

# **NBCRC Elementary Coed Basketball**

**3<sup>rd</sup>- 4<sup>th</sup> Grade**

**2019-2020**

## **ATTENTION COACHES / PARENTS**

Welcome to youth Basketball at the Rec. Center. The emphasis will remain on instruction and giving all the players an opportunity to learn and enjoy the game of basketball. The referees will maintain the level of play as directed by the Rec. Center. They will basically be on court coaches and will make calls in an instructional manner. The league should be positive at all times allowing all the young athletes to develop their skills. Please remember, the purpose of our league is to provide the youth of Northern Blair County the opportunity to learn and enjoy the game of basketball. While scoring will be kept, the emphasis will be on instruction, especially for the younger players. We sincerely value the time of every coach and hope that all parents will offer a hand in the development of our young athletes. Officials will call violations & fouls when a player gains an advantage. Please give them the respect of their efforts. We will not be charging for practice time this year. However, there will be two fundraisers this season. The money raised will go towards sponsored youth, youth programming, gym time and season ending awards. It is important that we award all the youth in the program on an equal level. Coaches will have the option of scheduling one practice per week.

### **RULES:**

- Sportsmanship will be taught at all levels of the league.
- There will be 2 (15) minute halves with two (30 second) timeouts per half.
- Overtime: 3 minute quarter with the clock stopping under 2 minutes. Each team is awarded 1 (30 Second) timeout per overtime period.
- The clock will stop the last (2) minutes of the 2<sup>nd</sup> half.
- We will use 28.5" ball for this age group.
- Once a team rebounds or changes possession (defensively) the other team must drop back to the other end of the court to play defense. No pressure defense. You must allow the ball to cross half court.
- Half Court defense is allowed the entire game but **MUST** allow the ball to cross half court
- If a team is leading by 20 points, the main scoring players will take the bench and all subs must enter the game. Coaches must continuously rotate players. This will remain enforce until the game is within ten points.
- All players must play in at least one third of every game.
- The Head Coach and one (1) Assistant Coach is permitted on the team bench
- Only Coaches, Players, Referees and NBCRC Staff are permitted on the Team side of the court
- All other PIAA Rules Apply.
- Rules can be revised throughout the season as players advance in their skill and ability.

**Please address any questions to:**

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