

St. Alban Roe Basketball Training League Game Rules

- Introduction:** St. Alban Roe Training League is designed to teach young children about the fun and joy of basketball and team sports. The main focus is on having fun while learning the fundamentals of basketball. Please do your best to ensure that every part of the Training League experience is enjoyable for all our children.
- Court:** The rim will be set at 8 feet for 1st grade boys and 1st grade girls. The rim will be set at 9 feet for 2nd grade boys and girls. If a game mixes grades, the lower of the two baskets will be used.
- Time Clock:** The Time Clock layout is as follows:
- 7-minute warm-up
 - A prayer at half court, for the players, lead by the home team.
 - 23-minutes running half
 - 3-minute rest break
 - 23-minutes running half
- The game must complete within the scheduled one hour time slot so please do not stop the clock for any reason except a serious injury. For more details please see timekeeper rules and responsibilities at <http://www.stalbanroe.org/basketball/information/training/timekeepersrulesandresponsibilities.doc>
- Officials:** The Training League will provide 2 officials for every game. These officials will call the game according to standard youth basketball rules with the exception listed in the rules section of this document. If for some reason the officials are not present please have one parent from each team take on this responsibility. Remember that the most important part of officiating is that the children understand what is going on and that they learn the basics of the game.
- Coaching:** We allow a coach from each team to walk the entire length of the court. We also allow them to step 3 feet onto the court. This should prevent yelling and allow coaches the opportunity to give instruction to your players. Please do not walk all over the court and in front of officials.
- Substitutions:** Coaches are required to make substitutions according to the timekeeper's rules. Every player must play at least 50% of the game, if that player attends practices. The team with possession of the ball prior to the substitution will retain possession when play resumes.
- Start of Game :** The games will start via a jump ball. The team obtaining possession will hold up and allow the opposing team to set up on defense. Future jump balls and beginning of the second half possessions will alternate from this point.
- General:** The League is in charge of the gym during games. Please make sure all rules are being followed on and off the court. A gym monitor is there to help but all league participants should assist as well.
- Gym Monitor:** Each team will provide a gym monitor. That person will work with the other team's monitor to make sure the gym monitor roles are fulfilled. See the gym monitor rules for more details.
<http://www.stalbanroe.org/basketball/information/league/gymmonitor.html>
- End of the Game:** Line up at midcourt and shake hands after every game. Please leave the bench area clean and clear of all trash.
- Timeouts:** There are no timeouts allowed during the regular season Training League games.

St. Alban Roe Basketball Training League Game Rules

Tournament Day Changes

- Time Clock:** The Time Clock layout is as follows:
- 10-minute warm-up
 - A prayer at half court to be lead by the home team
 - 20-minute running half (clock stops every 5 minutes for substitutions only)
 - 5-minute rest break
 - 20-minute half (clock stops every 5 minutes for substitutions only)
 - The clock stops the last 2 minutes of the 2nd half when the ball is not in play
 - **Overtime:** A 3-minute overtime period will be played if needed. The clock will stop during the whole 3 minutes. No extra timeouts are given during overtime for 2nd grade teams.

Please remember that you only have 90 minutes to complete your game. Please have one parent from each team sitting at the scoreboard to help keep score. I would suggest that a parent would do this not a kid. The clock can only stop for Substitutions and injuries.

Officials: The Officials are following the rules in this document. Please do not talk to the officials while the game is in progress. If you have a question for the officials, please ask them to step over to your bench during a break. The officials will issue technical fouls if any player or coach is yelling at them during the game. Two technical fouls will result in a coach's ejection and removal from the building. Please remember that this is Training League, enough said.

Coaching: All coaches must stay on their side of the bench area and off the court during tournament games

Timeouts: 2nd grade team's get two 1-minute timeouts for a tournament game

Trophies: Each team should hand out their trophies after their last game

General: The home team is the team in the top tournament bracket

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Rules	
Scores	The Score of the games is not kept - Coaches, player, officials or timekeepers <u>cannot</u> keep written scores during a game. The only exception is the tournament.
Defense	<p>Description: Man to man defense only. Zone defense is not allowed at anytime. That means that each player should cover his or her player. A defensive player can help another player only if the offensive player is losing his or her defensive person. Once the teammate recovers, the helping player should return to covering his or her player. At no time should any offensive player be double or triple teamed.</p> <p>Notes: Players can start playing defense once the player has reached the blue line at St. Alban Roe gym.</p> <p>No pressing, Zone Defense or double or Triple Teaming a player is allowed.</p> <p>If a team spreads out their offense, the defense does not have to go all the way out on their player, but they must follow their person.</p> <p>Frequency:</p> <p>Season: This rule will be called but the referees are instructed to keep the game flowing. This call becomes more frequent beginning in the 4th week</p> <p>Tournament: This rule will be called 100% of the time when seen</p> <p>Action: The play will be reset at the top of the key and the defensive player reminded to play man-to-man defense</p>
Stealing	<p>Description: The ball cannot be stolen when the player is holding or dribbling the ball. The ball can be stolen off the pass or a “cleanly blocked” shot.</p> <p>Frequency: This rule will be called 100% of the time when seen</p> <p>Action: The ball will be given back to the offensive team at the top of the key</p>
Fast Breaks	<p>Description: If the ball is stolen at or above the foul line the player can keep their momentum and drive the length of court for a shot. On a pass stolen below the free throw line, the officials and coaches are instruct the player to hold his/her dribble for a few seconds until the two teams have moved down court and set up defense.</p> <p>Frequency: This rule will be called 100% of the time when seen</p> <p>Action: The play will be stopped and the ball will be given back to the offensive team at the top of the key</p>
Out of Bounds	<p>Description: When the ball goes out of bounds or the player’s foot touches or extends outside the boundaries of the court while he or she has possession of the ball.</p> <p>Frequency:</p> <p>Season: This rule will be called 100% of the time after the second week of the season</p> <p>Tournament: This rule will be called 100% of the time when seen</p> <p>Action: Possession goes to the team that did not cause the ball to go out of bounds at the point the ball went out of bounds</p>

St. Alban Roe Basketball Training League Game Rules

Fouls	<p>Description: All fouls will require you to reset the ball at the top of the key, except shooting fouls for 2nd grade.</p> <p><i>2nd Grade boys and girls:</i> A two shot foul will be given when a player is fouled in the act of shooting. Note: We do not count fouls. But if a referee determines that a player is out of control, he/she can ask the coach to bench the player for the safety of the other players.</p> <p>Frequency: This rule will be called 100% of the time when seen</p> <p>Action: The player shooting the free throws will line up behind the special free throw line (About 10 feet from the basket) and stay behind the free throw line until the ball hits the rim. The other players will line up outside the lane and block out for the rebound once the ball hits the rim. If the second shot is missed it's a free ball. If the defense obtains possession, the officials will hold-up the ball to allow everyone to move down court. If the offense retains possession, play should resume at that end of the court. If the ball does not hit the rim on the second shot the ball goes to the defense.</p>
Double Dribble	<p>Description: When a player stop a dribble then continues dribbling with out another player touching the ball.</p> <p>Frequency: This rule will be called after the fourth week of the season according to the following rules: <i>2nd grade boys and girls:</i> This will be called every time <i>Other divisions:</i> This will be called every time the offensive team is trying to gain an advantage or position by double dribbling. We must balance playing time with instruction.</p> <p>Action: The first time, during a possession the ball will be given to the offensive team at the top of the key. The second time it will be given to the defensive team out of bounds.</p>
Travelling	<p>Description: Taking steps with the ball without dribbling or shuffling your feet while holding the ball. The standard call is 1 ½ steps but 2 is fine.</p> <p>Frequency: This rule will be called after the fifth week of the season according to the following rules: <i>2nd grade boys and girls:</i> This will be called every time. <i>Other divisions:</i> This will be called every time the offensive team is trying to gain an advantage or position by travelling.</p> <p>Action: The first time, during a possession the ball will be given to the offensive team at the top of the key. The second time it will be given to the defensive team out of bounds.</p>
Tie-ups or jump balls	<p>Description: Tie-ups or jump balls are decided via alternating possessions</p> <p>Frequency: This rule will be called 100% of the time when seen</p> <p>Action: The first tie-up will be awarded to the team that did not gain possession at start of the game. All other tie-ups will alternate possessions from that point forward.</p>

St. Alban Roe Basketball Training League Game Rules

3 seconds	<p>Description: When a player is spending more than 3 consecutive seconds within the lane or paint while on offense. Training League will call this but will use 5 seconds versus 3.</p> <p>Frequency: This rule will be called when someone continually stands in the lane before the seventh week. Starting in the seventh week of the season it will be called according to the following rules: <i>2nd grade boys and girls:</i> This will be called this every time the violation happens. <i>Other divisions:</i> Will be called every time the offensive team is trying to gain an advantage or position by standing in the lane</p> <p>Action: The first time, during a possession the ball will be given to the offensive team at the top of the key. The second time it will be given to the defensive team out of bounds.</p>
Backcourt	<p>Description: When an offensive team advances the ball past half court and then one of the offensive players takes the ball back over the mid court line.</p> <p>Frequency: This rule will be called 100% of the time when seen after the third week. Remember that the defense cannot force this since they must follow the defensive no pressing rule.</p> <p>Action: This is treated just like out of bounds and the ball is given to the defensive team at half court.</p>
General Hints	<ul style="list-style-type: none"> • No 3-point shots. Shots made outside the 3-point line count as 2 points in the tournament. • Always inbound the ball after a made shot • When the ball is given to the player at the top of the key he or she can pass or dribble the ball into play. • No 5 or 10 second backcourt or inbound violations • Spend these years teaching you kid the basic skills they need to do well in the trophy league that begins in 3rd grade

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Rule of the Weeks: The rule of the week should be explained to all players at your practices and before the start of the game. This will help make this a learning experience. From that week forward that is the way the officials will call the rules.

Week	Rule
Week 1	No rule of the week – Just have fun. – The game should be called to keep the play moving and to ensure no one gets hurt.
Week 2	Out of Bounds - When the player's foot touches or extends outside the boundaries of the court. <i>2nd grade boys:</i> This rule will be called 100% of the time when seen. <i>Other divisions:</i> this will be call almost all of the time but at the discretion of the officials
Week 3	Backcourt (over & back) - When an offensive team advances the ball past half court and then one of the offensive players takes the ball back over the mid court line. – <i>All divisions:</i> This rule will be called 100% of the time when seen. Remember that the defense cannot force this since they must follow the no pressing rule.
Week 4	Zone Defense or double or Triple Teaming a player - When a defensive player does not cover his player. This includes just standing in an area or double or triple teaming a player at any time. <i>All divisions:</i> When this happens and it stop the offensive play from making progress the play will be reset at the top of the key and the defensive player reminded to play man to man defense.
Week 5	Double Dribble - When a player stop a dribble then continues dribbling with out another player touching the ball. <i>2nd grade boys:</i> Starting this week we will be calling this every time the Violations happens. <i>Other divisions:</i> Starting this week we will be calling this every time the offensive team is trying to gain an advantage or position by double dribbling. We must balance playing time with instruction.
Week 6	Travelling - Taking steps with the ball without dribbling or shuffling your feet while holding the ball. The standard call is 1 ½ steps. <i>2nd grade boys:</i> Starting this week we will be calling this every time the Violations happens. <i>Other divisions:</i> Starting this week we will be calling this every time the offensive team is trying to gain an advantage or position by travelling. We must balance playing time with instruction.
Week 7	3 Seconds – When a player is spending more the 3 consecutive seconds within the lane or paint while on offence. We will call this but will be using 5 seconds not 3 seconds. <i>2nd grade boys:</i> Starting this week we will be calling this every time the Violations happens. <i>Other divisions:</i> Starting this week we will be calling this every time the offensive team is trying to gain an advantage or position by standing in the lane. We must balance playing time with instruction.
Week 8	Inbound Line Violations – The play must stay out of bound when throwing the in bounds pass. They cannot cross the line with the ball in their hands. <i>All divisions:</i> This rule will be called 100% of the time when seen. Remember that the defense cannot force this since they must follow the no pressing rule.
Week 9	Everything called prepare players for the tournament
Week 10	Everything called prepare players for the tournament