

SALEM-PAYSON 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 press in this league.
2. The defensive player must be trying to defend their player within five to eight feet or otherwise an illegal defense will be called which the first time is a warning thereafter 2 points will be awarded upon call of violation. The ball will change possession following award. Defenders are not required to defend offensive players that are beyond the 3 point arch.
3. The man-to-man can be a switching man-to-man, but must be out of double teaming on a two second count or an illegal zone can be called. First illegal zone is warning; but hereafter goal tending will be called & two points awarded to the other team. First time is a warning. After Warning two (2) points will be awarded to the offense. Ball will go over to defense. Wristbands will be available if both coaches desire to use them.
4. The offense must have at least two players inside the three point line on any offensive set. If teams spread the floor for a player to go one on one, an illegal offense will be called which the first time is a warning, thereafter will be a violation and the ball will be awarded to the other team.
5. Each player should play 16 minutes of basketball. 16 minutes is equal to 2 quarters. Coaches that have the best interest of the girls at heart will not find issues with whether their players are playing enough.
6. Players not in uniform (jersey provided by the city) will not be allowed to play.
7. Coaches are expected to balance playing time while working to involve all players in the offence; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season. This should be your measure for success not your win-loss record.

Youth Basketball Game Time

Game time will consist of four 8 minute quarters with the running clock for the first seven minutes in quarters 1, 2 and 3. The clock will stop the last minute of quarters 1, 2 and 3 on each violation. Clock will stop when fouls shots are shot, as long as the score is within 15 points.

In the 4th quarter, the clock will run straight through the first 6 minutes and stop on each violation the last 2 minutes. Time outs are limited to one minute each. Teams will get two time outs each half.

If the score is tied at the end of regulation time, three minute overtime will be played. If the score is still tied at the end of the overtime, Teams will play sudden death, where the first team to score is the winner.

SALEM-PAYSON BASKETBALL LEAGUE