



1st & 2nd Grade

-Time Regulation:

- The first 15-min will be a team practice. Then the game will start with a tip off.
- Four 7-min quarters with 3-minute half-time.

-Playing Time Requirements:

- *All players must play a minimum of 12-minutes or half of each game.*
- Please try making it a positive experience for everyone.

-Players on the Court:

- 5 vs 5

-Score Clock:

- Running clock.
- Score is not kept.

-Type of Defense:

- Players will wear colored wristbands to decide which player to guard. No double teaming. If it's a fastbreak, any player can try to stop the ball handler.
- No full court defense. When the offense gets the ball, the defensive team must return to their side of the court.
- *Defense may not steal the dribble, but may steal a pass.*
- Defenders are encouraged to not block shots but to keep their arms straight.

-Basket Height:

- 1st Grade Boys - 7.5 feet
- 2nd Grade Boys - 8 feet
- 1st/2nd Grade Girls - 8 feet

-Basketball Size:

- 27.5

-Officials:

- 1 Referee (the coach can be on the court to help the players, but follows the referees calls).
- Will call extreme traveling and double dribbling. Will call out of bounds and obvious fouls.
- No free throws. Ball will be taken to the nearest out of bounds spot.

All coaches need to keep in mind that this league is a developmental program for kids to learn basketball skills and have fun!