

Basketball 4v4 Rules

Revised 11/30/18

Basketball Game Day Instructions

- Games are six (6) periods of seven (7) minutes each with a running clock at all times. Quick substitutions take place between periods.
- Warm-up shooting is allowed before games and at halftime.
- Pre-Game Player Introductions start at game time – Players run onto the court when coach calls out name (on microphone with background music).
- Pre-Game Team Meeting with Referees/Coaches prior to the start of each game to emphasize rules, substitution pattern, & reminder to work together so all players have a good experience.
- Coaches who are not refereeing must stay off the court during the game.
- Clock operator is in charge of time and scoreboard countdowns to keep things on schedule.
- Coaches will be the referees. The intent is for coaches to encourage, teach, and manage the game better as referees than they normally could over on the sideline. Coaches will get a good view of what should be called and how to manage the game.

Pre-Game Details

- Make sure you have your substitution pattern (A, B, C, D) ready before game time to show to the opposing coach (coaches may agree to make some last-minute changes).
- During warm up time (usually about 10 minutes), hand out wristbands for starting players. When buzzer goes off, be ready for pre-game player introductions.
- Be prepared to introduce your players using a microphone with background music (players love this so feel free to “hype” it up by using nicknames). We’ve found it is better to have the coaches introduce their own players versus trying to recruit at PA announcer to announce everyone.

Post-Game Details

- Coaches should always initiate post-game handshake with opposing team.
- Coaches should lead a short post-game encouragement time in the lobby or outside (mention or give awards for Offensive Players of the Game, Defensive Players of the Game, and the Fantastic Play of the Day). Please leave the court to make room for the next game.

Playing with Purpose & The Legacy Story

The good or bad deposits we make each day define our legacy. The concepts below should help us teach players how to build a positive and lasting LEGACY.

- **Little Things** – everything is connected and matters to God including sports
- **Example** – all of us are an example to someone (positive or negative)
- **Glory** – are we participating to gain glory for ourselves or for God
- **Awareness** – understand what is going on inside us and around us
- **Control** – we can’t control the outcome of a game but we can control our attitude and effort
- **You** – putting the needs of others above your own

Division Breakdown

- Naismith (2011-2012)
- Wooden (2009-2010)

Basketball Sizes

- Naismith --- 27.5 (youth, size 5)
- Wooden --- 28.5 (intermediate, size 6)

Goal Heights

- Naismith --- Eight (8) Feet
- Wooden --- Nine (9) Feet

Players on the Court: 4v4 Side Court (max of 8 players per team)

Game Time: All games consist of six (6) periods each being seven (7) minutes long with a running clock.

Substitution System: We've adopted the Upward Basketball system. See detailed explanation at the end of this document. In summary, every player must play at least three (3) full periods of the game and cannot sit out for two (2) consecutive periods.

Bad Call Rule: Coaches must learn not to argue any referee calls, but instead to use a "bad" call as a learning opportunity for his/her team and to focus on the next play down the court.

Referee Calls: Our goal is for every player to be developed to reach their potential on and off the court so the calls by the referee/coaches may vary in strictness from player to player but there must be a clear teaching of the right way to do things even if a "travel" or "double dribble" is not called for a specific reason.

Timeouts: There are no timeouts.

Backcourt Press: No full-court pressing, guarding, or stealing in the "backcourt" is allowed. Tape marks on the floor will be used to create a "defensive zone" (defense must wait for their player to enter the zone before guarding them). Loose balls may be picked up by the defense in the backcourt.

One Shot Rule: The primary goal is for each team to get a minimum of one shot during each possession. While this rule cannot be fully enforced (turnovers, bad passes, etc. will happen), the defensive team can adjust accordingly (especially if the game is somewhat lopsided).

Stealing

- Naismith --- No stealing of the ball off the dribble
- Wooden --- No stealing of the ball off the dribble unless both coaches agree before the game begins to give it a try during the second half. Since many players still have trouble controlling their dribble, allowing stealing off the dribble makes it extremely difficult for a team to get off a shot every possession and usually disrupts the game flow.

Fouls: If a player receives two (2) fouls in one period, he will be taken out of the game for the remainder of the period immediately following the second foul. No other penalty will be assessed. Upon returning to the game in a new period, the player will start back at zero (0) fouls. If a single player continues to have trouble with constant fouling, further measures may be deemed necessary to help the player understand how to play proper defense (less fouls in a period, sit out longer, etc.).

Free Throws: No free throws will be taken

Switching Directions: Teams switch directions (baskets) after half time.

Wristband Matchup System: This system should be used when playing man-to-man defense. The goal is to matchup players of equal ability. Color order will be determined at the beginning of the season based on what is available (red is usually best player, white is weakest player).

- Players must guard the opposing player wearing the same color wristband
- Players may only block the shot of the opposing player with the same color wristband (be a wall with hands up against other players)
- When stealing is allowed, players can only steal the ball off the dribble from the opposing player with the same color wristband
- No double teaming the player with the ball

EXCEPTIONS --- On a fast break and in the paint area near the basket, defensive players are able to stop the offensive player with the ball even if he/she is not wearing the same color wristband (still no blocking the shot of a player with a different color)

Defensive Guidelines: Man-to-Man defense only. Defensive players must stay in the "defensive zone" to give the offensive team an opportunity to move the ball closer to the basket before being contested. However, once the ball crosses into the "defensive zone" defenders are permitted to guard outside the zone if offensive players begin moving in and out of the zone.

Offensive Screens/Picks: Ball Screens/Picks are not allowed so defensive players can guard their designated player at all times (the reason for the wristband system). Off the Ball Screens/Picks are allowed but must be done properly. Most players at this level do not fully understand all that is involved with screens/picks since there are four players involved (screener, person being screened for, both defensive players). Coaches need to call "moving screen" fouls so the players can learn and the offensive is not gaining an advantage.

Keeping Score: The score will not be kept so coaches, players and fans can focus on player development versus winning/losing.

Lane Violations: Three (3) seconds in the lane will not be called.

Stalling: There is no specific shot clock, but players may not stall to cause the time to run out on offense. One warning is giving for stalling and then it would be an immediate turnover if stalling occurs again.

Black Hole Players: Players who are shooting almost every time down the court should be instructed to stop shooting (goal is for all players to have an opportunity to get an occasional shot). If a player continues to shoot, he can be taken out of the game in the middle of the period at the discretion of the Coaches, Referees, and/or League Commissioners.

Substitution Instructions

This System Helps Ensure

1. Every player will play at least half of the game
2. No player sits out more than one period at a time
3. Every player will have an opportunity to be in the starting lineup (if done correctly)
4. In most cases, players will play against other players of equal ability; the system is not perfect, missing players will tend to lead to unfair match-ups
5. Coaches are free from monitoring playing time for each player (especially their own child)
6. Playing time for all players is virtually even over the course of the season
7. Substitutions only happen between periods – no exceptions other than unusual circumstances

Creating Good Matchups

1. Be prepared with a potential lineup before coming to the gym and then be ready to make changes once you get to the field (bring a blank sheet along with the examples below). Last-Minute changes are often necessary for various reasons.
2. When both teams have the same amount of players, place players with similar abilities in the **same place** on the chart.
3. When both teams do not have the same amount of players, place players with similar abilities in **different places** on the chart allowing them to be on the field at the same time the most.
4. Players can be placed in different positions from week to week BUT try to make sure all players are getting the opportunity to play "extra" periods. At times, some players will play one more period than others during a single game (shouldn't be your best player every game).
5. This system is not perfect so keep that in mind when working with the opposing coaches to setup the best on the field matchups as often as possible.

8 PLAYERS

Player	1	2	3	4	5	6
A	1		1	H		1
B	2		2	A		2
C	3		3	L		3
D	4		4	F		4
E		1			1	1
F		2			2	2
G		3			3	3
H		4			4	4

7 PLAYERS

Player	1	2	3	4	5	6
A	1	4		H	3	2
B	2		1	A	4	3
C	3		2	L		4
D	4		3	F		2
E		1	4			3
F		2			1	4
G		3			2	1
H	OUT					

6 PLAYERS

Player	1	2	3	4	5	6
A	1	3		H	1	3
B	2	4		A	2	4
C	3		1	L	3	1
D	4		2	F	4	2
E		1	3			1
F		2	4			2
G	OUT					
H	OUT					

5 PLAYERS

Player	1	2	3	4	5	6
A	1	2	3	H	4	1
B	2	3	4	A		2
C	3	4		L	1	3
D	4		1	F	2	4
E		1	2		3	4
F	OUT					
G	OUT					
H	OUT					