

Wabash Valley Youth in Action 3rd & 4th Basketball Handbook

Youth Basketball League is an instructive program designed to teach basic fundamental basketball skills. Coaches must also instill the lessons of fair play, teamwork, and respect of others. Coaches are asked to keep these things in mind and follow these rules and regulations.

In accordance with Wabash Valley Youth in Action Inc's (YIA) philosophy, playing time shall equitably apportioned between all players. Forms will be handed out to record the amount of playing time each player receives for our records.

In leagues for 3rd and 4th Grade, games will consist of four 8 minute quarters and a four minute half-time. Play will be stopped at the four minute mark of each quarter to permit substitutions. Playing time minimums per game depend upon the number of players present. No player shall sit out consecutive four minute periods unless they are injured. (Coaches can determine prior to game if they would like to "opt out" of the 4 min. substitution).

6-players present = 24 minute playing time minimum (6 four-minute periods)

7-players present = 16 minute playing time minimum (4 four-minute periods)

8-players present = each player will play 20 minutes (5 four-minute periods)

9-players present = 16 minute playing time minimum (4 four-minute periods)

10-players present = each player will play 16 minutes (4 four-minute periods)

Each player will be issued a YIA game shirt at the beginning of the season. It will be the player's responsibility to keep his or her jersey clean and ready for each game. Only one shirt issued per player.

Rules:

- Coaches shall move players to different positions. One player should not do the majority of the ball handling. Even guards should learn to play with their back to the basket. All players need to participate in changing roles: dribbling, receiving, post, perimeter positions, etc. Should be taught over the season.
- No full court press. Defense must not pick up offense player until 3 point line.
- Out of bounds will be called.
- When in-bounding the ball at your own end of court, the in-bounder will be given at least three feet to get the ball in bounds.
- Back and forth across half court line will be called.
- For 3rd and 4th Grade leagues, score will be kept and free throws will be shot for the bonus situation and shooting fouls. (Bonus is in effect with the 7th foul of the half. Double bonus is in effect with the 10th foul of the half.)
- One time out per quarter per team (30 second time out).
- Game day will consist of 15 minute warm up time to work on fundamentals.
- The clock will not be stopped unless of an injury, time out, or at the four minute mark for substitutions.
- The scoreboard will used for time and score.
- Alternating possession will be in effect except for the start of the game. Jump ball will be used in OT or Sudden Death.
- OT periods last 2 minutes.
- Fast Break will be allowed, but if more than 10 point lead, the COACHES must control the game by slowing down the pace if their team has the lead. Nothing is gained by running up the score. Intent is to teach basic offensive and defensive skills to all players. Five second calls for a lane violation. This helps spread the offensive and keep the middle from becoming congested. Main emphasis is to help teach defense.
- Stealing will be allowed off a dribble or taking ball from player. If a player steals the ball twice from their man, the COACHES should make adjustments – the defensive

assignments should be switched and/or a different player should advance the ball up the floor.

- Defensive transition is a huge part of the game and should be taught within this league.
- NO Zone Defense. Defense will be man-to-man only. Help and Recovery must be taught! No staying with the double team. Players must be taught to help on dribble penetration, and then rotate away from the ball after it is picked up.
- Blocked shots will be allowed.

The YIA provides practice and game balls.

Ball Size: 28.5"

Goal Height: 9'