



Philosophy

Program Goals

- To create an environment where students can have fun and make friends.
- To help students develop skills, learn the rules, and appreciate the game of basketball.
- To develop students' sense of fair play, respect for others and themselves.
- To promote physical health and a positive attitude toward recreation and competition.

Role of the Coach

Coaches, whether school employees or community volunteers, are the key to successful extracurricular sports programs.

With this in mind, coaches are expected to keep these goals foremost in their minds when working with students in ALL situations. When teaching skills during practice, dealing with other coaches and referees, or making decisions about who and when to put students into a game. ***Coaches should put the needs and interests of the players above all.*** This means modeling respect, and helping students to value doing their best and working as a team over winning at all costs.

It is the responsibility of the school administrator or program coordinators to ensure ALL coaches read, accept and comply with these goals and this philosophical approach.

Rules

CLOCK:

Duration of the game:

- each quarter is **eight** minutes "stop time'. **(note the new time)**
- one minute rest between quarters.
- five minute rest at halftime.

Overtime:

- first check the score sheet
- **one** minute rest after the fourth quarter
- **four** minute overtime period

Time Outs

- one minute (**See Time Out Changes to the 2011 Season Further Down**)

“Stop Time”

- the official signals the starting of the clock.
- the timer signals the end of a quarter/game
- the official signals to stop the clock to administer fouls, violations, substitutions and time outs.
- the official signals to stop the clock by blowing the whistle and raising a hand above the head.
- closed hand for fouls, open hand for violations, substitutions and time outs
- the official will signal the timer to start the clock by dropping the raised hand
- jump ball – when the ball is tipped
- throw in – when the ball is touched by a player on the court
- foul shot – when the rebound is touched after a missed shot
- when a foul shot has been successful, time starts after a throw in has been completed.
- for a time out after a basket is scored against you the timer can stop the clock if you ask for a time out prior to the basket being scored.

TIME OUTS:

- each team is entitled to no more than two 60 second time outs in the first half, and three (3) 60 second time outs in the second half. **Please note this change for the upcoming season.**
- coaches ask for time outs at the scorers table. These officials then signal the referees at the appropriate time:
 - o after a whistle due to a violation or foul
 - o when a basket is scored against the team that had asked for the time out before in-bounding player takes possession on the end line.
 - o before the ball goes into play – throw in, jump ball, foul shot
- a time out cannot be given when the ball is in play or alive, (except as in between foul shots or after foul shots even if the foul shots are successful)
- each team is entitled to one time out in each overtime period
- Time outs called by the offensive team in the last two minutes are in bounded at center, allowing the team to pass into the front or back court.

SUBSTITUTIONS:

- To create a fair and inclusive playing field each team **must** begin the game with a minimum of 10 players **present** or forfeit the game.

New rule this year (2010 season):

- in elementary basketball we are now playing 8 minute quarters, five players play the first four minutes of the first quarter and may then be substituted, at the first whistle closest to the four minute mark, by a different five players who play the second half of that quarter, one substitution will be allowed in both the first and the second half of each quarter with the provision that all the other rules stay the same regarding playing time. The person subbing out may not be subbed in or out again until a four minute time period has elapsed.
- Coaches may keep the same five in for the entire quarter but must then put a different five in for the second quarter and a different five in for the third quarter. These five may be the ones that played in the first quarter. Keep in mind the goal in elementary basketball is equal play. This should be an overarching policy for all coaches during the regular season.
- This pattern will continue for **three quarters** of the game.

- Substitutions are unlimited in the fourth quarter.

This rule change is designed to bring us closer in alignment with the grade 8 rule set. It will be reviewed again after the 2011 season.

- Substitutions should go to the scorers table and await the referees call for them to come on the floor
- Substitutions are permitted:
 - At any jump ball, foul or violation. The clock must be stopped.
 - For the foul shooter – after the last free throw is successful.

EQUIPMENT:

- A mini-basketball (size 5) is to be used.
- Baskets are to be set at a height of 2.59m (8'6") for mini-basketball at the elementary level.

DEFENSE:

Zone defense is illegal.* This is a rule that will be monitored closely and needs to be adhered to by all teams/coaches*****

- Defensive players must attempt to stay in close proximity of their checks when the ball is brought into the front court.
- If players sag into the key (away from their from man) and are covering an area not a player, that is a zone.
- A player leaving their check to help cover another player (two defensive players on one offensive player) is double teaming. This is considered zone defense.
- Referees should warn players and coaches from both benches at the same time if an infraction occurs. Thereafter, the offending team will receive a technical foul.
- **For the technical foul the shooting team may choose any player on the floor who will receive two shots with no line-up. Both teams shall retreat to center while shots are being taken. Shooting team then gets possession at center.**
- Technical fouls are considered bench fouls and will **not** count towards the bonus.

- Players may switch checks when screens are set. Players should attempt to call switches verbally so the referee can hear them. This action indicates to the referee that the action was intentional and not reactionary.
- Defensive players may leave their checks so as to protect their goal if they see a teammate is beaten. The teammate must clearly be beaten. The offense maintains the advantage as a two-on-one situation is in effect.
- The situation this rule tends to eradicate is where a defensive player pays no notice of his check and stays in the key area to “plug up the middle”.

On ball carrier

- above the 3 point line- Players may sag back to the 3 point line to guard his/her check. No person to person set of rules suggest that any player must be within 6 feet of their checks at center court.
- Sagging players must be seen to be paying attention to their check.
- 3 point line or closer to the basket – Player checking the ball must be within 6 feet of their check. A player who consistently sags back on their check to cover a pass into the post or key area is in violation of this rule.

VIOLATIONS:

- Traveling
 - o pivot foot sliding – changing pivot foot
 - o more than a step and a half for passing/ shooting.
- Illegal dribble
 - o two hands dribbling at the same time
 - o stopping dribble and starting again before another player touches the ball.
- Fumble
 - o if a player fumbles the ball, the player may retrieve the ball even if the fumble occurs at the end of the dribble. The player may not start a new dribble if the fumble comes at the end of a dribble.
- Lines
 - o Boundary lines are out. Center line is part of the back court (over and back). Key lines are part of the key (three second rule and foul shots)

- Three second rule – talk the player out of the key – if the players continue to take advantage – be strict.
- If after three seconds a player in the key starts to shoot or to leave the key area, allow the player to finish the play. If the player hesitates at any part of the play – call it.
- If you are about to call “Three Seconds,” first look for the ball. If it is being shot at the basket, don’t call three seconds. If it is loose from a fumble, being passed, held or dribbled – call it.
- Don’t call three seconds when the teams are rebounding.
- Players have five seconds to throw in a ball from out of bounds.
- Players have five seconds to shoot a foul shot; if time is violated player loses that foul shot.
- A player who is holding the ball and is not dribbling and is closely guarded has five seconds to pass/ shoot/ dribble. An infraction results in a throw in at the sideline.
- A team must advance the ball to the front court within ten seconds of gaining team control on the court.

PRESS:

- Defensive teams must retreat past center after a basket or when a throw-in occurs in the back court.
- The defense may press or put pressure on the offensive team at all other times as long as it is not “zone” pressure.

10 SECOND BACKCOURT

- Inbounding team has 10 seconds to bring the ball into the front court.
- To be considered in the front court and for the ten second count to end one point of contact must be established in the front court, the ball is considered a point of contact.
- If there is a pass the count stops as soon as it touches anyone in the front court. If the receiver is straddling the line, the count stops and the receiver can only throw the ball forward farther into the front court.
- Throwing the ball back to a person in the back court would be over and back.

OVER AND BACK VIOLATIONS

- If a team has control of the ball in the front court they may not take the ball into the back court. To be considered in the front court and for the ten second count to end both the ball handlers' feet and the ball must touch the front court.
- In order for over and back to be called all three of the following must be true:
 1. team must have team control in the front court (offensive zone)
 2. same team cause the ball to go into the back court (defensive zone)
 3. same team must be the first to touch the ball in the back court. Note: Centerline is considered part of the back court.
- When an over and back violation has been committed the ball will go into play at the point nearest where the ball is touched.

JUMP BALL

- If two opposing players maintain a grip on the ball at the same time it is a jump ball
- There will be no jump balls but teams will alternate arrow possessions on each of these jump ball situations.
- Every game and overtime period starts with a jump ball. At the beginning of each subsequent period the team who the possession arrow favors receives the ball in their back court at the center line.
- Every jump ball is an arrow possession throw-in.
- How to establish an arrow possession:
 - o At the jump ball to start the game or overtime the team who does not gain initial possession receives the first arrow possession throw-in.
 - o The AP arrow points in the direction the ball will go at the next AP opportunity.
- When there is an arrow possession situation the ball is in bounded at the point nearest to where the ball is when the play is called.
- There are only two ways the AP arrow can change:
 1. The arrow possession throw-in is completed.
 2. The throw-in team commits a violation.

FOULS

Personal Fouls:

- Holding, charging, pushing, illegal use of hands, blocking.

Technical Fouls:

- players – unsportsmanlike behaviour, grasping the rim, delay of game, baiting an opponent, obstructing vision by waving hands near eyes. Award two shots with a line up.

Technical Foul: Coach, Substitute, Team Follower (parent or fan)

- Any unsportsmanlike behaviour by a coach, substitute or team follower will result in a technical foul charged against the coach. The penalty is two foul shots followed by possession of the ball at the sideline at center. Do not line up the teams for the foul shots.
- If a coach receives two technical fouls in the game the game shall be suspended and the teams sent home.

In this situation the commissioner of elementary basketball should be contacted.

Intentional fouls:

- Intentional contact – always award two foul shots and possession at center.
- No line up for foul shots.
- If fouled in the act of shooting and basket scores – award 1 shot and ball at center.

Team Fouls:

- Team fouls are the accumulation of all the personal, technical and intentional fouls that are charged against the players and coaches of the team.
- On the 8th foul and any fouls thereafter the team will shoot two shots. (this rule change was made several years ago and may change again in the coming years).
- Team foul count is reset for the second half.
- Second half fouls continue into overtime.
 - Exception: in the case of an offensive foul, award the ball to the opposition on the side near the infraction.

Offensive Fouls:

- Any foul (personal) that is committed by a player while the player's team is in control of the ball. No foul shots are awarded.

TEAM CONTROL:

- Team control starts when a player gains control of a live ball (rebound or interception, etc.) or when the ball is at his disposal for a throw-in.
- Team control continues until an opponent secures control, or the ball becomes dead, or on a shot for goal when the ball is no longer in contact with the hand of the shooter.

FREE THROWS (foul shots)

- are awarded as a result of personal fouls that occur when the fouling team has seven or more team fouls. (one and one).
- When a shooter is fouled and
 - a) The shot is unsuccessful – award the player two free throws.
 - b) The shot is successful – award the player one free throw.
- the only time a free throw is disallowed is if the shooter crosses the foul line before the ball hits the rim.
- If an offensive player enters the key too soon on an unsuccessful free throw the opposition is awarded the ball on the side. (on the last free throw only)
- Free throws must hit the rim. If on the last free throw the ball does not hit the rim, the opposition is awarded the ball on the side.
- If two free throws are awarded, the rebound of the first free throw is “dead” and should be uncontested. Lane violations of unsuccessful first of two shots are pointed out to players but do not result in an extra shot or ball on the side.
- The distance from the foul line to the backboard is 3.97 m (13').

Shooter:

- a player is in the act of shooting the moment he gathers the ball after the last dribble and begins to move to the basket. As soon as the ball leaves his hand, he is no longer in the act of shooting.

Right of Option:

- a team always has the right to take the ball out-of-bounds at center instead of taking two free throws or one and one.

Referee Mechanics:

- Officials
- The home team should provide: one timer, two official score keepers, two referees (when possible) and one person who manages the scoreboard. Two official scorers are necessary to help identify the players who score, mark the score sheet for fouls and points, and to assist the referees in administering time outs and substitutions.