



Coach/Referee Guidelines

1st and 2nd Grade Co-ed

Thank you for volunteering to be a "Coach". The time and effort we receive from individuals such as you is what keeps this program running. Coaches in the 1st/2nd grade Co-Ed program will have a dual role as a coach and as referees for the games.

Referee: One coach from each team will act as referees (they will be the only coaches allowed on the court). The referees should each stay on opposite sides of the center court line and not cross it at anytime. This will allow you to observe the game from all sides, and not take away valuable playing space from the game. Please have a whistle with you. In addition to calling fouls and violations, you are expected to stop the game at anytime for safety reasons or to provide momentary instruction when players make consistent mistakes on the court (always keep in mind the time constraints we are under when giving instruction).

Before the game begins:

1. Discuss the format of the game with the coaches. We recommend you play a 2-1-2 Zone defense.
2. Designate a Coach or parent to keep time for substitutions so that the game will flow smoothly, and all players get equal time.
3. Give the coaches a two-minute warning before the game begins so that they may speak to their players between warm-ups and game time.
4. Flip a coin or "shoot-out" to determine who gets the first possession of the game. Remember who won so that the other team gets possession for the second half.
5. Review defense rules: defense will drop back immediately after a defensive rebound. Pick up the defense at the opposite foul line extended.

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While the game is in progress:

Your role is to keep the flow of the game moving while maintaining clean defense and an awareness of all violations. While all should feel your authoritative presence, your physical presence should be as obscure as possible. You can accomplish this by staying on the side of the court that you are assigned to and moving out of bounds in order not to impede play of the game.

Coach: All coaches must make every effort to give all the players an equal amount of playing time. If 10 players are present, have 2 of 5 players each and substitute the entire rotation at equal intervals every 5 minutes. If less than 10 players, assign each player a # 1-8 or 9, etc. Rotation will be 1-5, then 6,7,8,9,1, then 2,3,4,5,6 etc....

The two referees will also act as floor coaches, helping in the positioning of the players on both offense and defense.

The role of the “bench” coach is also important to those players on the sidelines, as this is a good time to give instruction pointing out both the correct and the incorrect things that are happening on the court, as well as policing possible safety hazards (i.e.: untied shoelaces, jewelry being worn).

Time: Each game will consist of two halves. There will be no half time break. Teams will switch sides at the end of each half. Each half will consist of four 5-minute segments, running time.

Possessions: coin toss or "shoot-out" will determine the start of the game, with the losing team getting possession for the second half. All other jump balls should be awarded on an alternating basis. Try to bring in substitutions during a stop in play with the team in possession of the ball keeping possession of the ball.

Rules: We have created rules that we feel are age appropriate. The basic rule that you should remember is that the game should be preserved as long as the player is not blatantly violating the rule or using a rule violation to their advantage. Too many whistles and turnovers from rule violations run the risk of impeding the learning process and take the fun out of the basketball experience.

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Rules:

Continue play when a player...

- Drags his/her pivot foot
- Goes up and down with the ball
- Stands-up with the ball after falling down
- Throws a self-pass
- Steps out-of-bounds with one foot
- Dribbles the ball on the out-of-bound lines
- Holds the ball for more than five seconds
- Stands in the lane for more than three seconds
- Dribbles into a defensive player whose feet are planted

Give a **Warning** when a player...

- Runs with the ball
- Switches his/her pivot foot
- Dribbles with two hands
- Picks-up his/her dribble and then dribbles-again
- Steps out-of-bounds with two feet
- Passes the ball out-of-bounds
- Reaches in but doesn't steal the ball
- Hand-checks
- Shields a defender with a forearm to prevent a steal

Call a **Foul** when a player...

- Contacts any part of the body in the act of shooting
- Reaches in and steals the ball (or creates a turnover)

**We want to prevent the kids from trying to create steals by lunging after the ball.

Players will not take foul shots. Give them possession at the closest sideline.

The third **Warning** or **Foul** during one possession is a turnover.

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Fast Break Policies

- a) Players are NOT permitted to wear jewelry of any kind. This includes necklaces, bracelets, & earrings (including newly pierced earrings); Band-Aid or tape cannot be used to cover the jewelry.
- b) Basketball style sneakers must be worn.
- c) **MASKS ARE REQUIRED FOR ALL SPECTATORS AND VOLUNTEERS**
- d) **MASKS ARE REQUIRED FOR ALL PLAYERS ON THE SIDELINES**
- e) Only basketball shorts, sweatpants or other athletic apparel can be worn; blue jeans are NOT allowed.
- f) Fast Break players are only authorized to use the gym and bathrooms.
- g) No one is allowed in the classrooms for any reason, or to be found wandering the halls.
- h) Use of SAAC toys or consuming their snacks, are not permitted.
- i) Running around or playing outside the gym area is NOT permitted.
- j) Food or drinks are NOT permitted in the schools for any person or reason, especially any type of peanut product.
- k) School folding chairs must be put away after use. Personally-owned chairs are not allowed in the gym.
- l) Fast Break will not risk losing any school, and we have ensured the School Administration that we will discipline anyone and everyone that violates their rules. As Fast Break has done in the past, we will suspend and/or expel any player/family/coach from the program that does not adhere to these rules (no refunds will be given).