

Wayzata Girls' Basketball
3rd Grade Recreation Guidelines 2022-23 (updated October 2022)

The Wayzata Girls' Basketball Association (WGBA) desires to promote the participation and interest level in basketball for girls living in or attending a school in the Wayzata School District in grades K-12. Our mission is to improve the girls' skills, to develop an awareness of themselves and their capabilities and to foster a spirit of good sportsmanship and teamwork.

Players are expected to attend practices and games on time and should give their best efforts. Players must come to practices with a good attitude and expect to work hard. Players should also represent the community with pride and good sportsmanship.

We ask that coaches help players learn the fundamentals of basketball and to do their best to develop players to their fullest potential. Coaches must act responsibly and carry on the traditions of good sportsmanship and safety exemplified by the WGBA.

3rd Grade Rules that Apply All Year

1. Full court format (first half of season short direction, second half long direction)
2. Seven-minute quarters running time except for substitutions, free throws, timeouts/injuries
3. Sub players in at three-and-a-half minutes (not a timeout, have subs ready to keep the game moving). New players coming into the game should match up at half court.
4. Each team has one timeout per game (1 minute)
5. Half-time should be 3-5 minutes, based on referee's discretion
6. Each game starts with a skills competition per the details below
7. Game score will reflect skills points, plus running points for the games. Free throws are 1 point and baskets are 2 points. 3 pointers only if the 3 point line is marked on the court.
8. Both coaches are responsible for entering the game score into Sports Engine.
9. Half court person to person defense only, no zones are allowed but coaches should teach help-side defense so that when a defensive player is away from the ball they are off of their player in a position ready to help if their team mate gets beat.
10. Stealing of all passes is allowed in 3rd grade. If the offensive player is not dribbling the ball can also be stolen or tied up for a jump ball. Coaches should focus on teaching proper defensive stance, footwork and hand placement, shuffling and staying in front of their person while the offensive player is dribbling.

3rd Grade Rules for the First Half of the Year

1. Nine foot baskets
2. For 2022 season starting 5 on 5 (normally 4 on 4 to start seasons in 3rd grade)
3. Smaller court (shorter side to side direction in the gym)
4. Violations such as traveling and double dribble will be called and explained to players but they will be given another chance to start with the ball at the top.
5. Fouls will be called and explained to players (not tracked and there are no foul outs). For non-shooting fouls the offensive player will get the ball to start again at the top. Shooting fouls will result in free throws. Foul shots will be taken from the bottom of the circle around the free throw line (or 3 feet in, discretion of referees).
6. Out of bounds on the sidelines will be throw in's for the other team from that spot. Out of bounds off the defense under the basket will result in the offense getting the ball to start again from the top.
7. There will be no screens or picks allowed by the offense.
8. The defensive player can only steal the dribble when the offensive player gets to the lane area. Help defense is encouraged, but must help and recover or help and switch so that there is not a double team.

3rd Grade Rules for the Second Half of the Year

1. Ten foot baskets
2. 5 on 5 (starting the season 5 on 5 for 2021)
3. Full size court (longer direction in the gym)

4. Violations such as traveling and double dribble will be called and will be a turnover.
5. Fouls will be called and explained to players. For non-shooting fouls possession goes to the offense, taking it out of bounds near the spot of the foul. Shooting fouls will result in free throws. Foul shots will be taken from the bottom of the circle around the free throw line (or 3 feet in, discretion of referees).
6. Out of bounds on the sidelines will be throw in's for the other team from that spot. Out of bounds under the basket will result in a throw in from that spot. Teams will need to institute out of bounds plays under the basket. Simple box formation and screen up or screen across should be taught to the players.
7. Screening and picks will be encouraged and proper technique should be taught in practice.
8. Person to person defense only, no zones or double teams. Help defense is encouraged, but must help and recover or help and switch outside of the lane. A person with the ball inside the lane may be double teamed.

GAME FLOW:

- All games begin with the skills competition, where each skill competition is worth 1 point. If there is a tie both teams get 1 point.
 - a. Chest pass across the lane. Count how many persons touch the ball in 1 minute. A dropped pass will penalize the Team enough and so if it is touched it is counted.
 - b. Lay-ups from each side not just the strong side. 1 shot per player. If a team has fewer players, some players may have to run the drill twice to keep the number of players even. Start from right side.
 - c. Short shots from the low block. Each player takes a shot from each side. If a team has fewer players, some players may have to run the drill twice to keep the number of players even. Start from right side.
 - d. Dribbling: Teams line up at one end of the court and dribble down court with right hand and back with the left hand. If a team has fewer players, some players may have to run the drill twice to keep the number of players even. Each player must hand the ball off to the next player in line. The team with all players completing the drill first, earns the skills point for this competition.
- Start the game with the players from each team lining up in the middle of the court to know who they are guarding. Match up players by height and like ability/skill level as best as possible. Matchup again at each substitution. Game starts with jump ball.
- Rotate each player to a new position each time she is on the floor. All players should have played as many positions as possible by the end of the game.
- Each team must provide a **parent** at the scorer's table. These parents will be responsible for running the clock, and keeping the score.
- The winner of the game is the team with the most total points between skills points and game quarter points; i.e. the points on the board at game end.

Wayzata Girls' Basketball
3rd Grade Recreation Guidelines (cont')

The following is a list of **HIGHLIGHTS/FUNDAMENTALS** to remember as you go forward in coaching within the **WGBA Recreation program**.

- ❑ **Court Knowledge:**
 - Baseline
 - Top of the key
 - Free throw line
 - Half-court line
 - Lane
 - Block
 - Elbow
- ❑ **Offense:**
 - Pass and cut/screen (screens/picks start in Second half of season)
 - Pivoting / facing up to the basket
 - Dribble with a purpose
- ❑ **Defense: Teach proper footwork**
 - Person to Person
 - No traps, help on defense is allowed, but switch or help and recover
- ❑ **Dribbling Skills: Stress the importance of being able to dribble both right-handed and left-handed. Teach and stress dribble with a PURPOSE.**
 - Right hand
 - Left hand
 - Crossover
 - Square-V
- ❑ **Passing Skills: Stress the importance of using all 3 types of passes below and adding movement after a completed pass.**
 - Chest pass
 - Bounce pass
 - Overhead pass
 - Introduce baseball pass
- ❑ **Shooting Skills: Teach proper form and correct bad form. Teach and stress "FOLLOW YOUR SHOT", don't stand and watch the shot.**
 - Lay-up
 - Jump stop and shoot
- ❑ **Other aspects:**
 - Pivoting
 - Fakes – cut to get open and after passing always cut
 - Boxing out
 - Picks and screens (NOT UNTIL JANUARY)

HAVE FUN!!

**BUILDING A STRONG FOUNDATION...WILL PREVENT
BAD HABITS FROM DEVELOPING AT THE YOUNG AGES**