

Coaching Cheat Sheet

Point Chart	Free Throw - 1 pt.	Inside the arch - 2 pts.	"3 pointer" - 3 pts.
-------------	--------------------	--------------------------	----------------------

Full Court Defense

6U	No full court defense allowed at any time
8U	Full court defense is allowed the last 1 minute of each half. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)
9U	Full court defense is allowed the last 1 minute of each half. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)
10U	Full court defense is allowed the last 2 minute of each half. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)
12U	12 & Under - Full court defense is allowed the entirety of the game. (Exception if the point spread is 15 or more points, only the team trailing may play full court defense)

Timeouts: 4 Per Game *(Any point in the game once your team has possession of the ball)*

6U - Specific

4v4	Games played on a Half Court
Score is not taken	We use wristbands in this division as a visual for the children to know who to guard. We provide the wristbands for games.

Division Information

6U Coed	8U Boys/Girls
Ball Size: 27.5 Basket Height: 8'6" Game Length: (4) Six Minute Quarters Free Throw: No Free Throws Lane Violation: 5 Seconds	Ball Size: 28.5 Basket Height: 8'6" Game Length: (4) Six Minute Quarters Free Throw: 13.5 Lane Violation: 5 Seconds

Division Information	
10U Boys/Girls	12U Boys/12U Girls
Ball Size: 27.5 Basket Height: 8'6" Game Length: (4) Eight Minute Quarters Free Throw: 13.5 Lane Violation: 5 Seconds	Ball Size: Boys - 29.5 Girls - 28.5 Basket Height: 10' Game Length: (4) Eight Minute Quarters Free Throw: 15' Lane Violation: 3 Seconds

Home	Scoreboard	Away
Court		

Jerseys	
Home	Away
Home	Away

Playing Requirements
The coach is responsible to designate 5 starters (4 for 6U) for each game and to note these starters on the scoresheet. These five starters MUST play the entire first quarter. No substitutions are allowed (Exception: a player may be taken out due to an injury but must return to the game as soon as they are able to) All remaining players are automatic starters for the second quarter, and MUST play the entire second quarter without substitution (See exception above). If there are fewer than five remaining players to start the second quarter, only those players who played the ENTIRE first quarter are eligible for substitution.