

BEGINNER LEAGUE RULES

PLAYING TIME RULES ARE TO BE FOLLOWED BY ALL COACHES

Beginner League Rules:

1. No stealing off the dribble, that means no reaching in while a player is dribbling. There is no reaching in when a player stops dribbling. The officials will loosely enforce the five second rule.
2. No press, man to man half court defense only.
3. Teach your players traveling and double dribble rules. Generally, these violations will not be called, but repeated violations or those that appear to be intentional may be called.
4. Each game consists of four five-minute quarters.
5. Each team has two timeouts per half.

Playing Time Rules

1. Each player must play at least two quarters. Always try to distribute playing time as equally as possible. Teams with more than ten players should distribute time equally over the course of the season.