

2020 Plymouth Parks & Recreation Youth Basketball

RULES* OF PLAY for **2nd – 4th Grade Girls Division**

Warm Up/Skill-Building: First 20 minutes each team will warm up with skill-building drills.

Game Clock:

Four 6 minute quarters; running clock

One minute between 1st & 2nd quarters and 3rd & 4th quarters.

Game Ball: Junior (27.5"); Size 5 basketball

Half Time: 3 minutes; time to be used for coach evaluation of first half.

Timeouts: None. Coaches will utilize breaks between quarters.

Offense: Call travel, double dribble, and 3 second lane violation; no possession change, reset only.

Defense: **No fast breaks;** control/hold ball and pass off to guards.

No back court defense: once possession is established from a rebound, team without possession of the ball returns to the other side of the court to their defensive positions.

Defense cannot press until offense reaches three-point line.

Fouls: 5 fouls max per player; no foul/free-throw shots; possession will resume at top of key.

Overtime: 2 minutes; stopping clock last one minute; one 30 second time out per team.
Limit one O/T per game.

Playing Time:

Coaches will place an emphasis on their rotation so that all players participate about 50% of the game. Playing time for all players is earned when the player displays good sportsmanship, effort, and teamwork.

KEY POINTS:

- The goal of the program is to encourage the players so that they all continue to learn and improve.
- Respect the referees and the coaches.
- The referees are instructed to teach the rules during the games so that the players will both learn the rules as well as have fun. The referees are instructed to use their own judgment on when to blow the whistle.
- Please make sure players are drinking enough water.
- Coaches, parents, and players are expected and required to respect these rules.

*Rules are subject to change at the discretion of the coordinators or director:

Jay Dorso, Coordinator, Eli Terry, Jr. Middle School
Jennifer M. Luba, Coordinator, Fisher Elementary School
Briana J. Brumaghim, Director of Parks & Recreation