

# 2008/09 P.B.G. RECREATIONAL LEAGUE

## TRAINING LEAGUE RULES

1. Games will be 4 quarters, Eight minutes each and will break every four minutes for substitution. The clock will run continuously, except at the four minute break. If a coach stops play to explain or review with the players the clock may be stopped. Half time break is 5 minutes.
2. Every child **MUST** play half the game.
3. Prior to starting the game both coaches will have the girls perform dribbling drills to warm up for the game.
4. Games begin with a Jump Ball at the Center circle and at half time.
5. The basket height is 8 feet.
6. There is no score kept.
7. Each team should have someone available to run the clock.
8. Only approved coaches and assistant coaches may sit on or near the bench area. No parents, no siblings, etc. A parent may not visit the bench area during the game. Please advise your parents that absent a significant injury, you will manage and deal with your players during the game, including minor bumps and bruises.
9. We will referee our own games. You will need a whistle. One coach from each team on the court during game. You must call any offenses on your own team. The ball is then turned over to the other team. **Ball-handling Violations:** Traveling, Double dribble, and Charging. **Fouls:** Charging, Holding, Reaching in, Slapping, and Tripping.
10. A two-one-two Zone Defense is required. **No defense outside the three point line is allowed. If only four players are playing then the defense would be a box defense or 2-2.**
11. Fast breaks will not be allowed until after the Winter break. After that it will no longer be necessary to wait until the other team sets up to start play.
12. Basic Basketball Skills should be taught. Dribbling, Passing, Key Positions (Guard, Forward, Center), Areas of the court.( Free throw line, Top of Key, 3-Point line, Center Circle, Mid court line, Sideline, Baseline.
13. You will need to get each of your parents and players to sign the parent and player contracts.

If you have any questions about league rules, discuss them with the league director.