

Radnor Youth Basketball League
Small Sided 3v3 Half Court - Recommended for Practices and Games
2nd and 3rd Grades

- Divisions:** 2nd and 3rd grades - Boys and Girls
- Baskets:** 8½ ft baskets (lower height recommended, if available), 12'10" Foul Line
- Games:** Half Court Option: 3v3 Game Recommended (practices) and part/whole season
2 simultaneous games - same clock / timer
- Start play from jump circle at half court (rather than top of the key)
Once the offensive team loses possession, the opposing team takes ball back to jump circle to become the offensive team.
After an offensive basket, the opposing team restarts play from the jump circle
At halftime each team switches ½ its players between the 2 half courts
- Full Court Option: Maybe 3rd grade; Can be 4v4 or 5v5; Maybe after mid-season
- Game Time:** 2 Halves – 20 to 30 minutes running time
Coaches are the refs and should blow the whistle for:
- Fouls
 - Ball out of bounds
 - Jump Ball
 - Violation (e.g. traveling)
- Turnovers should be limited – instruct on violations and give back to same team
- Players:** 3 players from each team are the “on court” players in each half court
OPTION: Sideline Players:
- 1-3 players from each team are “sideline” players in each half court.
 - Must stay out of bounds on side lines only.
 - 2 or more players should be different side lines (not under the basket)
 - May receive/make passes from/to “on court” teammate.
 - Cannot move on sideline while in possession of the ball.
 - Cannot intercept or block passes from the sideline.
 - May make inbounds passes along sideline.
- Subs:** Sideline players should be substituted for “on court” players
Substitutes come in every 2-4 minutes.
- Time Outs:** Coaches can call a time out at any time for instruction.
Take 1-2 breaks per half for water or a short rest, if needed.
- Playing Time:** All players should get roughly equal playing time.
- Foul Limit:** None
- Start Time:** Games should start *and finish* at scheduled game times.
- Violations:** 5 seconds for inbounding
5 seconds with ball to dribble/pass/shoot.
No lane violation

Calling Fouls & Violations: Contact fouls should be called somewhat tightly.

Do not allow the more aggressive players to control the game physically. The weaker players should not be overpowered by pushing, bumping, and reaching in by their opponents.

Call double dribbling, walking, free zone violations, as follows:

- If not blatant, do not stop play. (Tell the player to watch the walking, etc.)
- If blatant, blow whistle - stop play, explain violation and return ball to same team.

Please use discretion in calling and instructing.

Try to keep the game moving but don't let fouls and violations go unchecked. Remember, your purpose is to instruct and improve the players.

Free Zone: The free zone is intended to allow the offensive team a short time to set up. Free zone is from half court to the top of the key.

No defensive player may press, interfere, or obstruct an offensive player in the free zone until the ball has been advanced out of the free zone.

Passes totally within the free zone may not be intercepted.

When the ball is not in the free zone it may be intercepted. The free zone may not be used as a stalling technique.

Ball should be advanced out of the zone within 5 seconds.

Once the ball is advanced past the free zone and an offensive player retreats back to the zone, the defensive player may follow and defend in the free zone.

The free zone also applies for offensive throw-ins.

Score: No official score is kept. Scoreboard may be used to keep time but not the score.

INTRODUCTION

The Radnor Youth Basketball League was formed in late 1989 under the sponsorship of Radnor Township's Parks & Recreation Department. The inaugural 1990 program had a roster of 120 boys and girls ages 9-11 on 12 co-ed teams in two divisions. The program has grown to as large as 1,300 players in grades K to 12. Radnor Youth Basketball (RYB) was established as an independent non-profit entity in late 2016 (501c3) and has been running the RYB programs since winter 2017.

The league's younger clinics and leagues use 8½ foot baskets through 3rd grade and play under modified school basketball rules. This coach's manual contains information on league policies and rules. Every coach should be familiar with it. Your volunteer efforts to coach these kids is sincerely appreciated. Without you we could not have a basketball league for our children.

Your comments and suggestions for improving the program are welcome. We hope you enjoy the program.

LEAGUE GOALS & OBJECTIVES**TEACH KIDS BASKETBALL**

The league's primary objective is to teach kids fundamental skills and proper techniques. Small size teams give us the opportunity to demonstrate effectively and reinforce these skills through small half court drills and full court scrimmages depending on grade level. Weekly practices allow teaching time throughout the season without game time pressures.

TEACH FAIR PLAY IN COMPETITION

League games are intended to give kids the real sense of playing basketball. These games are competitive, but should not be to win at all costs. There are no "first place" trophies. We want the kids to try their best and have fun whether they win or lose.

DEVELOP TEAM SPIRIT & GOOD SPORTSMANSHIP

Good team spirit and sportsmanship are always admired but not easily taught. We must strive to give these kids a sense of team, a key element of this sport, while we consciously set the best examples of good sportsmanship that we can.

ENCOURAGE EACH & EVERY CHILD TO BE THEIR BEST

This league is mainly a recreational program. The kids don't have to make the team or get drafted. Consequently, the talents and skills of teammates will vary considerably. It's the coaches' job to encourage all players and recognize their efforts. Remember, by ignoring less talented kids you are hurting the team and the child. We want each kid to feel good about his or her efforts whether or not they are a good player.

ENCOURAGE EVERYONE TO ENJOY THEMSELVES

We can have a lot of fun with this program. *This is not the place for disputes and controversies.* We want the players, coaches, referees, timekeepers, scorekeepers, and spectators all to enjoy the games. You have an obligation to keep things upbeat and positive. Your visibility is heightened due to the closeness of playing inside a gym. Remember, you want to have fun too.

LEAGUE GUIDELINES ON COACHING

The league has established a few recommendations involving the selections and assignment of coaches. These guidelines are intended to keep the program well balanced and to keep the competition friendly.

1. League officers will select and approve all volunteer coaches.
2. League officers are permitted to coach.
3. All adult coaches must submit background checks – *REQUIRED BY STATE LAW* (good for 5 years)
4. HS student coaches who are under 18 years of age must be supervised at all team events by a registered parent of a player or a student coach and attend training offered by the league.

For Grades 4 and above:

5. Head coach for more than one team in the same season is discouraged due to scheduling conflicts.
6. Head coaches are permitted to select one assistant coach (volunteers may be needed for another team).
7. Coaches are discouraged from coaching together for consecutive years (to avoid stacking a team).
(Exception: Coaches not associated with a particular player.)

COACHING POLICIES AND GUIDELINES

Our prime focus is the teaching and enjoyment of basketball for kids. Each coach must consider the significant impact that he or she can have on the children and spectators. The players should respect the coaches and the coaches must work to maintain that level of confidence and trust.

This league is committed to avoiding coaching excesses sometimes seen in youth sports. Therefore, all parents and coaches must monitor their conduct consistent with our goals and objectives. Please abide by the following policies:

1. Concentrate on the teaching of basketball fundamentals as your prime responsibility.
2. Foster team play and develop proper competitive spirit.
3. Restrain efforts to outcoach the other coaches in favor of helping them.
4. **NEVER** forget that the children are sensitive to your every word and action.
5. **NEVER** argue with the other coaches.
6. **NEVER** yell at or argue with the referees.
7. Handle disputes among coaches and/or referees quietly and to the side. Remember, however, the referees' decision is final.
8. Do not allow taunting of players by players.
9. Do not allow displays of temper by players.
10. Refer any unresolved disputes among coaches to the league officials.
11. Remember that while winning is a prime object of the game, the emphasis on instruction and enjoyment of the game by all participants and spectators is paramount.
12. Never embarrass anyone including yourself.
13. Remember that your conduct sets precedent for the players and other coaches.
14. Give every player a chance to develop and improve, especially for those players whose skills or athletic abilities are lower than average.
15. Give all players equal playing time. Spread the game time among all members of your team. Substitute all players from the bench mid-way as provided in the league rules.

RYB's Code of Conduct and No Tolerance Policies are in full effect for the entire season – both on and off the court. These apply to coaches, players, parents, and spectators.

Anyone who violate RYB policies and guidelines can be warned, ejected, suspended, or banned.

COACHES RESPONSIBILITIES

In addition to being good instructors, teachers and leaders, coaches should:

1. Know the league's rules, policies, guidelines and the coaches' and referees' responsibilities as described in this manual and as discussed and agreed at coaches' meetings.
2. Make sure that one or more coaches are managing your team during every practice and game.
3. Keep track of all your players during practices and games and see that every player gets picked up after the sessions. (No players should leave the gym without your knowledge.)
4. Set up, take down, store equipment and lock any doors or equipment as instructed.
5. Make sure gyms are left clean and in good order. Keep food and trash out of the gyms and ask people to take food and drinks out of the building.
6. The coaches for the last game must store equipment, as may be needed, and clean up any trash. Report any problems immediately to league staff or a league officer.
7. Provide one referee (coach or parent) from your team to referee your team's game (Trained refs are assigned for grade 4th and older.) Parent-referees must bring their own whistles.
8. Line up a scorekeeper and timekeeper, if needed, in advance to avoid delay of games.

PARENT-REFEREES RESPONSIBILITIES

Referees have a very important role in this program and this is one reason that we have coaches rather than teenagers as refs for games at younger grades. As an official, you and the other referee are in charge of running the game. You should check the clock, control when substitutions are made, and whistle assertively on fouls and violations.

All contact fouls should be called tightly. Do not allow the more aggressive players to control the game physically by fouls. The weaker players should not be overpowered by pushing, bumping, and reaching in by their opponents.

In the 3rd grade divisions during the first half of the season (first 5 games), referees should call double dribbling, walking, free zone violations, lane violations and back court violations as follows:

If not blatant, do not stop play. (Ref should tell player to watch the walking, etc.)

- If blatant, blow ref should whistle to stop play, explain violation and return ball to same team.
- If blatant violation is repeated by same player shortly after explanation, ref should blow whistle to stop play and turnover the ball to the other team (throw in from the side).

Refs should use discretion at the 4th grade level for the first half of the season. Refs should keep the game moving but not let fouls and violations go unchecked. Our purpose is to instruct and improve the players.