

# **Hoops B4 Work**

## **Scrimmage Rules**

**\*Hoops B4 Work in this document will be referred to as HBW\***

1. The HBW facilitator will organise a small warm up, this may include jogging, and shooting, dribbling games will start 6.40am (depending on how many players leave their bed on time)!!!
2. HBW staff will organise teams according to playing position and experience.
3. Each Game will last 7min or 11min or first to eleven points.
4. First team will shot to start the game three throw or 3 point shot.
5. HBW believes that Free Throws makes Games! After the first game both teams will line up around the key both ends of the court and make 7 three throws as a team. Each team member will take 2 each with rebounders standing around the key. If you make both you don't run, if you make one miss one you run base line to base line. If you miss both you run baseline to baseline (REMEMBER THREE THROWS MAKES GAMES)!
6. HBW staff will check the teams are fair before beginning the second round.
7. The winners of the first game will stay on and play the next team, no team can win more than 2 games in a row.
8. Individual fouls will be called by the player and be taken from the top of the three point line. Where there is a dispute the facilitator will make the final decision.
9. Finish on time with 7.25am with do or die or killer. HBW staff will encourage players to stretch and cool down whilst playing the game.
10. Players who arrive late are advised to warm up before, taking part in the session. This is to prevent any injuries and ensures the body is ready to go!
11. Ensure players have a good time and take it all out on the court before going to work!!!