

BROOKLYN AREA BASKETBALL 2007/ 2008 ELEMENTARY BASKETBALL PROGRAM INSTRUCTIONAL LEAGUE SUPPLEMENTARY RULES

The second, third and fourth grades, boys and girls instructional program was developed to better prepare players for competitive, yet recreational basketball. The league focuses on:

1. Skill drills competitions and controlled scrimmages at the start of the season.
2. Regular season games following completion of the skills competitions phase.
3. Season end, single elimination tournament for all teams.

Second and Third Grade Division teams will participate in team skills competitions followed by controlled scrimmages for the first six (6) sessions of the season.

Fourth Grade Division teams will participate in team skills competitions followed by controlled scrimmages for the first three (3) sessions of the season.

Basically, two (2) teams will meet face-to-face, competing in the following events:

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|----------------------------|---------|-------------|
| 1. Right Handed Lay-Ups | 1 Point | |
| 2. Left Handed Lay-Ups | 1 Point | |
| 3. FreeThrows | 1 Point | |
| 4. Serpentine Dribble | 1 Point | |
| 5. Chest Pass | 1 Point | |
| 6. Bounce Pass | 1 Point | |
| 7. Long / Short Shot | 1 Point | |
| 8. Defensive Shuffle Relay | 1 Point | |
| 9. Speed Dribble | 1 Point | (3rd Grade) |
| Pick & Roll | 1 Point | (4th Grade) |

All players participate in each skill event. After all events are completed, the team with the most points wins the contest, and is credited with a win in their league standings. The other team receives a loss in the standings. Ties are allowed.

Following the approximate 30 minute skills competition, a controlled scrimmage, with Referees, is held. The scrimmage is not scored. Coaches are allowed on the floor to provide instruction. Referees will make game-like decisions, but will take extra time to explain violations.

Following the skills competitions phase of the season, then the next game will be a controlled scrimmage with no assigned referees and doesn't count in the league standing. Then the remainder of the season will include regular league games. Standings will be kept and added to the results of the skills competition standings to determine tournament pairings.

Consequently, a third grade team may win two (2) of their five (5) skills competition sessions and four (4) of their seven (7) league games, and end the regular season with a 6-6 record.

Therefore, it is the responsibility of each Coach to prepare their team by routinely practicing the skill events, as well as prepare for the league games.

THE NINE (9) SKILL EVENTS ARE EXPLAINED AS FOLLOWS:

GENERAL INSTRUCTIONS:

1. If teams are unevenly divided, the Coach with the fewer players must select a player(s) to repeat a drill and balance the competition. However, no player may be used more than once to balance a team until all players have had an opportunity to repeat a drill. No player may be used to repeat a drill three times to balance a team until all players have had an opportunity to repeat a drill twice.

Example 1: Team A has 8 players
Team B has 7 players

Team B must select a player to repeat each drill in order to balance the competition in each skill event. However, the player who repeats the first drill cannot be used again until all other team players have repeated one of the subsequent skill events.

Example 2: Team A has 7 players
Team B has 5 players

Team B must select from two to four players, depending on the skill event, to repeat each drill in order to balance the competition in each skill event. However, no player may be used a second time to repeat a drill until all five players have had an opportunity to repeat a skill event once, and no player may be used a third time to repeat a drill until all five players have had the opportunity to repeat a skill event twice.

2. Ties are not played off, but remain ties, both in the events and in the standings.
3. Both Coaches are responsible for setting up each skill event, and for providing scorers and officials.
4. Several skills competitions between different teams will be scheduled each night. The last winning team's Coach that participates must collect all score sheets for that night and call the League Commissioner to **report the scores for all the skills competitions that were held in the gym that night.**

Event 1 - Right Handed Lay-Ups

Teams line up along the side lines at mid-court, facing opposite baskets. Players will dribble with their right hand to the basket and attempt a right handed lay-up using their right hand, then rebound and pass the ball to the next player in line. Each team will shoot two (2) rotations. Speed is not a factor. The team that makes the most lay-ups wins the event. Obvious traveling negates the score, as called by the Referee. One (1) attempt per lay-up only. Loss of control forfeits a player's opportunity to shoot. Although it is encouraged for a player to attempt their shot off the correct foot, there is no penalty if this does not occur. **Each basket successfully made using the right hand will be awarded 2 points.**

Baskets successfully made using the left hand or both hands will only be awarded 1 point.

Event 2 - Left Handed Lay-Ups (See Diagram I)

Second and third grade

Same as Event 1 above, except players must dribble to the basket with their left hand to the basket and attempt a lay-up. **Each basket successfully made using the left hand will be awarded 2 points. Baskets made using the right hand or both hands will only be awarded 1 point.**

Fourth Grade

Same as Event 1 above, except players must dribble to the basket with their left hand to the basket and attempt a left handed lay-up using their left hand. Each basket successfully made using the left hand will be awarded 2 points. Baskets successfully made using both or right hands will be awarded 1 point.

Event 3 - Free Throws

Teams line up at opposite baskets, similar to routine free throw attempts. Each player will make two (2) consecutive attempts at scoring a free throw. Players will rotate clockwise. Speed is not a factor, accuracy is. One (1) rotation per team. The team making the most free throws wins the event. Free throw line violation forfeits an attempt as called by the Referee.

Event 4 - Serpentine Dribble

Teams line up at the same base line, near opposite side lines of the court. The object of this event is to serpentine dribble as fast as you can through the placed cones to the opposite end of the court, circle the last cone, then serpentine dribble through the cones back to the starting point. Each player must dribble with their right hand when passing around the right side of a cone and switch their dribble to the left hand when passing around the left side of a cone.

Upon the player's return to the passing zone, he/she will pass the ball to the next player in line, who likewise will perform the skill event, until a full rotation has been completed. The drill is completed when the last player of the rotation makes a successful pass to a teammate standing at the base line. The first team to complete their rotation wins this event.

A player who loses control of the ball or dribbles with the incorrect hand when passing a cone must begin at the point where the infraction occurred as indicated by the Referee. The same penalty occurs for other violations, such as traveling.

Event 5 - Chest Pass

This event will use the same cone pattern used in the Serpentine Dribble Event with the addition of four (4) extra cones, bringing the total number of cones to nine (9). Each player will take a position near one of the cones.

At the Referee's whistle, the players at the beginning of the line will make a chest pass to the player at the nearest cone. Upon completion of the pass, the player receiving the pass make a chest pass to the next player and so on.

The player receiving the pass at the end of the line will return a chest pass back to the player which he or she received the pass. The passes are repeated back to the starting point.

The passers should be approximately eight (8) feet away from the players. If a player misses a pass, he/she must retrieve the ball and return to the line before passing the ball to the next player. Speed and accuracy are a factor.

One (1) rotation consists of going down the line and then back to the starting player. The drill is completed when the lead passer has successfully caught a chest pass from the last player of the rotation. The first team to complete one (1) rotation of chest passes wins the event.

Event 6 - Bounce Pass

Same as Event 5 above, except a bounce pass is used.

Event 7 - Long/Short Shot

Teams line up at opposite baskets. Each player has one (1) minute to accumulate as many points as possible by shooting from designated locations from the left to the right side of the basket and back to the left again. Speed and accuracy are definite factors. Points are accumulated as follows:

- A. Making a shot from outside the designated long-shot area is worth three (3) points.
- B. Making a shot from inside the designated long-shot area is worth two (2) points.
- C. **No points will be awarded if a player travels with the ball to a shot location.**

A player starts from the left side of the basket and attempts a shot from the area behind the cone. If the player makes the shot, he/she must rebound the ball and dribble to the next designated long shot shooting location.

If the player misses a long shot, he/she must rebound the ball, dribble to anywhere inside the long shot area to make their next shot from inside the long shot area, or he/she may dribble to the next designated long shot shooting location for the next attempt. After every successful shot, the player must always dribble back outside to the three (3) point shooting area, to the designated long shot shooting location.

Each player may shoot as many times as possible within the one (1) minute time limit.

Each player must rebound their own shot. Coaches and other team players shall not help rebound the ball. Coaches must remain on their bench during this event. Referees may

stop an errant ball from going beyond the playing area; however, the shooter must still come over to where the ball was stopped and rebound the ball.

Event 8 -Defensive Shuffle Relay

Teams will line up at opposite end of the gym. The first players will position themselves in a defensive stance. In a typical defensive stance, the player would be on the balls of their feet, knees bent, arms out, fingers spread with thumbs up. Players must remain in this stance throughout the relay.

At the Referee's whistle:

3rd grade: The first player will defensively shuffle from the end line to the nearest free throw line touch the bottom of the cone and back from the right lane or foul line touching the line,. This will be done twice by each player. The second player will start the relay after the first player has touched the end wall.

4th grade: The first player will defensively shuffle from the end line to the time line (middle court line) touch the base of the cone and back to the base line (end line) touching the base line on the right side of the lane or foul line. Then to the free throw line touch the base of the second cone and back to the base line (end line).The second player starts the relay when the first players touches the wall.

The shuffle consists of taking a lead step with the right foot in a sideways direction. The left foot is then brought to the side of the right foot. The feet and legs never cross over each other. If the players feet and legs start crossing over each other, the Referee will have the player return to the point where improper steps started and continue the relay.

The return shuffle from the opposite end of the gym will be with the left foot taking the lead step.

Event 9 Speed Dribble (3rd Grade)

Teams line up at the same base line, near opposite sides of the court. The object is to dribble as fast as you can in a straight line to the opposite end of the court with your right hand and circle a placed cone, and return with dribbling with your left hand to the starting point. Upon the player's return to the passing zone, he/she will pass the ball to the next player in line, who will do likewise until a full rotation has been completed. The Team to complete their rotation first, wins this event.

A player who loses control of the ball must begin at the point where he/she lost control, as indicated by the Referee.

The same penalty occurs for other violations.

Event 9 Pick and Roll (4th grade)

Each team will be broken up into two groups; half of the team members will line-up on the end line next to the start of the lane. The other team members will line-up at a point half way between the side line and the top of the key. The coach will line-up at the corner of the free

throw line. The drill starts with the first player at the end line coming up and setting a pick on their coach, then rolling pivot of 180 degrees toward the basket. The player in the line at the top of the key will pass to the player who has completed the pick and roll. Upon receiving the pass the player will go ahead and shot the lay-up. After completing the lay-up, then the player returns the ball through a pass to the next player at the top of the key. The player who did the pick and roll goes to end of the line at the top of the key, and the player who made the pass goes to the end of the line on the base line. Then the drill is repeated, so each player has a chance to do both the pass and the pick roll. one point for the correct pick and second point for the correct roll & make lay-up.

Scrimmage

The intent of the scrimmage is to apply and demonstrate skills learned from practices and the skills competitions. Coaches should use this as an opportunity to prepare their team for competitive games that will follow later in the season. Coaches may be on the floor to direct and instruct their players, but shall not stop or interfere with normal play. The ultimate goal is to enhance the caliber of play in preparation for regular scheduled games.

The scrimmage will include:

1. Four (4) quarters. Each quarter to be six (6) minutes running time.
2. Intermission of one (1) minute between quarters, two (2) minutes at half-time.
3. No score to be kept. The outcome does not count in the standings.
4. Jump ball starts play, alternating possessions thereafter.
5. One (1) time-out per scrimmage.
6. Referees to make game-like decisions and take 5-10 seconds to explain violations.
7. Playing time to be in accordance with B.P.A.A. basketball rules. Substitutions must report in via the scorers table.
8. Coaches may be on the floor to give instructions, but may not stop or interfere with the normal flow of play.