

Rookie League Basketball Rules



The Rookie Basketball League is intended to provide youngsters with the opportunity to learn to love the game of basketball and develop basic basketball skills at an early age. Conventional basketball does not accomplish these goals because young players are not physically equipped to handle all of the requirements of the game. The average child can learn to play & enjoy basketball with good instruction, day-to-day experience & modified rules. The experience must be fun, with ample opportunity to practice all the fundamentals of the sport, including dribbling, passing & shooting.

The Rookie Basketball League is formatted so that all players have the opportunity to learn and practice basic basketball fundamentals, teamwork, sportsmanship and most importantly, to have fun. This is an important period in every child's development. All players should be encouraged to do their best, allowed to make mistakes and have fun by coaches & parents.

Playing Rules

1. Players must receive equal playing time.
2. Scores & Standings will NOT be kept. Time will be kept on the scoreboard. The home team coach is responsible for having a parent or older youth run the clock. This person will keep the clock and jump balls.
3. There will be one official.
4. Games will consist of four 8-minute quarters and a 3 minute half-time. The clock runs continuously except for on free-throws and for the last 30 seconds of each quarter, where the clock will stop on every dead ball.
5. Goal height is 8 feet & free throws will be shot from the 10' line.
6. A junior size basketball will be used (27.5")
7. Play will be 5v5
8. Obvious fouls will be called and explained to the offender. Fouls will not be kept, however the referee has the discretion to ask a coach to sub a player if he or she commits the same foul over and over in a brief period, commits a flagrant foul or is playing in a way that the official deems dangerous to other players.
9. Free throws will be shot on shooting fouls only.
10. Coaches must remain on the sideline at his or her bench. No coaches on the court except for the first game.
11. Play begins with a jump ball. Thereafter, possession will alternate on jump balls & at quarters.
12. The official is the final authority on the court. He or she has the freedom to use discretion when it comes to modifying rules as needed in order to make the game fun for all players.

Defensive Rules

1. Man-to-Man defense only. Players on both teams will wear colored wristbands and must guard the player on the opposing team who is wearing the same color wristband. This level of play is focused on learning the game. Coaches may not intentionally try to create mismatches to create an advantage. The official may stop play and ask coaches to re-assign players if they believe this is happening.
2. No double teaming. Defensive players must be in close proximity to offensive players wearing the same color wristband.
3. No backcourt defense. After a defensive rebound, offensive turnover in the front court or a made basket the defending team may play defense until an offensive player has acquired possession of the ball. Once the player has possession of the ball, the defense must retreat to within the three point line & shall not contest the offensive team until the ball reaches the three point line. Once the ball reaches the three point line, the defensive team may play man-to-man defense.
4. Switching is not allowed. A "switch" is when a defensive player switches the offensive player they are defending, while still maintaining man-to-man defense.
5. Steals may be made on the pass only; the defense may not steal the ball from the ball handler.
6. Players may not leave their feet and block a shot; however hands can be straight up and result in a blocked shot.

Offensive Rules

1. Coaches should organize play in such a way that all players are involved & have an opportunity to bring the ball up the court as well as to shoot the ball.
2. Lane violations will not be called and the "5 second" violation will be 10 seconds.
3. Double-dribbling & traveling calls are left to the discretion of the official. Games will be called to the skill level of the players.

Sportsmanship

1. If a coach receives a technical foul he or she will be ejected from the game and will be suspended from participating or attending the next game. Any additional technical foul or inappropriate behavior will result in removal from the league.
2. Coaches are responsible for the behavior of their players as well as the behavior of their fans.
3. Fans that are disruptive or display inappropriate behavior will be asked to leave the facility.