



HIGHLAND

PARKS & RECREATION... The *FUN* Theory!

Biddy Basketball Rules

Format: 5 on 5 full court; youth size ball; lowered basket; defense will be man-to-man; no score is kept; alternating possession on jump balls & start to each quarter. No free throws- Official will instruct as to what the child did wrong (coaches help too). One coach may be on the court- may need assistant to keep bench in order and for substitutions.

Timing: 10 minute halves with a running clock. Substitutions every 5 minutes (or if needed). Time will be kept on scoreboard.

Fouls: Players will not foul out. There will not be free-throws. However, coaches please ensure that the children are under control – we don't want anyone getting hurt. If child is repeatedly roughhousing feel free to alert the ref that you need a sub, to address the problem.

Playing time: All players should receive equal playing time (as much as possible – if you have an odd number of players), unless a player consistently misses, is late, or is continuing to play too rough.

Special Rules:

- 1) Man to man defense at all times. Absolutely no double teaming will be allowed. Official will stop play to assist if necessary. Players will wear colored wrist bands to help them too. Kids with the same colored band will guard each other.
- 2) Defense must start behind the free-throw line. This will allow the children to bring the ball up the court and ATTEMPT to run an offense.
- 3) 10 Second Rule: At this age many children will hold the ball seemingly forever. They must pass, shoot, or dribble within 10 seconds or the ball will be turned over to the other team. This should ensure some continuous “flow” to the game.
- 4) Please try to get all of the children involved in the game. Some of the children may be more advanced physically, and be able to dominate play (and the ball). Let's be sure that everyone has an opportunity to be a part of the game.
- 5) When a ball is rebounded, please have your team hold the ball and let everyone setup on the other end of the court. Only when a ball is stolen are breakaways allowed.
- 6) Area of play will be within the green volleyball court lines on the floor.

Officials: The officials for this league will be instructed to stop play when necessary to explain the rules and concepts to the children. This is an excellent opportunity for the children to learn the game.

Unsportsmanlike Conduct: Unsportsmanlike conduct will not be tolerated by anyone. This league is for fun and learning. If you have any parents, fans, etc... getting too intense please address the problem, or let the official know. Out of control fans will be ejected from the building immediately. Please inform Steve of any problems ASAP.

Let's have a SAFE and FUN season!!