

## 1<sup>st</sup> Grade Rules – Boys & Girls

**BASKET HEIGHT:** 8 Feet

**TEAMS:** Play is 4 on 4 crosscourt

**CLOCK:** 8 minute quarters. Running clock; stopped half way through each quarter for substitutions.

- 1 minute break between quarters. 3 minute half-time.

**BASKETBALL SIZE:** standard youth ball

**TIME OUTS:** 4 (2 per half) should be used at mid-way point for quarter substations.

**FOUL SHOTS:** Short Foul Line. No Foul shots during game for fouls.

- Each player will shoot two foul shots at the end of the half. Added to score board. (so kids can see score change if they make the basket)

**DEFENSE:** Zone - keep 1 foot in the Key. Let the offense pass the ball and get shots off. Once the shot is taken - defense can leave the zone to get the ball, or when the offensive player enters the key.

When defending team wins a rebound the other team must retreat back to their own zone to defend.

- In the event of a 'tie-up' there are no jump balls – Possession will be handed to each team on an alternate basis.
- There is no stealing or stripping of the ball only inside the key.
- Teach kids to keep their arms straight up and not over the shooting player.
- We are trying to give the kids an opportunity to move the ball around and score. (try to make attempt to pass the ball 3 times before a shot is taken.)
- Defense must drop back past half court to allow the other team to bring the ball up.
- There will be no 'fast breaks – this will allow teams to fall back into their own half/zone per the 'Defense' section
- A player must be allowed to inbound the basketball without obstruction. All defensive players must stand back at least 3 feet.
- Try to limit traveling and double dribbling. As season progresses this should be called as violations.

**SCORE:** Score will be kept for each basket made.

**SUBSTITUTIONS:** Each player must play at least half a game and substitutions will be made at mid-point of each quarter only.

**START OF GAME:** Games will begin with a team being handed possession at the center mark and passing the ball off to a team mate.

- No Jump balls.

**OTHER ITEMS:**

- One coach from each team will be on the court to instruct and referee the game. Please use both roles as an instructional opportunity to teach your player both the skills and the rules.
- At half-time the teams will switch baskets/ends.