



1st -2nd GRADE BASKETBALL BOYS/GIRLS

LEAGUE RULES

This goal of this league is to develop fundamental basketball skills, teach team play, sportsmanship and introduce the players to game situations. Below lays out how the season is to be utilized. The purpose of 3 vs 3 is to have constant involvement and/or play by all participants (no sitting at all). Fundamentals are what we are trying to impose, within the boundaries of fun, so they do not develop bad habits that are very hard to undue. Thank you in advance for being a positive role model to ALL of the kids on the team and our community.

Weeks 1&2: Practice for 30 minutes and then scrimmage

Week 3/beyond: Practice 15 minutes, 3 vs 3 per below rules (four 8-minute periods)

GENERAL LEAGUE RULES

- Games will consist of 15 minutes of warm up followed by **4 - 8-minute periods** and a 5-minute half time
- There is a running clock for the game. The only time the clock should stop is for injuries, timeouts, and between periods. Otherwise, clock should continue running
- The rims will be set at **8.5 feet for 1st -2nd Graders** (can be raised as season progresses as decided by coaches)
 - *NOTE: if any kids cannot shoot this high, please adjust so it works. Lower does not mean inferior, it means they learn to shoot correctly*
- **28.5 balls** will be used for this league
- The team listed first on the schedule will begin the game with the ball at the top of the key and each possession will start there as well
- There are no free throws. There are no three pointers; all baskets shall be worth two points (if score was being kept)
- If a foul needs to be called: opposing team starts with the ball at the top of the key
- **No stealing off a dribble.** Players may attempt to steal off a pass or attempt to gain possession of the ball due to a loose ball or a mishandling of a pass by the offensive player. It is requested to **allow the first pass**
- Defensive players must stay within arm's reach of the player they are guarding
- Defensive switching is allowed on picks and screens. The non screened defender can help his or her teammate by temporarily switching until the teammate recovers to defend their offensive player. This is referred to as "help and recover"
- A defensive player may also help in the lane as long as they are in arm's reach of their defender.
- Coaches will referee their own games. Coaches are encouraged to place themselves on the floor to assist with the game

RULES – 3 VS 3 (WITH OUTLET PASSERS)

Purpose of this style of play is to focus on game play while at the same time maximizing the athletes time as the intent is to have nobody sitting the entire game. As teams are broken up it also allows for more individualized attention (again in game situations) to focus on fundamentals. For this reason, we expect to see coaches more likely to stop play to show corrections.

Coaches, please take the time to encourage passing, fundamentals and proper shooting techniques as best as you can.

Per above “General League Rules”, including the following:

- Coaches will split their individual teams for each game where 1/2 will play another team’s 1/2 using both hoops on the court
- Teams will play 3 vs 3 with the emphasis on fundamentals, constant play and ultimately fun (the intention is nobody sits out) **--15-minute warmup/practice skills**
- **4 - 8-minute periods** consisting of substitutions every 4 minutes throughout each quarter (unless coaches feel otherwise)
- Game will always start with a pass from the top of the key. This is start of game or any turnovers. Player may dribble to pass but the intent is NOT to shoot before passing at least once.
- 1st team listed on the schedule will switch sides at half time which will consist of 5 minutes for drinks, etc.
- 1-2 minutes between each quarter will allow “quickly” for drinks
- Additional kids will be used at **side outlet passers only**. The intent is to be a relief passer at the 3-point line, for all time offense
- Point guard shall pass the ball in on each play from the top of the key
- *Note: The purpose of this format is to create continuous play and to emphasis fundamentals of basketball while at the same time having fun.*

For example, if there are two teams (Team A and B) with 10 kids each it will run as follows:

- 15-minute warmup with entire team at your respective side
- Coach from each team will split their team in 1/2 (5 players/team)
- One group from Team A will play one group from Team B on one half of the court and the other group from Team A and Team B will play on the other half
- Teams will play 3 vs 3 utilizing the additional players as full-time offensive passers (outlet passers)
- Coaches will rotate the outlet passers in approx. every 4 minutes
- At the end of each quarter there will be a 1–2-minute break for water
- 2nd quarter ran the same as 1st
- Half time will be 5 minutes where Team A will switch sides to play other players (Team B would stay in place)
- 3rd and 4th quarter will run the same