from the last game of the season or has been ejected from more than one game, the Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

SPECTATORS – If there is any unsportsmanlike conduct by spectators before, during or after a game, they will be asked to leave the game immediately. The Youth Sports program supervisor and the respective park supervisor will have a meeting to determine further action.

COACHES – If a coach displays negative behavior at any time, the youth sports supervisor and the respective park supervisor will have a meeting to determine consequences for the staff member. In the case of extreme misconduct, the coach will be removed from all games for the rest of the day. A manager will be contacted immediately for further action. Running up the score will be considered unsportsmanlike conduct, coaches should make an alternate game plan. Ex: Team A is winning by 10 runs in the 3rd Inning against team B. Team A's coach should challenge their players to make 4 passes before attempting to score, to avoid "running up the score".

****Extreme misconduct by coaches, players or spectators can result in dismissal from the program for the remainder of the season.***

11. Players on Bench

During the game, any rostered players at the game must sit on their team bench. Players should be with their coach for the duration of the game unless the player is Injured. Before the game begins coaches should have all of their players grab their waters drinks and any other belongings and bring them to their team bench.

12. Participant Safety

Both coaches and officials have a role in ensuring the safety of participants at every game. Players will **NOT** be permitted to play or continue a game if the player:

- is bleeding OR has an excessive amount of blood on themselves
- has an open wound
- has any type of cast or splint
- becomes unconscious before or during the game (participant must present written authorization from a physician upon returning to the program)

13. Participant Uniform

Shirts – Participants must wear the uniform shirt provided by the Youth Sports Office. Shirts should be tucked into bottoms. Bottoms must be pulled up to the hips.

Shoes – Closed-toe tennis shoes or athletic shoes are required. No boots, crocs, sandals or shoes with heels may be worn during practices or games.

- *Cleats with metal spikes may be worn by Junior Baseball or Senior Softball participants.*
- *Cleats with plastic spikes may be worn during flag football season.*

Shin guards – Plastic shin guards may only be worn during Indoor Soccer season.

Jewelry – Earrings/studs, necklaces, bracelets, rings, and facial piercings will not be permitted. However, if a participant has permanent jewelry, they will be responsible for taping the jewelry down before the start of the game.

Headwear – Hats, bandanas, wave caps, and hair clips are not allowed.

Beads and barrettes must be pulled back to contain any loose items from hanging.

- During the Dodgers Dreamteam season, hats are apart of player uniform.

Reminders will be given during the pre-game gathering.

Officials will not permit any player to wear equipment that they deem dangerous or inappropriate.

14. Uniform Infractions

Once the game has begun, any dress code infraction will result in the following per season:

Basketball – a free throw will be awarded to the other team for each dress code Infraction

Indoor Soccer – a penalty kick will be awarded to the other team for each dress code Infraction

Dodgers Dreamteam – a free base will be awarded to the opposing team. Only one base, not one per dress code Infraction

Flag Football – 5 yard penalty will be awarded to the opposing team. Penalty will only be assessed once, not once per dress code Infraction

Volleyball – 1 point will be awarded to the opposing team at the start of the first match. Penalty will only be assessed once, not once per dress code Infraction

15. Patron/Volunteer Incident Reports

Anytime a participant is injured at a practice or game location, staff are responsible for completing an incident report immediately.

- Practices – Coaches should complete this incident report, attach the Youth Sports program waiver and turn it in to their supervisor within 24 hours.
- Games – Coaches **MUST** fill out all information of the Incident and player information and then turn in to the official's table at the end of their game.

****Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Attorney.***

16. Incident Reports

An incident report should be filled out whenever there is an incident on site that does not involve an injury. (Ex: Parent yelling unsportsmanlike remarks at officials.)

- The report should be completed by a staff who witnessed the incident. Reports should be left with the lead Youth Sports staff on site or the info table. Youth Sports staff should turn in the incident report to the Youth Sports supervisor.

****Parents, Guardians and patrons are NOT permitted to have a copy OR take a picture of the report. They can request a copy of the report from our City Attorney.***

Rookies & Minors Basketball

The Youth Sports Program's Rookie & Minor divisions are designed to introduce the fundamentals of basketball, in a non-competitive recreational setting.

Coaching Objectives for the Rookie and Minor Division

1. Teach the fundamental skills of dribbling, passing and shooting.
2. Teach participants to apply the skills in a game-like atmosphere, further developing fundamentals.
3. Teach and emphasize teamwork and sportsmanship.
4. Develop motor skills and abilities, the overall health & wellness of the participant, including muscular strength and endurance.
5. Help participants learn the basic positions on a court: the key, out of bounds and defense/offense positions.

Division Specifications

Rookies

Age Requirement

Ages 5 & 6

Hoop Height

6-Foot Basket

Players Allowed on the Court

5-on-5

Ball Size

Youth Ball (25.5")

Minors

Age Requirement

Ages 7 & 8

Hoop Height

8-Foot Basket

Players Allowed on the Court

5-on-5

Ball Size

Rookie Ball (27.5" LIGHT)

Rookies & Minors Game Rules

Length of Game

Four 8-minute quarters

- 1-minute break between every quarter

Pre-Game Huddle

Before the game, officials will gather all players and coaches to review basic game rules and to remind players/coaches/parents of the importance of sportsmanship.

Start of Game

A coin flip will determine which team will take the ball out at the start of the game. Possession will then alternate at the start of each quarter.

Halftime Shootout

After the 1-minute halftime, both teams will line up behind the free-throw line, facing their baskets. Each player will take a turn shooting a basket and then take a seat on their bench.

Score

Score will not be kept. Emphasis will be placed on fun, skill development, sportsmanship and teamwork.

Timeouts

Timeouts are an opportunity to review the fundamentals learned in practice. Two 1-minute timeouts will be issued to each team, per half.

Officiating

One official and both coaches for both teams **MUST** be on the court for the entirety of the game.

- *Coaches* main focus will be team management and redirecting participants.
- *Official 1:* Will be on the court and will be responsible for maintaining the flow of the game.
- *Official 2:* Will be at the table, this official will keep time, assist with managing players on the bench, track players play time each quarter and assist with substitutions.

Mandatory Playing Time

Substitutions will only occur at 4-minute intervals and at the end of quarters. No player can sit out for two consecutive substitution periods. At all substitution periods and at the end of quarters, ALL players on the bench must enter the game.

Late Players - If a player arrives late and needs to be added to the game, their coach must call a timeout to sign them in. A timeout does not need to be called if the coach adds the player during a regular timeout or at the end of the half.

*If a player arrives during the second half, they WILL be allowed to play.

Fouls

Fouls, including grabbing and hitting other players, will be called and briefly explained to the player, in order to emphasize fundamentals.

Fast Breaks

Fast Breaks are **NOT** allowed. When there is change of possession, the ball handler must wait until the defense has completely crossed half court, before advancing the ball.

Defense

Rookie Division - When on defense, all players must keep **BOTH FEET** in the key.

Minor Division - When on defense, all players must keep at least **ONE FOOT** in the key.

These rules will allow the offense the opportunity to have ball movement, passing lanes, and shot attempts, while also teaching the defenders zone defense positions. Coaches should enforce a fundamental defensive position at all times. The penalty for the defense leaving the "key" excessively will be ball out of bounds for the offense.

Excessive Traveling

If a player is running with the ball, the coach should encourage the player to dribble. If traveling occurs repetitively (every time a player touches the ball, they travel) or excessively (player running with the ball for an extended period of time, without dribbling), the official will call the violation.

Rule Violations

Officials will have the discretion to call rule violation when the violation becomes excessive. The penalty for all rule violations, called by officials, will be ball out of bounds for the opposite team.

If an official is repetitively calling a rule violation on a player or team, the coach should call a timeout and correct the violation.

Inbounding the Ball

When putting the ball back into play, the player throwing the ball in must stay out of bounds and pass the ball to a teammate on the court. The referee will give the ball to the inbounder then the inbounder will pass it in to their teammate.

- The inbounder must stay out of bounds and cannot step on or over the line before passing.
- The ball must be passed, not dribbled in.

Double Dribbling

Double dribbling is when a player dribbles, stops, then starts dribbling again, OR dribbles with both hands at the same time. Once they stop their dribble, they must pass or shoot.

Players should:

- Use one hand at a time
- Eyes up if possible
- Small, controlled bounces
- Dribble before taking steps

Traveling

Traveling is when a player takes steps while holding the ball without dribbling.

If they're holding the ball, they have to keep one foot still or start dribbling.

What Traveling Looks Like:

- Running or taking steps while holding the ball
- Switching pivot feet
- Sliding/hopping with the ball

Out of Bounds

A ball is considered out of bounds when it:

- Touches the floor
- Touches a player
- Touches any object outside the boundary lines of the court

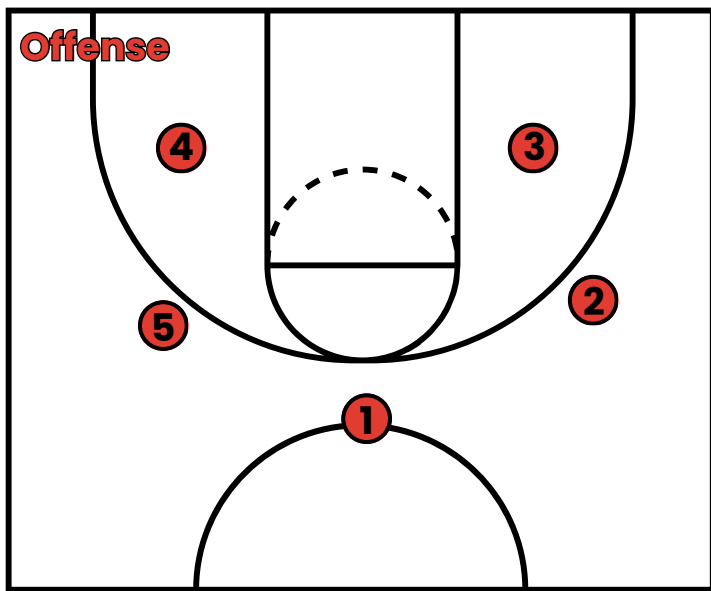
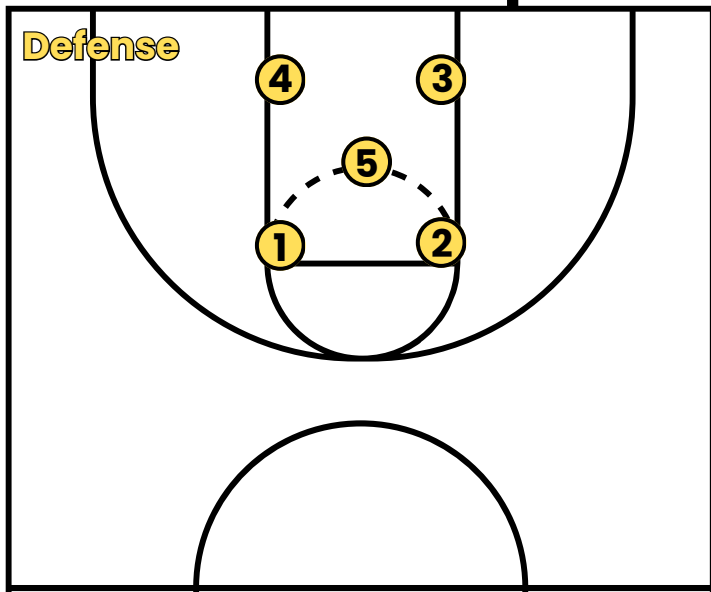
Players must stay inbounds while holding the ball. If the ball goes out of bounds, play is stopped and the other team gets the ball.

Teamwork & Ball Sharing

Coaches should encourage everyone to participate. Sharing the ball helps all players develop confidence, learn new skills, and stay engaged in the game. Here are some pointers to assist you with teamwork and ball sharing:

- Making sure different players dribble the ball up the court each time their team gains possession.
- Encouraging kids to pass to open teammates so everyone is involved.
- Ensuring that all players get a chance to shoot, not just the strongest or most confident players.
- Reminding players to look for teammates instead of dribbling the entire play themselves.

Rookie & Minor Basic Setup



E, D, C & Teen Basketball Division Specifications

E Division

Age Requirement
Ages 9 & 10

Hoop Height
9-Foot Basket
(If Adjustable)

**Players Allowed
on the Court**
5-on-5

Ball Size
Junior Ball (27.5")

Key Violation
5 Seconds

Free Throw Distance
12-Foot Free Throw Line
(Measured from the
plane of the backboard)

Full Court Press
Never Allowed

Start of Game
Jump Ball

D-Division

Age Requirement
Ages 11 & 12

Hoop Height
10-Foot Basket

**Players Allowed
on the Court**
5-on-5

Ball Size
Intermediate (28.5")

Key Violation
3 Seconds

Free Throw Distance
Normal Free Throw Line

Full Court Press
4th Quarter Only

Start of Game
Jump Ball

C & Teen Division

Age Requirement
C-Division: Ages 13 & 14
Teen Division: Ages 15-17

Hoop Height
10-Foot Basket

**Players Allowed
on the Court**
5-on-5

Ball Size
Girls - Intermediate (28.5")
Boys/Teen - Official (29.5")

Key Violation
3 Seconds

Free Throw Distance
Normal Free Throw Line

Full Court Press
4th Quarter Only

Start of Game
Jump Ball

E, D, C & Teen Basketball

Division Game Rules

Section 1: Game Structure

Length of Game

- Four 8-minute quarters with a 1-minute break between quarters.
- The clock will continuously run except during:
 - Timeouts
 - Injuries
 - Initiation of Stop Clock

Stop Clock

In the final 2 minutes of the game, if the point difference is 8 or less, stop clock will begin. Once activated, it remains in effect for the rest of the game regardless of score. During stop clock, the clock stops for:

- Timeouts
- Injuries
- Dead balls
- Out of bounds
- Player fouls / violations

Reminder: The clock does **NOT** stop on made baskets.

Overtime

- There is no overtime.
- If tied at the end of regulation, the game ends in a tie.

Timeouts

- Each team has two 30-second timeouts per half.
- Unused first-half timeouts do not carry into the second half.
- Coaches or players may call a timeout when:
 - Their team has possession
 - Or the ball is dead
- After a timeout, the ball is inbounded at the nearest sideline or baseline.

Section 2: Teams & Player Requirements

Players

- Each team must have 5 players on the court.
- A minimum of 4 players is required to start and continue a game.

Pre-Game Huddle

Before the game, officials will gather players and coaches to:

- Review basic game rules
- Emphasize sportsmanship
- Remind players to keep jerseys tucked in

Section 2: Teams & Player Requirements – continued

Mandatory Playing Time

- Substitutions occur only at 4-minute intervals and at the end of quarters.
- No player may sit out for two consecutive substitution periods.
- At every substitution break (4 minute subs and the end of each quarter), all players on the bench must enter the game.

Late Players

- A coach must call a timeout to add a late arriving player unless added during a regular timeout or end of the quarter.
- No players may be added once the 4th quarter begins.

Free Subs

- “Free subs” allowed in the 4th quarter.
- Substituting players must report to the scorer’s table.
- Officials will issue delay-of-game warnings if substitutions are used to stall.
 - On the third delay-of-game warning, a technical foul is assessed.

Section 3: — Starting & Restarting Play

Jump Ball (Tip-Off)

- Two opposing players jump for the ball to begin the game.
- All other players must stay outside the circle until the ball is tapped.
- The team that gains possession starts the game with the ball.

Quarter Start Possessions

- Team that wins the jump ball also starts with the ball in the 4th quarter.
- Opposing team starts with the ball in the 2nd and 3rd quarters.

Jumper Violations

The jumper may NOT:

- Tap the ball before it reaches its height
- Be the first player to gain possession
- Catch, grab, or hold the ball before anyone else touches it

Penalty: If only one team commits a violation, possession is awarded to the non-violating team.

Jump Ball Re-Do Situations

A re-do happens if:

- Poor toss by the official (too low, too high, crooked)
- Ball is untouched and hits floor/official
- Both players violate simultaneously
- Ball is tapped out of bounds and official cannot determine last touch

Alternating Possession

After the initial jump:

- The possession arrow points to the basket of team that did NOT gain tip-off control.
- Arrow changes direction with each jump ball situation:
 - Two players hold the ball simultaneously
 - Possession cannot be determined

Note: The possession arrow is NOT used to start quarters.

Section 3: — Starting & Restarting Play – Continued

Inbounding the Ball

- Player has 5 seconds to inbound.
- Rolling or intentionally poor passing to delay is a delay-of-game violation.
- **After a dead ball:** inbinder has 3 feet in any direction.
- **After a made basket:** inbinder may run the entire baseline.

Section 4: — Court Lines & Position Rules

Line Violations

Out of Bounds Line

- A player is out of bounds only if they touch the line while holding or touching the ball.
- A player NOT touching the ball may step on the line—no violation.

Inbounding Exception: Inbinder may stand on the line but may NOT step over it.

Three-Point Line

- Shooter's feet must be fully behind the line.
- Touching the line = two points.

Out of Bounds

The ball is out if it touches:

- A player standing on the boundary line
- The floor outside
- Any person or object out of bounds

Inbound defenders must stay behind the line and give the inbinder space.

Section 5: — Basic Gameplay Rules

10-Second Rule

- The offense has 10 seconds to advance the ball across midcourt.

Section 6: — Offensive Position Rules

Offensive Key Violation (3- or 5-Second Violation)

An offensive key violation occurs when an offensive player remains in the free-throw lane (paint) longer than the allowed time while their team has control of the ball in the front court.

E Division

- Maximum of 5 seconds in the lane.
- Count resets when the player steps fully out of the lane.

D, C, and Teen Divisions

- Maximum of 3 seconds in the lane.
- Count resets when the player steps fully out of the lane.

All Divisions

- The count pauses if a player is actively attempting to exit the lane but is blocked by other players.
- Players may re-enter the lane at any time, but the count restarts.
- A violation results in a turnover, awarding the ball to the defense.

Section 7: — Defensive Restrictions

Full Court Press

E-Division

- Not allowed.

D-Teen Division

- Allowed only in the 4th quarter and only if the score is within 20 points at the start of the quarter.
- Officials will announce if/when Full Court Press is allowed.
- Once declared, status remains the same for the full quarter.

Penalty: Any press outside these guidelines = Illegal Defense.

Illegal Defense

Illegal defense occurs when defenders engage the ball before the offense crosses half court.

Key points:

- Ball handler must have both feet AND the ball across half court before pressure.
- Defenders cannot impede progress into front court.
- If the offense passes the ball backward before crossing, defenders already in front court may pursue the loose ball.

Penalties:

- 2 warnings
- On the third and subsequent violations:
 - Opposing team awarded 1-and-1 free throws
 - Then receives possession at half court
 - All other players wait at half court

Section 8: — Shooting Rules

Free Throws

Player Line-Up

- Up to 6 players may line the lane:
 - Defense: first & third spaces
 - Offense: middle spaces + shooter
- All others stand outside 3-point arc & above free throw line extended.

Shooter Rules

Shooter may NOT:

- Jump during attempt
- Cross or touch line
- Airball
- Hit only the backboard

Player Movement

- Lane players enter when the ball leaves shooter's hand.
- Shooter & perimeter players enter only after the ball hits the rim.

Violations & Penalties

- Offensive violation: shot doesn't count; ball to defense (unless more shots remain)
- Defensive violation: shooter gets another attempt (unless shot is made)

Section 9: — Non-Foul Violations

For all non-foul violations, ball is awarded to the other team at nearest spot.

Double Dribbling

A double dribble occurs when a player illegally dribbles the basketball in one of the following ways:

- The player dribbles, picks up the ball by holding it with one or both hands, and then dribbles again.
- The player dribbles with both hands at the same time.
- The player stops dribbling and then starts a new dribble without a change of possession.

Carrying (Palming)

Carrying (also known as palming) occurs when a player places their hand under the ball or allows the ball to come to a pause while dribbling. This typically happens when:

- The player's hand goes below the ball's midline during a dribble.
- The ball comes to rest in the player's hand before the next dribble.
- The player momentarily holds or controls the ball while changing direction, causing a hesitation.

Traveling

Traveling occurs when a player holding the ball moves one or both feet illegally. This includes:

- Moving or sliding the pivot foot after it has been established.
- Taking more than two steps without dribbling while driving to the basket or coming to a stop.
- Lifting the pivot foot before releasing the ball on a dribble.
- Falling to the floor without maintaining a legal pivot or standing up while holding the ball.

Pivot Foot

The pivot foot is the one foot a player must keep on the floor while holding the ball and not dribbling. The player may rotate on that foot, but cannot lift it and put it back down before passing or shooting, or it becomes traveling.

Clarifications

- *The non-pivot foot can move freely.*
- *If a player catches the ball while moving, the pivot foot is the first foot to touch the floor (or either foot if both land at the same time).*

Backcourt Violation

A backcourt violation occurs when the offensive team, after establishing frontcourt control, causes the ball or any part of the ball-handler to return to the backcourt, and then is the first team to touch the ball there.

- Frontcourt control is established when the ball and both feet of the ball-handler are fully across the midcourt line.
- Once frontcourt control is established, the midcourt line is considered part of the backcourt. Therefore, the offense may NOT step on or touch the midcourt line with the ball or either foot after frontcourt control is established.

A violation only occurs if:

- a. The offense is the last to touch the ball before it enters the backcourt, and the offense is the first to touch the ball again while it is in the backcourt.

Section 9: — Non-Foul Violations – continued

Delay of Game

A delay of game occurs when a team or player intentionally or unintentionally delays the restart of play. Common examples include:

- Holding/interfering with ball after a basket
- Not returning ball promptly
- Preventing inbound
- Rolling the ball on inbound

Penalties:

- First = Warning
- Subsequent = Team Technical Foul

Section 10 — Fouls & Penalties

Personal Fouls

A personal foul is any illegal physical contact between players that gives one team an unfair advantage. This includes actions such as hitting, pushing, holding, tripping, or illegally impeding an opponent's movement.

- Personal fouls can be committed by offense or defense.
- Excessive or unsafe contact may be upgraded to intentional or flagrant fouls depending on league rules.

A player will be removed from the game after committing 5 personal fouls.

- *In the event that only 3 players are eligible to finish the game due to players fouling out, the last player to foul out will be allowed to remain in the game to keep 4 players on the floor.*
- *Any subsequent foul committed by that player shall be considered a technical foul.*

Loose Ball Foul

Illegal contact while pursuing a loose ball:

- Pushing, leaning, going over the back
- Displacing a player who has position

Shooting Fouls

A shooting foul occurs when a defensive player makes illegal contact with a player who is in the act of shooting. Shooting fouls are penalized by awarding free throws to the fouled player.

- If the player is fouled while attempting a two-point shot:
 - They are awarded two free throws if the shot does not go in.
 - If the shot goes in, they are awarded one free throw in addition to the points scored (commonly referred to as an "And-1").
- If the player is fouled while attempting a three-point shot:
 - They are awarded three free throws if the shot does not go in.
 - If the shot goes in, they are awarded one free throw in addition to the points scored (And-1).

The ball is live once the last free throw is attempted.

And-1 Situation:

- Occurs when the shooter successfully makes the shot despite being fouled.
- The player is awarded one additional free throw.

Section 10 — Fouls & Penalties – Continued

Charging

Charging is an offensive foul that occurs when a ball-handler runs into a defender who has established legal guarding position. The defender must be stationary or moving legally, and contact must be caused by the offensive player.

- Defender has established legal position
- Offensive player initiates illegal contact

Blocking

Blocking is a defensive foul that occurs when a defender does not establish legal guarding position in time and illegally impedes the offensive player's path. If the defender is still moving into the path or has not given the offense space or time to avoid contact, it is a block.

- Defender moves into offensive player's path
- Arrives late
- Does not give room to stop or change direction

Team Fouls

Team fouls are the total personal and technical fouls committed by a team in a half.

- Bonus Free Throws:
 - On the 7th team foul in a half, the opposing team is awarded a 1-and-1 free throw (second shot only if the first is made).
 - On the 10th team foul in a half, the opposing team is awarded two free throws.
- Fouls reset after halftime.

Technical Fouls

A technical foul is a violation of the rules that does not involve physical contact during live play, such as unsportsmanlike conduct, arguing with officials, or delay of game.

- Unsportsmanlike conduct (arguing with officials, taunting, or disrespect)
- Delay of game (intentionally slowing the restart of play)
- Illegal substitutions or equipment violations
- Subsequent fouls committed by a player allowed to stay in the game after fouling out

Penalty:

- 2 free throws + possession
- Anyone with 2 technicals is ejected

Flagrant Fouls

A flagrant foul is a personal foul that involves excessive or violent contact that could injure an opponent or is deemed unsportsmanlike.

Penalty:

- Player is ejected
- Opposing team receives 2 free throws + possession

Tools for Coaches

Coaching Mindset & Communication

Establish Clear Expectations

- Set team rules and behavior standards for practice and games.
- Introduce team goals: skill improvement, teamwork, effort, and sportsmanship.
- Revisit expectations weekly to maintain consistency.

Positive Communication

- Praise effort, hustle, and teamwork, not just scoring.
- Use specific feedback:
 - DO – “Great job keeping your pivot foot and finding a teammate.”
 - DON'T – “Stop making mistakes.”
- Encourage players to call out screens, passes, and defensive switches.

Mini Drill: During scrimmages, award points for verbal communication. This builds both confidence and awareness.

Leading by Example

- Arrive early and prepared, players mirror your behavior.
- Model calmness under pressure; never show frustration in front of players.
- Demonstrate skills before expecting execution.

Tip: Rotate experienced players to demonstrate drills, seeing peers perform increases understanding and engagement.

Communication with Parents

- Keep parents informed and involved:
 - Practice and game schedules
 - Snack schedules or team duties
 - Progress updates and behavior expectations
- Use consistent methods: email, team apps, group chats, or printed calendars.
- Keep messages positive and constructive: highlight effort, teamwork, and progress.
- Address concerns promptly, professionally, and privately.

Example: Send a weekly email or group message summarizing:

- Practice times and location
- Upcoming games and arrival times
- Snack/volunteer schedule
- Player highlights or team notes

Practice Planning & Drills

1. Structured Practice

- Warm-up: 5–10 min dynamic stretching, agility ladders, dribbling patterns.
- Skill Work: Passing, shooting, dribbling, footwork, and defensive stance.
- Drills: Repetition-based with progressive difficulty. Include mini-games to encourage competition.
- Scrimmage: Controlled game simulation with coaching cues.
- Cool-down & Review: Light stretching + quick discussion of strengths and improvements.

Tip: Use practice timers to maximize efficiency; players lose focus if idle more than 30 seconds.

Practice Planning & Drills – Continued

Encourage Teamwork & Ball Sharing

- Use small-sided games (3v3 or 4v4) to increase touches and decision-making.
- Reward assists, help defense, and screens set, not just points.
- Rotate positions to develop versatility and understanding of all roles.
- Introduce team challenges: e.g., limit dribbles per possession to encourage passing.

Mini Drill Example: “Two Pass Challenge” where the offense must make at least two passes before shooting; helps build unselfish play habits.

Drills

Rookie and Minor Drill Ideas

Position Freeze Game

- Teach kids their positions (PG, SG, SF, PF, C or 1, 2, 3, 4, 5).
 - Draw a simple half-court diagram.
 - Call out a position.
 - Kids must run to the correct spot and freeze.
 - Add a ball and let them pass to the player in the correct position.

Tip: Start without a ball, then add passing once they understand spots.

Follow the Leader

- To reinforce spacing and moving with the ball.
 - Coach has the ball.
 - Players move in position.
 - Coach moves around; players must stay in their “zone” while following.

Position Relay

- Recognize positions quickly.
 - Set up 5 cones for each position.
 - Kids run from one cone to another when a coach calls a position.
 - Encourage correct positioning for both offense and defense.

Basic Drill Ideas

Mirror Drill

- Players face each other; one player moves laterally while the other mirrors their movements.
- Focus on staying low, shuffling feet, and keeping hands active.

Close-Out Drill

- Coach or player passes the ball to an offensive player on the perimeter.
- Defender sprints to close out, raises hands, and contests the shot.

3-on-3 Passing Drill

- Three offensive players versus two defenders.
- Emphasize quick ball movement, spacing, and finding the open player.

Circle Drill

- Players form a circle and pass quickly while moving clockwise.
- Focus on fast, accurate passes and communication.

Jump Ball Simulation

- Two players practice timing the jump to tap the ball to teammates.
- Teammates should anticipate the direction and secure possession immediately.

Practice Planning & Drills – Continued

Next Level Drill Ideas

3-Man Weave into Layup

- For ball movement, timing, finishing at the rim.
 - Three players start at baseline.
 - Pass and run in a weaving pattern toward the basket.
 - Finish with layups, both right and left hand.

Closeout & Contest Drill

- To improve defensive pressure on shooters.
 - Coach passes to shooter at perimeter.
 - Defender sprints to close out, hands up, stops short, and contests shot.
 - Focus on footwork, balance, and hand positioning.

Dribble Combo Drill

- To enhance ball-handling with change of speed and direction.
 - Set up cones in a zig-zag across half-court.
 - Players perform combos: crossover, behind-the-back, spin, in-and-out, hesitation.
 - Finish with a pull-up jump shot at the end.

Closeout + Recover + Help Drill

- For defensive footwork and rotations under pressure.
 - Shooter starts at perimeter, ball on opposite wing.
 - Defender closes out, contests shot, then slides to help on another offensive player.
 - Add second defender to rotate and recover.

Game-Day Strategies & Motivation

Pre-Game Preparation

- Arrive early and prepared: have your roster, create your lineups, and warm-ups.
- Short, positive pre-game talk: reinforce effort, teamwork, and key plays.
- Review areas you are working on and remind players of defensive assignments.

Tip: Have each player state one personal goal before tip-off. Builds focus and ownership.

In-Game Adjustments

- Observe first, then instruct: avoid over-coaching during live play.
- Use timeouts to calm, clarify, or motivate.
- Track fouls, rotations, and player fatigue; adjust lineups proactively.
- Encourage players to stay positive and communicate, even if behind.

Player Motivation

- Highlight improvement over outcome: effort, hustle, smart decisions.
- Rotate players to maximize development and engagement.
- Celebrate teamwork plays (screens, rebounds, assists) to reinforce unselfishness.
- Keep post-game recaps positive; review mistakes as learning points, not failures.

Quick Tips & Tools

- Notebook: Track player progress, notes, and observations.
- Visual Aids: Court diagrams, cones, and hand signals to explain plays.
- Feedback Loop: Ask players what works, what they enjoy, and what they want to improve.
- Fun Elements: Short contests, skill challenges, or small prizes keep energy high.
- Emergency Drills: Have 2–3 “go-to” drills for low-energy days or limited space.