U10 GAME RULES 2018

Indoor non-marking running shoes and team uniforms (provided by the league) must be worn for all games. Jerseys must be tucked in. Wearing jewelry is not allowed (exception-medic alert bracelets).

• This is a teaching -type of program and the rules and skills of the game are progressively taught (A program binder is provided to each coaching team) Until Christmas Break

• Full court or half court gym size with 10 foot basketball nets and size 5 basketballs.

• First hour is instruction and second 45 minutes is a game.

• Five on Five play. Games can be Four on Four if mutually agreed upon by the coaches.

• Coaches are to keep time and players substitution every 4 minutes for a total of 8 segments.

• Man-to-man defense is strictly in the half court. As soon as a team has possession, the defensive team retreats to their half of the court.

VEMBL is very strict about our Fair Play Rules and coaches are to ensure that playing time is shared equally. No player may be played greater than one shift more than any other player at any time during the game.

• Aggressive play is not permitted.

• No scores are kept, and coaches and parents are encouraged not to place emphasis on winning and losing.

• If a foul is committed, the referee will blow the whistle and will stop play and explain the foul/ to the entire group; the ball is then given out of bounds to the team on which the foul was committed.

• If a violation occurs, the referee will blow the whistle, stop the play and explain the violation to the group.

Over and Back and 3 in the key are not called.

Prior to Christmas Break, referees are to warn players about double teaming. After Christmas, double teaming will be called, and possession will be awarded to the other team.

• Shooting mats will **NOT** be used.

• Maximum baskets per player are **5** to be monitored by the coaches.

• Four dribble rule is **NOT** in effect.

THIS IS A DEVELOPMENTAL DIVISION. FLEXIBILITY REMAINS NECESSARY FOR COACHES NEEDING TO SPEAK WITH THEIR PLAYERS FOR TEACHING PURPOSES