

CARROLLTON BASKETBALL RULES - 2010

5-YEAR OLD LEAGUE

1. Balls brought to the gym for pre-game practice must be put away and controlled by coaches during the game.
2. No food or drink is to be brought into the gym by players, coaches, parents, etc. A water fountain is available for water breaks.
No one is allowed in the weight room/locker room area.
3. Team players and **four** coaches only for each team will be allowed on or behind the bench or on the floor during the scrimmage/game.
4. A player must have his/her team shirt in order to compete in the scrimmage/game.
5. The first half-hour is to be used for **instruction**, so that players can be taught the fundamentals of dribbling, passing, shooting, and defense. During the second half-hour, each team will scrimmage against its designated opponent. No more than 5 players per team may play at a time. Scrimmages will consist of four 5-minute quarters, running time. Substitutions will be made at the end of the first and third quarter, ensuring that each player gets to play at least half the time.
6. At the mid-point of the scrimmage (after the first two 5-minute periods), each player from each team will attempt *one* free throw.
7. One coach from each team will direct play on the floor. Players should be instructed in man-to-man defense.
8. No fast-breaking or full-court pressing allowed. Coaches will supervise offense/defense transitions.
9. Goal height is 8 feet. Free throw line is 10 feet. Junior Biddy basketball is used.