

Sharon Recreation Basketball A/B Rule

Revised: 11/28/18

The general purpose of the A/B rule is to provide the most competitive yet fair competition in each game.

- Labeling: Label the quarter, not the player. The A squad will play in the 2nd and 4th quarter and the B squad will play in the 1st and 3rd. You can alternate week to week if you want, just make sure both team's coaches meet before the game to communicate which squad will play first. In addition be careful of how you label the players; instead of saying "the A kids", you can say "1st unit or shift".
- Perfect scenario: 10 players. The A squad has 5 players, pre-selected by the coach, and B has 5 players, pre-selected by the coach. The players split playing-time evenly. BEFORE the game starts, both team's coaches share rosters. Coaches are advised to agree in good faith on the respective distribution of players between the two squads.
- Other scenarios: 7-9, 11-12 players. The **Bottom Up** approach will be used. Coaches are still responsible to use A and B squads. However, if you always consider the five TOP five available players as your A squad, then you create problems when you try to sub experienced players into the empty spot on the B squad. Instead, use your least experienced five players as your B squad first. From there you figure out how to sub UP in the A squad. As always make sure coaches meet before the game to communicate which players are A and B.
- Non-shooters, extra passes, etc etc. **Abolished.** Too much controversy and bias goes into this rule. Instead of saying an A cannot shoot, or has to pass 3 times, etc; simply make it a learning experience and the job of the coach to explain the situation. Sportsmanship, leadership, etc.