



HIGHER LEARNING BASKETBALL

CAROLINA FAST BREAK LEAGUE



How it works.

Carolina Break progression: 1 on 2 free throw, 2 on 1, 3 on 2, 4 on 3, 5 on 4 into 5 on 5 live game.

- Available to travel teams in current 3rd – 8th grade.
- Each game starts with 1 offensive player shooting a free throw and 2 defensive players in rebounding position.
- Each team has two even lines – one in each corner of the baseline.
- After the 1 on 2 (make or miss), the 2 rebounders go on offense to create a 2 on 1 fast break.
- After the 2 on 1, 2 new players from the defensive team step onto the court which becomes 3 on 2. The same process continues until 5 on 4
- After 5 on 4, one player from the defensive team joins (right corner) to create a live 5 on 5 game. Regular game rules apply.
- Each game is four – 6 minute quarters stopped time. 24 total game minutes.
- 10 seconds to take a shot once a team crosses half court. 1 offensive rebound allowed per fast break possession (additional 10 seconds).
- During the regular season, teams will play 2 games per night.

Where & When:

Friday Night Lights: June 4, 11, 18, 25 in North Kingstown, RI.

- Individual registration required but teams are formed by the travel head coach.
- Rosters must be submitted to the Director once registration closes.
- Free agents can register to join a team if there is an opening available.
- 2 games per night. 6 regular-season games plus a round-robin playoff format on June 25, 2021.
- All games are played on outdoor courts. The rain date is Sunday night of the same week.
- Coaches, parents, and players must review the Code of Conduct prior to the program.
- Game schedules will be released in the end of May.
- The champions of each grade level will be awarded dri-fit Carolina Break shirts.

Questions:

Please email Eric Simonelli: emsimonelli@gmail.com and visit the Fast Break Program tab at: <https://higherlearningbasketball.com/>