



## DYC Boys Basketball

### Division I (K-1<sup>st</sup>) – Rules and Guidelines

**\*\*** Game times are 60 minutes apart, please be off the floor after 60 minutes, so the next group is ready to go. **\*\***

***This is a learning league. Coaches are strongly encouraged to take the opportunity for teaching moments throughout practices, scrimmages, and games.***

***This is NOT a competitive league and sportsmanship is first and foremost.***

1. Concord School gym will be divided in half. Both half courts will have 2 - 8' nets, please utilize both if you can.
2. All the equipment will be kept at Concord in a locking cage. First team in gets the equipment from storage, last teams put it away. Please make sure that all equipment is there and in working order.
3. The first part of the season will be skills practice.
  - a. 2 Defensive formations (man to man and zone)
  - b. 1 -2 offensive plays
  - c. Free throw shooting
  - d. Lay-ups
  - e. Jump shots
  - f. Bounce passes
  - g. Chest passes
  - h. Dribbling
  - i. Other
4. The second part of the season will have 15 minutes of practice and then 2 – 15-minute halves, with a 5-minute halftime. The rules will be loose and called by the coaches. Scores are not important. You will play against the other team that is on your allotted time slot. Substitutions on the fly as needed.
5. There will be an Olympic Day the last week of the season. Those skills can be practiced the first 5 weeks and the first 15 minutes of each game week.
  - a. Around the world (TEAM)
    - i. Timed for 3 minutes
    - ii. Make it at a spot, then team moves to next spot. Miss and keep going in line until made.
  - b. Free Throws (TEAM)
    - i. Each player gets 2 shots (I will modify distance for age group)
  - c. Lay-Ups (TEAM)
    - i. Timed for 2 minutes
    - ii. In line count how many total
  - d. Dribble-Pass Timed competition
    - i. Dribble down a series of cones, then pass to next player
    - ii. Timed to see how long it takes the whole team
  - e. Awards

**\*\*\* RULES CAN BE CHANGED OR MODIFIED BY THE BASKETBALL COMMISSIONER AT ANY TIME\*\*\***