

**City of Benicia**  
**Parks and Community Services**  
**Youth Basketball Rules**

**1<sup>st</sup>/2<sup>nd</sup> Boys & 1<sup>st</sup>-3<sup>rd</sup> Girls**

This is a non-competitive program whose goal is to introduce youngsters to the game of basketball. Scores and standings are not kept and players will be given equal playing time whenever possible. Our program utilizes volunteer coaches. Parents and family members who attend our games should remember that these people have donated their time and energy to assist with our program and should be given the full amount of respect for doing so. If you have any questions or concerns regarding any aspect of this program, please direct them to the gym supervisor, who attends all games, or contact the Benicia Parks and Community Services Department at 746-4306.

**RULES AND REGULATIONS**

1. The game is twenty eight (28) minutes in duration and is divided into four 7-minute running clock quarters.
2. Each team will receive one (1) minute time out each half.
3. There will be a five (5) minute half-time period.
4. Coaches must make player changes every 3 1/2 minutes. The referee will blow the whistle to signal the player change.
5. Coaches must make every effort to give all players "equal" playing time.
6. No pressing allowed. Defensive players must retreat to their defending basket when the other team has the ball. A zone defense must be played.
7. The clock will stop at all time outs, injuries, and player changes.
8. Coaches and their players should arrive approximately fifteen (15) minutes before their scheduled game.

**3<sup>rd</sup>/4<sup>th</sup> boys, 4<sup>th</sup> & 5<sup>th</sup> girls, 5<sup>th</sup>/6<sup>th</sup> boys**

This is a non-competitive program whose goal is to introduce youngsters to the game of basketball. Scores and standings are not kept and players will be given equal playing time whenever possible. Our program utilizes volunteer coaches. Parents and family members who attend our games should remember that these people have donated their time and energy to assist with our program and should be given the full amount of respect for doing so. If you have any questions or concerns regarding any aspect of this program, please direct them to the gym supervisor, who attends all games, or contact the Benicia Parks and Community Services Department 746-4306.

**RULES AND REGULATIONS**

1. The game is thirty two (32) minutes in duration and is divided into four 8-minute running clock quarters.
2. Each team will receive one (1) minute time out each half.
3. There will be a five (5) minute half-time period.
4. Coaches must make player changes every 4 minutes. The referee will blow the whistle to signal the player change.
5. Coaches must make every effort to give all players "equal" playing time.
6. No pressing allowed. Defensive players must retreat to their defending basket when the other team has the ball. A zone or a man defense can be played.
7. The clock will stop at all time outs, injuries and player changes.
8. Coaches and their players should arrive approximately fifteen (15) minutes before their scheduled game.

**-Continued on back-**

## **7<sup>th</sup>/8<sup>th</sup> Boys / 6<sup>th</sup>-8<sup>th</sup> Girls**

This is a program whose goal is to offer instruction and introduce youngsters to a semi-competitive game of basketball. Score is kept during the game, but is not recorded. Our program utilizes volunteer coaches. Parents and family members who attend our games should remember that these people have donated their time and energy to assist with our program and should be given the full amount of respect for doing so. If you have any questions or concerns regarding any aspect of this program, please direct them to the Benicia Parks and Community Services Department.

### **RULES AND REGULATIONS**

1. The game is forty (40) minutes in duration and is divided into four 10-minute running clock quarters.
2. Each team will receive one (1) minute time out each half.
3. There will be a five (5) minute half-time period.
4. Coaches must make player changes every 5 minutes. The referee will blow the whistle to signal the player change.
5. Coaches must make every effort to give all players "equal" playing time.
6. No pressing allowed. Defensive players must retreat to their defending basket when the other team has the ball.
7. The clock will stop at all time outs, injuries and player changes.
8. Coaches and their players should arrive approximately fifteen (15) minutes before their scheduled game.

**\*All age groups will be officiated with Standard Basketball rules** (rules will be more lenient for younger age groups).

### **Tips for coaches**

\*Just teach the basic fundamental skills: Dribbling, Passing, Shooting, Rebounding & Defense (with your hands up).

\*keep the practices fun, and simple; try to touch each skill during the practice. (Combine skills in drills)

\*If possible, use the last 10 minutes of practice to scrimmage. Playing is the best way to learn.

**\*Feel free to call me with any questions you may have: 746-4306**