

Cooper School Co-Ed 3rd, 4th, & 5th Grades Basketball League 2016-2017

SPONSORED BY THE COOPER PTA & CHERRY HILL STEP

This program encourages teamwork, sportsmanship, fun, and the teaching of fundamental basketball.

It promotes the values of participation, fair play, skill development, and family involvement.

Each adult has an opportunity to make a positive impact on the children.

Good Sports Are Winners! Sportsmanship is Everyone's Responsibility.



League Information

Try-out evaluations will take place **Friday, December 16, 2016**. All registered students will be assigned to a team. The evaluations provide the coaches the opportunity to assess each player's skill level so that the teams are as balanced as possible.

Practice/Scrimmage - January 6, 2017;

Refereed Games - January 13, 20, 27; February 3, 10; March 3, 2017.

Make-up dates - March 10, 2017, if needed.

Closing recognition will be held on the last game night.

- Each team will be required to provide a parent volunteer score/clock keeper for each game.
- Each player will be provided a team shirt and recognition for participation. Coaches are provided a team shirt.
- A referee will be assigned to each game. The referee will explain rule infractions to the players as they occur during the games. Keep in mind that one referee cannot see everything that happens on the court and will call infractions with the intent of maintaining a safe game in which the players can learn and have fun.
- Parents must certify that the player (child) is physically able to participate in this rigorous activity and that the child has no physical restrictions which would prevent the child from participating. Additionally, each child must be under the supervision of an adult at all times. Parents and children may not wander through the school.
- Players should come prepared to play. This includes basketball sneakers, shorts, socks, team shirt, and water.
- Nothing may be worn that could injure a player such as jewelry, earrings, casts, etc.
- No refunds will be given without a medical reason for discontinuing participation.
- Teams will be comprised up to 10-12 boys and girls. Each player should play at least ½ of each game.



League Rules of Play

This will be 5 on 5 basketball. The basket height will be set at 9 to 10 feet.

One-on-one defense. No zone defenses. At least three passes before basket is encouraged.

Defense begins at the half court. Full court press defense is not utilized. Players pick up checks at half court. Once the team controlling the ball crosses the center, the defending team must pick up their check and play person to person defense.

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Games are comprised of four **eight-minute** periods with a break between halves. Teams do not need to switch ends at half time if doing so might be too confusing to players. The quarters of the game are running time and the last 2 minutes of the game are real time when the clock will be stopped.

The game clock will not show a difference beyond a ten point lead. While there is an obvious winner of each game, this is not a league with a 1st place team at the end. Everyone is a winner for their team play and participation.

A jump ball is used to begin the game. The other team will possess the ball to begin the second half.

Possession is used for jump ball situations except that alternating possessions will be utilized when close judgments occur.

Each team has a time out per half other than time outs for changing players. The referee using his/her discretion will signal time for changing players upon a coach's request.

Player in-bounding the ball may not hand the ball off to a teammate. The ball must be passed or thrown into play. Defensive players must be a meter away from the in-bounding player. A player cannot score on an inbound pass.

Personal Fouls: Called for reaching, body contact, tripping, holding, over the back, blocking with illegal screens/picks, offensive charging, fouling the shooter, and in-bounds foul. Incidental contact between two players should not be penalized with a foul.

The referee will be aggressive in calling all contact fouls and awarding an inbound at the spot of the foul. Coaches should discuss with the players that the game doesn't involve a lot of contact between players beyond a momentary touch of an opponent with the hand that does not affect the opponent's movement.

Offensive language or other negative behavior by player or coach is regarded as a non-contact foul and possible removal from the game.

All shooting fouls result in 2 free throws.

If fouls become excessive, the referee may foul a player out on the 5th foul of the game.

Violations: The referee will attempt to remind players of violations. For all rule violations, there will be an inbound possession at the point closest to where the violation occurred.

3-5 Second Rule - Offensive players should try not to remain in their restricted foul lane or key area for more than 3 to 5 seconds.

Kick Ball – Players should not intentionally kick the ball or unintentionally be hit by the ball below the knee to his team's gain.

Out of Bounds – A player who is contacting the ball or just the ball is out of bounds when crossing or touching the sideline or the baseline.

Traveling/Walking – A player should avoid taking more than 2 steps with the ball without dribbling. Replacing the pivot foot once stopped is also traveling.

Double Dribble – Players may not dribble the ball with 2 hands at the same time or re-start their dribble after they have already stopped dribbling.

Carrying/Palming – Players basically cannot rotate the ball with the palm of their hand and have the ball remain in contact with their hand for a prolonged time while trying to dribble.

Over and Back/Backcourt violation – When the ball touches or crosses over the center line and is then returned to the original side.