

MLGBA Rules for the 1st/2nd Grade

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Our goals for this year are for the girls to have safe fun and to get some basic skills in basketball and sportsmanship. There will be no official score keeping and no winners or losers. The girls always seem to know the score, however. If they ask you, tell them you think it's a tie. It is the MLGBA's rule that all girls get equal playing time and play all positions every game. (Even if they are better at one specific position. This will help them to get a better overall understanding of the game.) Please use the substitution/rotations document that is on the MLGBA website under "documents"-- to keep track of equal playing time and you can also keep track of who was in and in what position. Never should any able-bodied player participate in less than 20 minutes of any game. Remember that tall girls can stop growing and short girls can sprout up and you don't want to pigeon hole them into one position now.

All refereeing will be done by the coaches/asst. coaches/parent volunteer at each game (One from each team is expected. If there is only one ref at a game, that ref must provide coaching and teaching points to both teams, not just their team. The refs should briefly discuss how tightly they would call this game and any specific teaching points that they want to emphasize that day. If there is only one ref volunteering, that refs calls stand and there should be no arguments, comments etc. from the other team's coaches.)

The rest of the coaching staff must stay off the court, on the sidelines.

Offense is 3v3, using the side baskets "full-court". Each team will have 2 games going on simultaneously on each half of the court.

Defense is to be player to player only. **No zone defense allowed.** Though playing man-to-man, the girls must stay within the three point line and allow the offensive team to work the ball in. A defensive player may steal off the pass only but not steal off the dribble. At this age we find that there is too much hacking if we allow stealing off the dribble and because we don't keep track of fouls at this age there is no real counter-measure to deal with the hacking and fouling.

No pressing.

All the girls fall back when the ball changes hands under a basket.

We will stop the game for teaching points, but for the first half of the season, not penalize the girls for minor violations (traveling, backcourt, out of bounds, double dribble, dribbling with two hands, etc.)

We will call fouls when they occur, explaining the violation, but they will not lose the ball at least in the first half of the season. Later in the season we will have a change in possession with the ball when fouls occur but will not do foul shots. They slow down the game too much at this point

The game will start with a jump ball and you will alternate taking the ball out instead of jump balls during the games. You only have one hour total for your game and warm up so please stay on time. You can't throw all of the other games off that day. Please have a 5 minute warm-up and be ready to begin promptly at 10 past the hour.

We will play two 20 minute halves with a 5 minute half time. You must stop playing at the next hour mark so that the next two teams can warm up for 10 minutes.

There will be substitutions every five minutes, the coach must have the subs ready to go in. **The clock will not stop for subs.**

The coach needs to assign a time keeper, who will call out substitution time,

The floor must be cleared on the hour for the next game.

If one team is clearly trouncing the other team, please be sure to implement some or all of the following to keep the "perceived score" close:

1. No fast breaks
2. Players take four passes before shooting the ball
3. Have the stronger players feed the ball to the weaker players
4. Pull the defense back into the lane.
5. Have the whole team work toward having someone score who hasn't scored yet this year
6. Use this time to try new combinations of players
7. **No tears in the MLGBA!!!**

Each coach needs to have a first aid kit with ice at games and practices.

It is imperative that the coaches enforce the following rules from a safety and legal standpoint and to be sure we do not lose any gyms;

1. No jewelry, no pierced earrings (if newly pierced ears with earrings that can't be removed they must be covered with thick medical tape and a Release form may need to be signed)
2. No long finger nails
3. No eating or drinking in the gym by children or parents (or coaches,) players may bring closed water bottles, if no fountain is available. Last coaches out, clean up
4. Coaches and the team sit on one side of the gym and parents/spectators on the other.
5. No parental sideline coaching, as it is very confusing for the girls. Feel free to speak to offenders and invite them to be part of the coaching staff next year.
6. The girls must be in uniform to play, with non-skid white soled sneakers.
7. Encourage ponytails, hair out of the face, etc for safety. No metal clips
8. Coaches & Parents must control other siblings in the gym, they may not go to other parts of the school.
9. It is strictly forbidden for a parent to drop a player's sibling off at the gym and leave. Our coaching teams are not babysitters.
10. Please notify one of the coaches if a player is going to miss a game or a practice, beforehand.
11. A coach must be present as long as any player is present at both the practices and the games. If none of the coaching staff can make a game or a practice, and no other parent volunteers to help out, that game or practice will have to be cancelled.

Please forward the above rules and suggestions for your team members parents. It helps if we all start out on the same page. Any modifications, comments, questions, problems etc., let one of the commissioners know.