



Futures Division Goals

- This a developmental division of youth basketball focused on teaching the fundamentals.
- Basketball skills, rules and strategies will be taught during the season.
- The girls will learn how to be competitive while still demonstrating good sportsmanship.
- Provide an equitable amount of playing time for the girls participating.
- Promote increased self-esteem among the girls.
- Provide a safe environment for girls to learn and play the game of basketball.

Futures Division Game Rules

- All games will be played on one half of the gymnasium located at the Pastore Youth Center in Cranston, RI.
- The games will be on the shortened full court made by splitting the gym in half and the side baskets will be lowered to 9' to encourage the development of a proper shooting form.
- All games will consist of four 8-minute quarters with a running clock. The exception is the final two minutes of each half when the clock will stop for all referee whistles. The clock will also stop for all time outs and free throws.
- Halftime will be 3 minutes.
- Games that are tied at the end of regulation will result in a tie.
- There are no playoffs in the Futures Division.
- Each team is given 3 timeouts per game. One minute thirty seconds each. There will be 1 timeout given to each team if there is overtime.
- A jump ball will start the first half only; after that we will go to alternating possessions.

- Players lined up on either side of the key are only able to enter the lane on a foul shot when the ball is released from the shooter's hand. The shooter, and anyone outside of the lane, must wait until the ball hits the rim.
- Man to man defense will be played the entire game.
- The defensive team will pick up man to man defense once the offensive player reaches the marked points near half court. This is only when taking the ball into the offensive end after made baskets and defensive rebounds.
- Once a team gains possession off of a rebound, the team that is now on defense has to drop back into their defensive end.
- There is no full court pressure defense played in this division at any time.
- There is no double teaming in this division at any time.
- Teams will consist of a max of 8 players and the games will be played 4v4.
- All players must play at least the equivalent of one full half or 16 minutes.
- While there is no A/B grouping of players in this division, we do ask that the coached matchup players based on even levels of talent and development.
- The game clock will stop every 4 minutes for substitutions. Play will continue until the next dead ball. At that point, all the players that are on the bench will be substituted into the game.
- If short players, coaches should ensure that 1 player does not play the entire game and that all players rotate through substitutions evenly.
- All coaches, parents and fans should recognize the importance of our league developing players and furthering the love of basketball, not the importance of winning games.
- Grouping players together with similar skill levels ensures that all players can learn at their own rate of development!!! WINS NEED TO BE DECIDED BY WHAT THE PLAYERS HAVE LEARNED, NOT BY THE ADVANTAGE OF SUBSTITUTIONS!!!
- Each player is allowed 5 fouls before fouling out of the game.
- Coaches are responsible for ensuring all members of their team practice good sportsmanship during the game. This includes but is not limited to supporting the referees and not making derogatory comments towards or about them, not allowing players to trash talk or make remarks towards other players and not running up the score on teams.
- Taunting or any form of physical abuse by one player to another will result in an ejection from the game. This will result in a one game suspension to be served in the next game the team plays.
- If a coach receives 1 technical foul in a game, they will be suspended for the next game. Per regular basketball rules, 2 technical fouls in a game result in an ejection from the current game. Three technical fouls in a season will result in the coach being removed from their coaching duties for the rest of the season. The point is clear: as role models and leaders we should never get to the point of having to worry about this rule.

Updated 09/25/2018