

GRAFTON 1-2-3 BASKETBALL CLUB

RULES AND REGULATIONS

GAME TIME

4 - 8 MINUTE RUNNING TIME QUARTERS
1 TIME-OUT PER GAME (**NO CARRY OVER**)
3 MINUTE HALF-TIME

PLAYING TIME

EACH TEAM IS TO BE DIVIDED INTO A 1ST TEAM CONSISTING OF THE BEST FOUR PLAYERS, AND A 2ND TEAM CONSISTING OF THE NEXT FOUR BEST PLAYERS. **PLAYING ABILITY WILL DETERMINE "A" & "B" SQUADS.**

EACH WEEK ALTERNATE STARTERS

- 1st GAME - **A** TEAM STARTS
- 2nd GAME - **B** TEAM STARTS (ALTERNATING FOR THE REST OF THE SEASON)

SUBSTITUTIONS

THE QUARTERS ARE 8 MINUTES RUNNING TIME – PLAYERS **SHOULD NOT** BE SUBSTITUTED DURING THE QUARTER BUT A SUBSTITUTION CAN BE MADE FOR A TIRED, SICK OR INJURED PLAYER AS NEEDED.

LESS THAN 8 PLAYERS

IF YOU HAVE LESS THAN 8 PLAYERS PICK YOUR 4 BEST PLAYERS AVAILABLE TO PLAY ON YOUR **A TEAM**. YOUR **B TEAM** WILL CONSIST OF YOUR 4 LEAST CAPABLE PLAYERS ROTATING IN AN **A PLAYER** AS NEEDED EACH QUARTER. THE **A PLAYER** SHOULD NOT BE SHOOTING OR PLAYING HEAVY DEFENSE DURING THAT QUARTER.

DEFENSE

- MAN TO MAN DEFENSE ONLY-**NO ZONE DEFENSE IS ALLOWED**
- **NO BALL CHASING IS ALLOWED** WITH EACH COACH TO ENFORCE THIS RULE FOR THEIR **TEAM** (TEACH THE PLAYERS HOW TO PLAY DEFENSE CORRECTLY)
- ALLOW THE OFFENSE TO ADVANCE BALL OVER HALF COURT
- **NO FULL COURT OR HALF COURT PRESS IS ALLOWED**
- FOULS ARE NOT KEPT DURING GAMES
- IF A PLAYERS COMMITS A FLAGRANT FOUL HE WILL BE BENCHED FOR THE REST OF THE GAME.

COACHES RESPONSIBILITIES

- FOLLOW THE GAME RULES- EVEN MATCH UPS ARE KEY TO A GOOD/FAIR GAME
- **PERSON-TO-PERSON DEFENSE AT ALL TIMES**
- **ONE COACH** WALKS THE SIDELINE DURING THE GAME – ROTATE COACHES ON THE SIDELINE FOR THE "A" AND "B" TEAM PLAYERS. **STAY OFF THE COURT!** THE REF IS THE COACH ON THE COURT.
- TEAM PLAY WITH GOOD SPORTSMANSHIP
- EMPHASIZE THE DRILLS THAT WERE WORKED ON DURING THE PRIOR SESSION
- PLAYERS ON THE BENCH MUST REMAIN UNDER CONTROL – BENCH COACH
- ENFORCE SPACING OUT MORE THAN 3 FEET APART FOR DRINK BREAKS
- THIS IS REC LEAGUE, WINNING IS NOT THE KEY, KIDS LEARNING TO PLAY, DEVELOP SKILLS AND HAVE FUN PLAYING BASKETBALL ARE THE GOALS.