

## FIVE-STAR BASKETBALL CAMP

### GAME RULES

1. Teams are split into two units of five players, with your **BEST FIVE** playing together in the **2<sup>ND</sup>** and **4<sup>TH</sup> QUARTERS** and your **OTHER FIVE** playing in the **1<sup>ST</sup>** and **3<sup>RD</sup>** quarters. This is by design so that the best players in camp will play against each other. Clearly understand that you **DO NOT BALANCE THE UNITS!** If a team has only nine players, then the coach may designate a **HORSE** to play with the other unit. However, no player may play more than three quarters.
2. Substitute only for **foul trouble, injury** or **discipline**. Foul trouble is defined as four fouls in the first half. If a 2<sup>nd</sup>/4<sup>th</sup> quarter player (one of the best five) needs a substitute, that coach may insert any 1<sup>st</sup>/3<sup>rd</sup> quarter player. However, if a 1<sup>st</sup>/3<sup>rd</sup> player needs to be replaced, **the opposing coach picks the player** to negate, as much as possible, any advantage.
3. **MAN-TO-MAN DEFENSE ONLY!** No zones or zone presses. No double teaming in the backcourt until the 4<sup>th</sup> quarter. You may double team and trap in the half court, but it **must** be out of a man-to-man scheme.
4. Games are played in **SEVEN MINUTE QUARTERS-STOPPED TIME**. The first overtime period is **THREE MINUTES**. The second overtime is played until one team **LEADS BY TWO POINTS**. Each team is allowed one additional time-out in overtime. We go to eight minute quarters in the playoffs.
5. **TWO (2) TIME OUTS – PER HALF – PER TEAM**. (No carryover – use ‘em or lose ‘em)
6. Shoot One-and-One on the seventh foul of the half and two shots on the tenth foul.
7. Coaches may walk the sideline from baseline to half court. Please do not cross half court unless absolutely necessary to make a teaching point. (Jim Psaras Rule)
8. **COACHES** are responsible to keep **ACCURATE CLOCK AND SCORE**. One coach keeps score and the other coach keeps the clock. Switch at the half. Please call out the time at regular intervals and call out your players names for the other coach when they score or commit a foul. **PLAYERS DO NOT KEEP SCORE OR TIME!** If there is a question about the time or the score, this should be handled in a professional manner by the coaches. We do not want kids involved in any controversy.
9. The winning coach should sign the score sheet and **GIVE IT TO YOUR COMMISSIONER**.
10. Coaches, please conduct yourselves as **PROFESSIONALS AT ALL TIMES!**