

SALEM BASKETBALL LEAGUE

YOUTH BASKETBALL GUIDELINES & RULES

ATTENTION 3rd & 4th basketball

Basketball leagues for 3rd and 4th graders are very low key. The main purpose of these leagues is to create a learning experience where participants can **HAVE FUN!** There will be no officials. We would like the coaches out on the floor to officiate and coach at the same time. If a boy or girl makes a mistake, stop play and explain what he or she did wrong. The first time, give them the ball back. If they make the same mistake again, the ball should go to the other team.

League Rules

1. No full court pressing
2. Must play man to man defense, no zone. Switching is allowed.
3. **No score will be kept on the scoreboard.** Coaches and parents are urged **not** to keep score.
4. The players during the game will wear colored wristbands in order to help remind the boys and girls who they should be guarding. At the beginning of each quarter, coaches should try to defensively match- up boys and girls of similar ability.
5. No double-teaming allowed.
6. Each player must play two complete quarters. No child may play the entire game. Substitutions will be allowed in case of an injury only.
7. Coaches are not only expected to balance playing time but also to involve all players in the offence; 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.
8. Players not in full uniform (jersey provided by the city) will not be allowed to play.

Game Location

3rd & 4th grade leagues will play at the Foothills Elementary School.

Basket height will play at nine feet high.

Game time will be four 8 minutes quarters. Clock will only stop fro timeouts.