

SALEM BASKETBALL LEAGUE

YOUTH BASKETBALL GUIDELINES & RULES

ATTENTION 5th-6th Girls Coaches

Basketball leagues very low key as to winning and losing. The main purpose of these leagues is to create a learning experience where participants can **HAVE FUN!** There will be officials assigned to work the games. Coaches are encouraged to focus on the game and not the officials. Officials will be lenient with violations at the beginning of the season.

League Rules

1. No full court pressing
2. Must play man to man defense, no zone. Switching is allowed.
3. Score and fouls will be kept in this league.
4. The defensive players should be with 6 to 8 feet of the offensive player that they are assigned to cover. At the beginning of each quarter, coaches should try to defensively match- up girls of similar ability.
5. The offense must have at least two players inside the three point line when running offensive plays. If the offense is found trying to draw all defenders out of the three point arch to open one on one offensive plays an illegal offensive will be called. The ball will go over to the other team.
6. No double-teaming allowed.
7. Each player must play two complete quarters. No child may play the entire game. Substitutions will be allowed in case of an injury only.
8. Coaches are not only expected to balance playing time but also to involve all players in the offense; every player should get a chance to dribble and shoot in every game. Your goal should be for every player to score a basket during the season. This should be your measure of success, not your win - loss record.
9. Players not in full uniform (jersey provided by the city) will not be allowed to play.

Game Location

5th & 6th Girls games will be played at Salem Hills High School in the Main Gym, West Court. Basket height will play at ten feet. A 28.5 ball will be used.