

EPBBA Rules Summary

Kindergarten In-House

Created November 1, 2015

League Overview:

- This is a 3 vs. 3, non-scoring league with intra-squad half-court scrimmages
 - The Coaches will manage the scrimmage time and player rotations
 - Equitable playing time for each player, with a goal of letting each player taking a shot
- We play with 8 ft. rims and junior (27.5") basketballs
- Man to man defense (no zone and no double-team); no defense in the backcourt
- Fouls, traveling and double dribble will be enforced with positive, corrective instruction all season
- No Individual awards shall be provided or presented by coaches or parents.

Practice Schedule:

Refer to K-3 Coaching Handbook for additional details

Practice 1 & 2 – Introduce Basics with Drills (35 minutes) and fun Games & Contests (25 minutes)

Practice 3 & 4 – Introduce Team Offense & Defense (10 minutes each) followed by Drills (20 minutes) and fun Games & Contests (20 minutes)

Practices 4 through 8 - Reinforce Basics with Skills, Contests, Team O&D (30 minutes) and then 3 vs. 3 half-court intra-squad scrimmage (30 minutes)

Practice 9 & 10 – 3 vs. 3 half-court intra-squad scrimmage (60 minutes)