



Port Orange Parks & Recreation

Rookie Basketball Rules



The Rookie basketball league is designed as a developmental basketball league. Our goals in this league is for each player to leave with 3 things: Making new friends, learning the fundamentals of basketball (passing, dribbling & shooting) and most importantly having FUN!

Rookie teams will have 6 practices and then will play 10 games during the season. Practices and games will be on Mondays & Wednesdays playing twice at either 5:30pm or 6:30pm start times.

- **Game:** games will consist of (4) 8-minute quarters. With 1 minute between quarters and 2 minutes for half time.
- **Clock:** Clock is a running clock.
- **Timeout:** None.
- **Refs:** Games will be refereed by the coaches. One coach from each team will be on the court with the players, calling the game and keeping the game moving.
- **Turnovers:** Will occur only on made baskets, ball going out of bounds, or if a player steals the ball from a pass or gets a rebound. No turnovers on double dribbling or carrying. It is the coaches job to stop their player from doing it wrong and correct the player (teaching moment).
- **Defense:** Can only be played inside the 3-pt. line. Players cannot reach across the line to pressure the dribbler, steal a pass or come across the line to grab a loose ball.
- **No stealing the ball from another player. Teach the players to stand in a 2-3 zone defense.**
- **Scoreboard:** We will keep the time on the scoreboard, however we will not keep score unless a volunteer parent from one of the teams want to run the scoreboard for fun. The Rookie league is it not about winning or losing, it is about having fun and learning how to play the game. Plus, there are no standings, so score does matter.
- **Team Spirit:** We would like to see every player score a basket sometime during the season and even each game if possible!
- **Awards:** Each player will receive an award after their last scheduled game.
- **Play time:** All players must play at least 2 quarters (half the game) each game.
- **Snacks:** Snacks are always a smart choice for after games.

Learning takeaways: If a player can leave the league saying they have learned or improved one of these takeaways, then it was a SLAM DUNK season.

- Dribbling (ball control)
- Passing (team work)
- Shooting (developing form)
- Made new friends
- Had FUN

Revised: 7/19/19