

**STRATHCONA BASKETBALL ASSOCIATION
LONG TERM ATHLETE DEVELOPMENT MODEL
FUNDAMENTAL BASKETBALL SKILLS
*LEARNING TO TRAIN***

**U11 GIRLS / U11 BOYS
DIVISION - RULES
2022-2023**

THE OBJECT OF THE PROGRAM

The goal at this level is to acquire the basic fundamental movement skills that are the cornerstones of all athletic development. In addition, the basic basketball skills should be mastered through modified basketball games, but participation in other sports is still encouraged.

It is the coach's duty to guarantee a successful and positive experience for every participant. The intended emphasis should be focused on giving children the basic fundamental movement skills; agility, balance, coordination and speed; thereby making them physically literate. Providing these basic athletic skills will build a base for the child that will enable him or her to develop to their full physical potential in later years. Players should learn good practice technique. Enjoyment of the experience is paramount and to aid this, coaches will strive to make certain that all the children will be successful in accomplishing given tasks.

Young athletes at this stage need to **learn how to train at its most basic level**. They should be introduced to the basic technical / tactical basketball skills and ancillary capacities including: warm up and cool down, post activity stretching, hydration and nutrition, recovery and regeneration, mental preparation, taper and peak, integrated pre-competition routines and post-competition recovery. Players should learn good practice technique. Enjoyment of the experience is paramount, and the coaches will strive to make certain that all the children will be successful in accomplishing given tasks.

This **focus on training rather than on competing** should be reflected in the annual competition calendar for this group of athletes. Too many competitions waste valuable training time. Conversely, not enough competition inhibits the practice of technical skills and learning how to cope with the physical and mental challenges presented by competitions. **It is not to win, but rather to have fun** while playing sports and ensuring success.

- **Rules are taken and adapted from the Canada Basketball Be One Program LTADM**

RULE 1 - THE EQUIPMENT and THE FACILITY

GYMNASIUM: The gymnasium should have two hoops that can be lowered so a full court game can be played. If the gymnasium is too big then the games should be played cross court.

EQUIPMENT: Smaller basketballs such as size 5.
Hoop height of 9 feet is preferable.
Timing device and score board.

RULE 2 - THE TEAM

CLOTHING: All players are requested to wear their uniforms for the games.

OFFENSE: Players must be provided the opportunity to play in all positions. This means that they should have a turn to do things such as bring the ball up the court and throw the ball in from out of bounds.

DEFENSE: They are requested to match up in what is referred to as player-to-player defense. At first it will be helpful if they always guard the same player. However, they should learn to guard different players.

PLAYERS: The team must not have more than 12 players.

RULE 3 - TIMING

PRE-GAME: Teams will warm up in the end **opposite** to their bench. The players will have 10 minutes to practice. The coach may use part of this time to provide coaching tips to their players.

GAME: The game will start once the 10-minute pre-game buzzer sounds. This being ten (10) minutes past the hour.
The four-minute timed shift begins when the ball has been caught in bounds.

SHIFTS: The shifts last for 4 minutes running time.
There is enough time to play (10) four-minute shifts if you start on time.
Please ensure games are on time, however, if for some reason you start late or allow time between shifts then you must play fewer shifts so that no other games run late.
After the 5th shift, there is a 4-minute 'half-time' and teams switch ends.

PLAYERS: They will play 4 on 4 full-court for 4 minutes.

TIME OUTS: There are no time outs at this level. However, there will be a 4-minute 'half-time' allotted after the fifth shift.

NB. YOUR TEAM MUST BE OUT OF THE GYM 5 MINUTES PRIOR TO THE NEXT SESSION SO THAT THE NEXT GROUP MAY START ON TIME!

RULE 4 - PLAYING TIME

PLAYERS: All players must play equal time. The shift is for 4 minutes of running time.
Have the next shift of players ready to start when the buzzer sounds.

COACHES: You will record the actual player shift rotations. All players must play equal time in a game unless the rotations are not allowing for perfect multiples of 4 player shifts. If this is the case, then you must adjust the rotations for the next week so that all players have equal time over the course of the season.

RULE 5 - THE GAME

WARM-UP: Teams will have ten (10) minutes to warm up. When the buzzer goes, then it is time to start playing the games. Remember to have your stronger group play against the other team's stronger group.

START-UP: The players will shake hands with the player they will be guarding.
The players then point to the basket that they will score on.
The ball is handed to one team for side-line throw in and the game starts.
The 4-minute shifts start as ball is caught in bounds by player

POSSESSIONS: At the start of the game one team will be given the first ball possession.

HELD/JUMP BALL: When the ball is being held by two (or more) players from opposing teams, the referee will call a 'jump' ball. On the first held ball, possession will be given to the team that did not get the ball to start the game. From then on, possession of held/jump balls will alternate and will include possession to start each shift.

OFFENSE: The ball is to be advanced by dribbling or passing. To move around the court with the ball, a player must bounce (dribble) the ball.

DEFENSE: Each player on the defending team guards his/her opposing player, staying at arm's length distance from the offensive player. The defender is allowed to steal the ball from the offense by reaching for the ball. However, steals usually occur as a result of poor ball handling or passing. To steal effectively, the defender should not be interfering with any part of the offensive player's body or a foul occurs. Blocking shots is allowed at this level but caution should be taught when teaching this technique. Defensive hands should be straight up in their own space and not leaning forward into the space of an offensive player. If a defender is in good position to block a shot, offensive players should be taught to pass the ball rather than to shoot into defensive hands.

Two or more defensive players may NOT double-team an offensive player who is not in possession of the ball. Double teams are allowed on a player in possession of the ball. A team shall only be allowed to attack the ball handler with at most two (2) defenders. If a third player enters the area and pressures the ball handler, the referee will stop and warn the players and coach. **PENALTY:** A technical foul will be given for continued violation.

NB: Players will pick up their opponent in the half court. NO full court pressure is allowed.

SCORING: When the offensive team scores the defending team will inbound the ball to resume play. Parent helpers are needed to keep the score (home team) and time (guest team) the games. They can use the sheets provided by SBA that are kept in the binder in the score-keeping equipment bag located in the school's storage area.

END OF GAME Players and coaches should line-up and shake hands with the other team at the end of each game.

DEBRIEF: At the conclusion of the game the coach can ask players simple questions: What did you do well today? What did you learn? What did you like best about today's game? It is best to draw from the players and not tell them what you observed as a coach. This should be done after the players have a chance to speak.

RULE 6 - VIOLATIONS

DRIBBLE: If the dribbler dribbles for a second time after his/her initial dribble has ended, then a dribble violation has occurred. If the dribbler has touched the ball simultaneously with both hands, a dribble violation has also occurred.

TRAVEL: A player who is holding the ball and not dribbling may not take more than one step with one foot in any direction before making a pass or starting to dribble.

OVER/BACK: When a player with possession of the ball crosses the half court line from back court to front court, they are not allowed to return to the back court. We use a 3-point system in this league, each foot and the ball. If two out of three of those points cross the half court line, but one point stays in the back court, all three points are allowed to return to the back court. Only when all three points cross the half court line can the player not return.

OUT OF BOUNDS: A player who has the ball must not touch or move beyond the sidelines or end-line.

FOULS: Defensive players may not use their hands, arms, or legs to make contact with offensive players to prevent them from advancing the ball or passing the ball. They may not use their body to push an opponent from their position. If they do, it is a foul.

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Correction

The referee interrupts the play briefly and explains the error. A violation is called, scorekeeper records the foul to the violating player and the ball is awarded to the opposing team for a throw-in at the nearest sideline.

NB: A record of fouls must be kept. A player cannot continue to play once they commit a fifth foul. There is no time-out to replace the player. The player must be replaced immediately and the play resumes. The time continues to run.

FREE THROWS: Players do not shoot free throws at this level. If a player is hit in the act of shooting, then a foul will be charged, and the shooter will be awarded 2 points. The game will proceed with the defending team throwing the ball in at the end line, as in a normally scored basket.

RULE 7 - SUBSTITUTIONS

SHIFTS: Teams are divided into shifts of four (4) players. Each shift will be given a 4-minute time allotment to play. Once the time is up then the next shift will have their turn to play.

SUBS: There should not be any substitutions during a shift.
There are two exceptions:
If a player is injured, then allow a substitution.
If a player is fouled out, then allow a substitution.

RULE 8 - REFEREES and OFFICIALS

OFFICIALS: You will need one minor official / parent to time the 4-minute shifts and score keep with a parent from the other team. Use the sheets provided by SBA.

REFEREES: There will be two provided for the games. These referees are not carded referees but in fact former league players whom we have chosen to meet our unique refereeing requirements. Any concerns regarding refereeing should be brought to the attention of a league director after the game is completed.

Our referees are not perfect. If you have any concerns during a game, please discuss them with the other coach and the referees at the half. **Please be aware that little eyes are watching, and little ears are listening.** Remember who is the grown up in these heated situations.

NB: Referees have been instructed to call bench technical fouls if they feel that they are being unduly bothered by comments made by the coaches, players or spectators. Two (2) technical fouls given to one coach in one game does result in a one-game misconduct (that coach must leave the game immediately and cannot coach the next scheduled game). Circumstances surrounding such offenses will be reported to league directors whose decision on further reprimand will be final. Please ensure your players and their parents are aware of the fact that they are expected to exhibit good sportsmanship at all times.

Remember: FUN is the name of the game!!! Have a great season!!