

CARMEL DADS CLUB – PK, KDG, 1st Grade Girls
BASKETBALL RULES and REGULATIONS

This is an instructional league. The goal is to teach the girls fundamentals, teach the game, and provide an environment to make the game fun so that the girls want to continue to play.

General Rules

COACHES WILL COACH & OFFICIATE; PLAYERS WILL PLAY, FANS WILL CHEER. DO NOT CONFUSE YOUR ROLE.

- Coaches will be the coach and referee on the court. Coaches should also instruct/teach during the game, as much as possible, while allowing the game to be played.
- Games will be 3v3 half court games. If players are missing, teams can play 2v2.
- Basketball goals will be set to 8.0 feet.
- 27.0 size Basketball will be used.
- There will be no overtimes or timeouts.
- Games will consist of (4) 9-minute quarters with a running clock.
- Two minutes between quarters and 3 minutes for half time.
- Equal playing time for all players on each team.
- Teams will be split to play 3v3 on each end of the court. One coach from each team will coach each end of the floor.
- Coaches should communicate to ensure players are matched up by height and ability to avoid mismatches. Players improve most at this age when competing against similar competition.
- Clock will stop very briefly (1 minute or less) for substitutions at 4:30 each quarter.
- Clock will be the same for both games.
- A third parent should be available to sit with girls on bench.

Offense/Defense Rules

- Man-to-man defense will be played using wristbands to identify defensive assignments.
- No double teaming.
- Steals are not permitted. The purpose of the league is to teach good defensive position.
- NO blocked shots will be permitted unless it is blocked by a defensive player who has their arms/hands straight up in the air. NO aggressive effort can be made to block the shot. (*Coaches need to teach "hands straight up"*).
- NO foul shots will be taken. If foul occurs, possession will re-start at top of key.
- Loose balls on the floor and rebounds should be played by both teams.
- Dribbling skills should be strongly encouraged.
 - Double dribbling with 2 hands should not result in a turnover but should be coached to use 1 hand.
 - Double dribbling due to re-starting a dribble should result in a turnover after Week 1.
 - Feet shuffling should not result in a turnover but should be coached to pivot.
 - Running with the ball should result in a turnover.
- Possessions will start at the top of the key.
- Change of possessions must return to the top of the key.

Miscellaneous

- POSITIVITY. The girls want to learn the game. Our responsibility is to be teachers. Teach them in a positive way.
- Please work with the girls on violations. We want to teach the girls fundamentals. Be more lenient the first two weeks but make sure you are teaching the girls the importance of the fundamentals.
- Each game will need a clock operator. Please make sure operators are assigned prior to the game.
- Games must start on time to prevent delaying subsequent games.
- Coaches, players and parents displaying unsportsmanlike conduct should be reported to the League Commissioners. If problem persists, it could result in coach, player and parents being asked to leave the facility/league.
- Be supportive of your team AND the opposing team. HAVE FUN!
- THERE IS NO FOOD OR BEVERAGE ALLOWED IN THE GYM. PLAYERS CAN HAVE WATER BOTTLES, BUT NO SPORTS DRINKS. AFTER GAME SNACKS ARE NOT PERMITTED IN THE SCHOOL. THIS IS A CONDITION OF USE MANDATED BY THE SCHOOLS.
- WE CAN NOT HAVE ANY SIBLINGS RUNNING IN THE HALLS AT THESE GAMES. PLEASE LET YOUR PARENTS KNOW THEY HAVE TO KEEP CHILDREN IN THE GYM.
- Please keep everyone off the court between quarters and at halftime. No brothers or sisters should be shooting. These games are for the girls. Let them have their time.