

LITTLE DRIBBLER PROGRAM

The Little Dribbler Program is for students in grades 1-4. The overall purpose of this program is for students to have fun while developing basketball skills, teamwork, a sense of community spirit, and to foster physical fitness a part of the overall educational mission of the PAL. The PAL Little Dribbler Program is an instruction based, recreational program.

LITTLE DRIBBLER DIRECTOR

The director is a member of the PAL Commission and is in charge of the entire Little Dribbler Program. He/She is responsible for implementing the policies of the PAL Commission. The director reports directly to the Commission and the Catholic School Department.

GENERAL RULES AND GUIDELINES

1. All Catholic schools within our diocese and members of the PAL who have this program must follow the set mission and guidelines of the PAL. All coaches must adhere to the guidelines and policies set forth in this document including training, blood borne pathogens, fingerprinting, etc. All Little Dribbler Program coaches must attend the preseason meeting.
2. The Little Dribbler Coordinator is accountable to the athletic director and principal.
3. A school will field 8 separate teams divided by grade and gender, 1st grade boys, 1st grade girls, 2nd grade boys, 2nd grade girls, 3rd grade boys, 3rd grade girls, 4th grade boys, and 4th grade girls.
4. Each team has use of the court for a one-hour period, including warm ups.
5. Rules and modifications for 1st and 2nd grade.
 - a. Lowered baskets (8 to 8 1/2 feet) and a junior size, 27.5 inch basketball shall be used.
 - b. The court hour is broken up into as many five-minute periods as possible. A new group of five players must be substituted every five minutes. If there are less than ten (10) players on the team, all the players that are on the bench must be substituted in.
 - c. There is no tracking of score, either by a scoreboard mechanism, coaches, parents or players.
 - d. Coaches from both teams should meet with the referee(s) before each game to discuss guidelines.
 - e. All rules violations during play result in the offensive team retaining possession. Play will resume with a sideline inbound at mid-court.
 - f. On a ball out of bounds, the ball will be awarded to the team that did not touch the ball going out of bounds and will be inbounded from the spot that it went out of bounds.
 - g. Each participating school must provide a referee. Coaches are allowed to both coach and referee. Coaches may be on the floor.
 - h. Coaches should do their best to give all players at least one opportunity to score in every game.

i. Teams do not wear official uniforms. The attire would be their P.E. uniform or something similar.

j. All 1st grade teams, boys and girls, will play a zone defense. The defense will be a 1-2-2 alignment with one player between the top of the key and the free throw line, one player on each elbow, and one player on each block. Host school is responsible for marking the defensive spots with tape or a in similar manner. Defensive players may take one step from their defensive spot in any direction.

i. No reaching in – defense may not steal the ball from a player with the ball. Defense may steal passes within the player's one-step defensive zone.

ii. No double teaming at any time.

iii. Defense may leave their spots to rebound

iv. Defense may leave their spots to pursue loose balls.

h. All 2nd grade teams, boys and girls, will play a 1-2-2 defense. All defensive players must remain inside the 3 point line at all times.

i. No reaching in - defense may not steal a ball from a player with the ball.

ii. Defense may steal passes.

iii. No double teaming at any time.

iv. Shot blocking is allowed provided that the defensive player's arms are straight up and the ball has left the shooter's hand.

6. Rules and modifications for 3rd and 4th grade.

a. Regulation basketball rules. Basic basketball rules will be adhered to with certain exceptions.

b. Regulation 10 foot baskets and a junior size 27.5 inch ball shall be used.

c. An official will be scheduled for each game through the PAL assigning process.

d. Man to man defense is required at all times within the half court of the offense.

i. No double teaming at any time.

ii. No pressing at any time.

e. Game length

i. The game will consist of four quarters: Each quarter will be 10 minute running time. The clock will stop on any time-out or player injury.

ii. 30 seconds in between quarters and a two minute half time.

iii. Games must start promptly at the top of the hour.

iv. Games must end promptly at five (5) minutes before the hour.

f. Substitution

i. Play will be stopped, when appropriate at the five minute mark of the quarter. A new five players must be substituted at this time. If there are less than ten (10) players on the team, all the players that are on the bench must be substituted in.

ii. A new five must be substituted at the beginning of each quarter.

g. Time Outs

i. Each team will have two (2) 30 second time outs per half (no carry over)

- h. Foul modifications
 - i. The free throw line mark used will be the official PAL JV Girls mark unless the player wishes to shoot from the regulation free throw line (player's choice).
 - ii. A player fouled in the act of shooting will be awarded one point and must shoot a free throw for the other point.
 - iii. If a player is fouled in the act of shooting and makes the basket, the team will be awarded two points for the basket and one point for the foul. There will be no free throw in this event.
 - iv. All other common fouls will result in the ball out of bounds.
- i. The host team will provide a scoreboard and an official scorekeeper.
 - i. Scorekeeper will keep track of individual player fouls and players can foul out.
 - ii. Team fouls will not be kept. (See bonus rule above.)
- j. Uniforms
 - i. Teams are encouraged to have shirts with a number.
- k. Mercy rule
 - i. When one team goes in front by 10 points, play continues but baskets made by the leading team do not increase the margin. In other words, neither team can build up a lead bigger than 10.
- l. All other rules will follow the same rules as PAL/High School Federation.

Update: Nov 20, 2013