



City of Orangeburg Parks & Recreation Department

4&5 year old Cub League & 6&7 year old Fun League Basketball By-Laws

These are non competitive leagues; we DO NOT keep record of any game. All games will be play on Saturday mornings and some Wednesday evenings at the City Gym. The purpose of this league is to teach the kids **basketball fundamentals** thirty (30) minutes prior to each game and have them apply it in a real game scenario.

1. Each team will start with a 30 minute practice, and then play a regular scheduled six (6) minute quarter game after each practice. Each game will consist of four (4), six (6) minute quarters.
2. Halftime will last four (4) minutes.
3. Each team can **ONLY** play a half court man to man defense or a zone defense. There will be no full court press.
3. There is no overtime in this league.
4. One (1) Certified Official will ref each game.
5. Each team will have four (4) time outs per game.
6. Each player must play a minimum of five (5) minutes per game. Failure to do so will result in a forfeit. However, **players who miss practice or misbehave at practice may be benched and the required time of play will be waived if the coach reports this to the building supervisor, scorekeeper, opposing coach, and parent/guardian before the game.**
7. Any player or coach ejected from a game must sit out the next game. If it occurs a second time, the player or coach will be suspended for the remainder of the season.
8. All participants will wear only city issued uniforms.

Basketball Fundamentals

1. DRIBBLING

- 1) Push Ball With Fingers
- 2) Head Up
- 3) Lower Dribble When Closely Guarded
- 4) Body Between Defender and Ball
- 5) Use Both Hands
- 6) Elbow Close to Body

2. PASSING

- 1) Eye Contact
- 2) Crisp Two Handed Pass
- 3) Pass to Target - Outside shoulder
- 4) Step to Receive

3. SHOOTING

- 1) **Lay – Ups;** Off The Back Board, Concentrate, Jump off the Left Foot for a Right Handed lay-up, Vice Versa.
- 2) **Jump Shot, (One Handed);** Elbow In, Release Ball Up - Not Out, Wrist - Finger Flip with fore finger being last to touch the ball, Eyes on the Spot over the Front of the Rim.

4. REBOUNDING

- 1) Block-Out (Between Man & Basket)
- 2) Flex Knees
- 3) Eye On Ball
- 4) Timing

5. OFFENSE

- 1) Eye On the Ball
- 2) Don't Force Shots or Passes
- 3) Shoot if Open
- 4) Put Offensive Rebound Back Up
- 5) Get Back Fast on Turnovers

6. DEFENSE

- 1) Eye on the Ball
- 2) Between Man and Basket
- 3) Never Rest on Defense
- 4) Hands Up
- 5) Slide, Don't Cross Legs

