

PLAY WITH PURPOSE

Basketball Coach Training

Level 3 (5th-6th Grade) Modifications

Rule	Explanation/Comments
Goal Height	10 feet
Ball Size	28.5" (Girls), 29.5" (Boys)
Game Location	Mission Hall
Games consist of six, 6-minute segments and an 8 minute halftime. <u>One minute</u> is allotted for substitutions between segments	This keeps the games to approximately an hour time frame.
Score IS kept	Young athletes at this age should learn how to handle winning and losing after competition. This translates into life lessons.
3-second violation is called and results in a turnover	At this age, young athletes should understand the concept of offensive movement by not allowing a player to stay in the lane more than 3 seconds.
Coaches are allowed to walk <u>the sideline</u> near their bench to encourage and instruct players	The focus is for coaches to instruct and encourage players at all times.

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Level 3 (5th-6th Grade) Modifications - Continued

Rule	Explanation/Comments
<p>Clock runs continuously with special rules in effect with fewer than two minutes remaining in the game:</p> <ul style="list-style-type: none">➤ Non-shooting fouls result in the offensive team getting one point and the ball.➤ Shooting fouls result in the offensive team scoring two points. The opposing team then takes possession.➤ Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession.	<p>Because the clock does not stop, this rule keeps the game moving without wasting the running clock on lining up for free throw attempts.</p> <p>NOTE: Intentional fouling to run the clock out is not allowed. This action would not be in the Upward Spirit.</p>

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Rule	Explanation/Comments
Free throw attempts are awarded on all shooting fouls.	Two shots are attempted by the fouled player at the foul line. Remaining players assume proper free throw positioning. Ball is live if the second shot is missed.
Stealing the ball off the dribble	Players at this age should be taught and held to these basic basketball rules.
Double dribble violation is called in all circumstances	
Traveling violation is called in all circumstances	
Fast breaks are allowed in any transition situation	