

Medfield Youth Basketball Third Grade Rules and Regulations

Updated: 11/17/2018

The first three weekends of the season in December will have a focus on skill development. The idea is to teach the children the proper fundamentals and the rules of the game.

- Week 1 – all skills and drills. No game. Individual teams can incorporate 3v3
- Weeks 2 & 3 – skills and drills focus. Short game at end, 15-20 minutes.

The coordinator will provide direction to the coaches.

The format:

- Four vs. four at Wheelock (girls). Five vs. five at Dale Street (boys).
- Boys – Rim height is set at 10 feet at Dale. The custodian will adjust the rim height.
- Girls - Rim height to be set at 9 feet. The custodian will adjust the rim height.
- No defense until the bottom of the circle located at half court.
 - Only man to man defense.
 - No double team
 - No zone
- The game/practice session format after the initial 3 weeks:
 - 50% for practice. This will allow for warm-up, play review and overall direction.
 - 50% for the game
- Playing time should be equal.
- Do not allow one player to dominate. Keep a balanced group on the floor.
- One coach from each team should be on the floor during game time. Each coach can work one half of the court. Assistant coaches will encourage and coach the players on the sideline. Assistant coach will assist with substitutions.
- The children play with a junior size ball. Each head coach will receive a bag with basketballs.
- Use your judgment when calling a violation. Stop play and explain the infraction (foul, traveling, etc) to all the children.
- A score is not kept.
- Do not allow a team to blow-out the opposing team.
- Be respectful and end your sessions on time.
- Clean your area of all trash.

Attire:

- Sneakers, player pinnies, and shorts or sweatpants.

Dale Street Gym Rules:

- Do not play on the stage. Siblings are not to use the hallways as a playground.
- Clean up your area of water bottles and snacks.

Basketball web sites – web sites come and go. For the most recent sites and reviews simply Google “Basketball Drills, youth”. Here are some examples.

- <https://www.online-basketball-drills.com>
- <https://www.coachesclipboard.net>
- <https://www.ultimate-youth-basketball-guide.com>