



# WESTFIELD

## YOUTH SPORTS

### **Instructional Basketball Rules**

**Game Logistics:** Games will consist of four 4-minute quarters with a running clock. Games will be played 5 on 5 with a 27.5" basketball on an 8-foot goal. WYS will allow 1 minute between quarters and 3 minutes for halftime. Substitutions must be done in a timely manner at the end of each quarter. If score is kept, reset score to zero after every quarter. Coaches will determine the alternating possessions at start of quarters. It is at the discretion of the coaches to decide to use jump balls or not.

**Playing Time:** Coaches must make their best effort to play all players evenly. At the end of the year all players should have played roughly the same amount.

**Defense:** No zone defense, only half court man-to-man defense will be allowed. No pressing, the player should not be guarded until the ball has reached half-court. No double teaming is allowed. If a defender steals the ball in the back court, stop play, and give ball back to the offense. Coaches will match up players with matching color wristbands to help the kids understand who they are to guard.

**Officiating:** Each team should have one coach on the floor during play to coach their team and officiate. Officiating should be instructional and not overly strict. There are no turnovers. If a player has an infraction, then the coaches should explain to the players what happened and give the ball back to the player to try again. All coaches are to be consistent with their calls in officiating of the games. If any coach should have a question on the officiating of the games, the grade commissioner is to be consulted.

Violations of emphasis should be: Traveling, Double Dribble, Taking the ball out of bounds correctly, and Fouls. There are no free throws; possession should be given back to the team on which the player was fouled. The ball can either be passed in from out of bounds or taken at the top of the key.

No stealing of passes, however if the offensive team throws the ball at a defensive player, he or she is allowed to get the ball. No blocking shots, teach straight up defense versus slapping at the ball for a blocked shot.

**Coaches Responsibilities:** Coaches should stress fundamentals of basketball during practices and games. The goal of the WYSI Instructional League is to develop these skills. Coaches will present a safe, friendly environment for all players. Coaches will control their behavior and present good sportsmanship. Confrontation between coaches, players and parents will not be tolerated and will be subject for removal.