



K & 1st Youth Basketball Guidelines

GENERAL GAME RULES

- Games are refereed by BC Sports Staff
- There will be a 5-minute warm-up for each game.
- Games will be played on a half/side court with 8 feet goals.
- Game ball will be the elementary size ball.
- Games will consist of eight (8) 3-minute periods.
- No score will be kept.
- Clock is a running clock
- No timeouts
- No free throws will be shot; if a player is fouled the ball will be awarded out of bounds.
- Instructional whistles are blown if non-shooting fouls, traveling, or any other violation is repeatedly happening.

MATCHING UP & PLAYING TIME

- Colored wristbands will be worn by players (RED, YELLOW, GREEN, BLUE, & PURPLE). Coaches will match players up based on skill level first, not height, to the color of wristband. This ensures players of equal skill level are guarding each other. The red wristband will indicate your strongest player and players should not move more than two (2) colors up or down.
- Adjustments to match players of similar height can be done after the initial matchup. Example: A player that is wearing a red wristband should not move to a blue or purple wristband and someone who is wearing a purple wristband should not move up to the yellow or red wristband. If you have any questions about the wristbands, please talk to the score table.
- Playing time guidelines must be followed; no player may play the whole game unless a team only has five players.

DEFENSE

- Defense cannot be played until the offense has crossed the **black** line running across the width of the court touching side-line to side-line on the offensive end of the court.
- Players must play defense only against the players with the same colored wrist band

COACHES

Brushy Creek Youth Leagues only allow for one coach, (the head coach) to stand at the bench or coach out loud to the players in the field of play during the competition. All other coaches must remain seated and coach only the players on the bench. Violators may be removed from the bench at any time by BCCC staff or by the officials of the game.