

VIRTUAL SECONDARY BASKETBALL RULES



ENTRY DATES & HOW TO ENTER

Document Version: **3**

Intention to Enter:	Friday 30th April 2021	i. Deadline for School Games Organisers to submit their ITE to London Youth Games via survey.
Submit Entry:	Friday 25th June 2021	i. Deadline for School Games Organisers to submit their school and relevant competition score.
LYG Publish Results:	Friday 16th July 2021	i. This date is when LYG will publish the London-wide results.

For schools competitions the School Games Organiser will co-ordinate entries. Entries are submitted online.

TEAM INFORMATION

Age: Secondary

Competitions

- U14 Female
- U14 Male
- U16 Female
- U16 Male

Likely School Year

Year 7 – 9
Year 7 – 9
Year 11&U
Year 11&U

SGO's can submit one entry per competition. The same group of students **cannot** represent the borough in more than one age group e.g. U14 and U16 Female.

Team Size: 8 (8 students scores submitted to LYG)

Although only 8 scores are submitted to LYG, we encourage as many young people to take part in the Basketball Drills as possible.

COMPETITION INFORMATION

Competition Intent : To develop different sport specific skills

Competition Format: For each competition schools will participate in 5 Basketball drills and record their scores. Scores for the top 8 students should be submitted. A average score for each drill will then be calculated for each school which will form a leader board against other schools. SGO's should submit their winning school to LYG.

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- Final Positions:** SGO's will submit their top scoring school (based on their average) onto LYG. This will form a London-wide leader board for each competition.
- Medals:** Top 8 pupils for the top 3 schools across London will receive Gold, Silver & Bronze for each competition

SUGGESTED SPACE, KIT & EQUIPMENT

We appreciate schools have varied provision, therefore the details of equipment and space below are suggestions. Schools are encouraged to use alternative resources if those listed below are unavailable to them.

Space: This competition can be held indoors or outdoors but should ideally be held within a space with Basketball court markings.

- Kit & Equipment:**
- Stopwatch
 - Basketball Hoop
 - Basketball
 - Cones
 - Basketball Markings (measurements are provided if unavailable)

SPORT SPECIFIC RULES

1. London Youth Games have worked with the London Basketball Association to provide a set of drills for secondary schools to complete and score in.
2. There are 4 competitions for London School Games Secondary Basketball:
 - U14 Female
 - U14 Male
 - U16 Female
 - U16 Male
3. Schools will need to complete the 5 drills outlined below and enter the top 8 students scores into the scoresheet provided.

BASKETBALL DRILLS:

Drill 1 One Sided Layups (Individual Challenge)

Starting on the right- or left-hand side from the elbow (4 metres from basket). You will have 30 seconds to make as many layups as possible. You will need to collect your own rebound, dribble back to the elbow and repeat.

Requirements:

- 1 x Stopwatch
- Basketball Hoop
- Basketball

Watch the support video [here](#)

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Drill 2 Dribbling (Individual Challenge)

Place cones in a line, 1 metre apart. You will have 30 seconds to dribble the ball in and out of each cone. You will count how many times you can go up and down. It will count as 1 when you arrive back at the start.

Requirements:

- 1 x Stopwatch
- 4 x Cones
- Basketball

Watch the support video [here](#)

Drill 3 Defence (Individual Challenge)

Place cones on the elbow corners (the edges of the free throw line) or **4 metres apart**. You will start at one cone. You will have 30 seconds to defensive slide back and forth between each cone. Ensure you touch the cone before sliding to the next.

Requirements:

- 1 x Stopwatch
- 2 x Cones
- Free Throw Line

Watch the support video [here](#)

Drill 4 Passing – Caterpillar (Team Challenge)

You will line up on each side of the key (**4 metres apart**) facing each other. The person with the ball will start on the baseline. They will then pass the ball to the person opposite them and then run to the end of the line. This is a continued passing drill. The aim is for the team to end up at the opposite baseline without dropping the ball (**if you don't have line markings a full-length court is 28 metres**). You will be timed how long it takes for the ball to get to the opposite baseline.

Requirements:

- 1 x Stopwatch
- Basketball
- Minimum 8 Players

Watch the support video [here](#)

Drill 5 Shooting 3,2,1 (Team Challenge)

Team will line up. The first shot is a midrange baseline shot (**4.5 metres from basket**). The player will get their own rebound, dribble to the opposite basket and attempt a layup. Collect their rebound again, dribble back to their original ring for a 3-point shot attempt (**6.5 metres from basket**). They then pass to the next in line and go to the back of the queue. They have to get to 21 as soon as possible.

3pt = 3pts, Midrange = 2pts, Layup = 1pt

The team should count out loud to keep track of the score.

Requirements:

- 1 x Stopwatch
- Basketball

Watch the support video [here](#)

Further information on all of the drills can be found [here](#) alongside a series of videos created by the London Basketball Association to support you with completing the drills.

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SCORING:

1. The top 8 students scores will form an average for each school per drill. The average for each drill will then be compared to other schools and form a ranking board. E.g. the school with the best score for Drill One will receive the most points.
2. The scoring details for each drill are listed above and on the additional resources created by the London Basketball Association. A score should be entered for each pupil on the [Basketball Scoresheet](#).
3. The school scoring highest across the 5 drills will then represent their borough and be submitted by the SGO to LYG.
4. In the case of a tie between two teams, the school with the best average (time) for Challenge 4 - Passing Caterpillar will win.
5. Schools will also be required to submit an [Participation Spreadsheet](#) to their SGO's to record all students that took part.
6. SGO's will be then required to submit an Overall Borough Participation to LYG by the deadline.
7. The overall winner for each competition will be awarded the 2021 Virtual LYG Secondary Basketball Champions.