

5th QUARTER RULES & GAME DAY SCHEDULE

75 MINUTES OF GYM TIME BROKEN DOWN AS FOLLOWS:

30 Minutes of free practice- used as Coach chooses

15 Minutes Scored Drill Session

During drill sessions points are awarded for your team's successful completion of the following four fundamental drills:

- 1) **PASSING-** Each individual player is given a single chance to hit a target with first a bounce pass, and then a chest pass from a specified distance. One point is awarded for the bounce pass hitting the target on one bounce. One point is awarded for the chest pass hitting the target. Perfect score for this drill is 20 points (10 players per team x 2 points per player).
- 2) **CATCHING A PASS-** Each individual player is given a single chance to catch a bounce pass and a chest pass thrown by the coach from a specified distance. One point is awarded for catching the chest pass. One point is awarded for catching the bounce pass. Perfect score for this drill is 20 points (10 players per team x 2 points per player).
- 3) **DRIBBLING-** Each individual player must dribble a specified distance with one hand and then return that same distance dribbling with the opposite hand. Player may not attempt return trip with same hand, even if he failed to attain a point with his initial trip. One point per hand. Player may pick up ball between trips but must cross finish line at both ends without picking up the ball or double dribbling. Perfect score for this drill is 20 points (10 players per team x 2 points per player).
- 4) **SHOOTING-** Each individual player is given 3 shots at the basket. Shots may be taken from inside the lane or outside the lane. Made shots from outside the lane count as 2 points, inside the lane count as 1 point. A maximum of 2 made shots from inside the lane can be counted. If a player makes his first two 2 inside the lane, 2 points are earned, but the third attempt must come from outside the lane to collect additional points. Also, a maximum of 2 made shots from outside the lane can be counted. If a player makes two from the outside he will have reached the maximum for this drill. He can still shoot a third shot but the maximum 4 points per individual will have been attained. Recap- Inside the lane-1 point per made attempt with a maximum of 2 points allowed. Outside the lane-2 points per made attempt with a maximum of 4 points allowed. Combination of inside/outside-no more than the 4 point maximum. Perfect score for this drill is 40 points (10 players per team x 4 points per player).

If either team has fewer than 10 players at the start of drills, the team with more players shall designate to the official the player(s) whose drill attempts will not be scored. Designated players will partake in drills the same as their teammates, but the official will not tally player's successful attempts. In this manner, both teams will be competing with equal number of scored players.

30 Minutes Game Time

All points accumulated during the drill session comprise the beginning score for each team.

Rules of the game are as follows:

- 1) Four 6 minute quarters. Continuous clock unless stopped by the official. Clock will stop in last minute of fourth quarter on dead ball situations.
- 2) Defense must stay in the lane with the exception of rule number 8.
- 3) No backcourt guarding with the exception of Rule #9.
- 4) Players will attempt to dribble without violations. Officials will exercise judgment regarding the enforcement of this rule in an effort to challenge strong players while encouraging inexperienced players.
- 5) All players must play a minimum of 2 quarters, and sit a minimum of 1 quarter as attendance allows.
- 6) Any individual player may score a maximum of 6 points per quarter. Any basket made by a single player beyond their 6 point maximum will not be added to the score and the defensive team will be awarded possession.
- 7) No fouls are recorded, or free throws awarded. However, foul calls will result in an out of bounds possession for the fouled team.
- 8) Jump balls will be awarded to the defensive team.
- 9) Offensive team's players will not be permitted to form a "wall" along the boundaries of the free throw lane, thereby blocking out the defensive players.
- 10) In the 4th quarter, and overtime, one designated player per team will be allowed to play defense outside the lane in the frontcourt only. Designated player will wear a wristband which may be exchanged at the coach's discretion. Change shall be brought to the official's attention.
- 11) In the 4th quarter, and overtime, the offense is allowed one free trip per possession across the half court line, into front court, within a 10 second count. Following the offenses one free trip per possession, the designated player (wearing wristband) may then guard in the backcourt on that possession.
- 12) All questions of judgment resulting from these rules, or issues not covered in these rules will be entirely in the hands of the game official.