

1st Grade Rules – Boys & Girls

BASKET HEIGHT: 8 Feet

TEAMS: Play is 4 on 4 crosscourt

CLOCK: 8 minute quarters. Running clock; except at the half-way point of each quarter for substitutions.

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

BASKETBALL SIZE: standard youth ball (junior = 27.5")

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

FOUL SHOTS: Short Foul Line (i.e. red line located 10ft from backboard).

- Each player will shoot one free-throw at the end of every quarter (except the 4th) and made baskets will be added to the scoreboard (players do not attempt free-throws for any fouls during live play).

DEFENSE: Man-to-Man – If possible, please try and match players of equal level. There is no stealing off the dribble; however, players may intercept passes.

When defending team wins a rebound, the other team must retreat back to their zone to defend. Defense cannot pick-up until the offense crosses over center mark.

- 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 while a player is dribbling. Allow all players the opportunity to be the point guard a minimum of once per game.
- 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 promote passing 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 'defensive' section
- A player must be allowed to inbound the basketball without obstruction.
- Try to limit traveling and double dribbling. As the season progresses this should be called as violations.

SCORE: Score will be kept for each basket made and will be reset at half-time. A parent volunteer will operate the clock and scoreboard. This volunteer must be identified by one of the coaches before the game begins.

SUBSTITUTIONS: Each player must play at least half a game and substitutions must 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 teammate.

- 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 players both the skills and the rules.
- At half-time the teams will switch baskets/ends.