



## **CROSSOVER BASKETBALL TRAINING**

[www.crossover-bball.com](http://www.crossover-bball.com)

### **Crossover Basketball Training Rules**

- Be dressed, ready and on-time for all practices and games. If you are going to be late, please call the Coach. If you are not able to attend a game or practice please call the Coach.
- Respect your team, team goals and present yourself with a positive attitude.
- No talking or bouncing the ball while the Coach is talking. When the whistle blows, everyone stops and listens.
- No leaving the gym without permission.
- Lying of any kind will not be tolerated.
- All players are expected to give 110% effort during practice and games.

### **Basic Youth Basketball Rules**

- Two teams each have five players on the court at one time.
- The basketball player equipment is quite simple. Players should wear comfortable basketball shoes, athletic socks, loose fitting shorts and a shirt or jersey.
- Each team tries to score by shooting the basketball through the hoop.
- The basketball dimension is 29 inches around. This size is modified for younger players and girls competition.
- The hoop is an 18-inch cylinder attached to the backboard and positioned 10 feet off the ground.
- The dimensions of the court vary depending on the level of competition. Typically, a youth basketball court measures 74' long by 42' wide.
- The basketball court has various markings which indicate certain game activities or restrictions. Some of the various basketball court markings are: Baseline, Center Circle, Free Throw Line, Midcourt Line and Sidelines.
- Each team tries to prevent their opponent from scoring by stealing the ball or blocking a shot.
- The ball is moved down the court by either passing it to a teammate or dribbling it.
- The game continues until a basket is scored or the ball goes out of bounds. The opposite team would then gain possession of the ball.
- The length of the game depends on the level of competition. Youth leagues typically play two twenty minute halves, often with a running clock. From the junior high level through the varsity level, four quarters are played each lasting eight minutes.

## **Youth Basketball Rules - Violations**

- Play stops on all rules violations.
- The opponent gains possession of the ball after a violation.
- Some of the more common ballhandling violations are: Charging, Double Dribble, Over-and-Back, and Traveling.
- Some of the more common time violations are: 3 seconds in the lane, 5 seconds in possession of the basketball, 5 seconds on an inbound play, and 10 seconds in the backcourt with the basketball.

## **Youth Basketball Rules - Fouls**

- Play stops on all fouls.
- A foul is committed when a player initiates illegal contact with an opposing player.
- Fouls are committed by both offensive and defensive players, but more commonly by a defender.
- After a foul is committed and depending on which type of foul it is, one of two things will happen: a. The opposing team gains possession of the ball, or b. The fouled player shoots free throws.
- Some of the more common fouls are: Blocking, Charging, Holding, Illegal Screen, Over-the-Back, Reaching In, Shooting Fouls, and Tripping.
- Some other fouls that are sometimes committed are: Flagrant Fouls, Intentional Fouls, and Technical Fouls.

### **By learning and understanding the rules of basketball...**

- Players will be much more effective on the basketball court. They will be able to understand and communicate better with their coach and teammates.
- Parents will have more knowledge about the game and how it's played. They will be able to help their child understand the game better as well.
- Coaches will be more effective at coaching and teaching their players. They will also gain more confidence in their coaching ability.