



## 1st-4th GRADE BASKETBALL RULES

1. All rules will be National Federation High School rules with the following special league rules.
2. Games will consist of two, 20-minute halves, running clock.
3. Jerseys will be provided by the Recreation office.
4. A team with only four players present at game time can begin with four or you can take a player from the other team if coaches agree.
5. **Only man-to-man defense will be allowed. No zone defenses. No full court press.**
6. **We do not keep track of score!** There are no standings or playoffs. Please do not run up the score. Running up the score helps no one. If scores become lopsided, make adjustments with players, have players try new positions, or take the opportunity to sit the better player on the team.
7. Officials will have full control of the game. Coaches must stay in their bench area. After a coach receives two technical fouls, he will be asked to leave the gym and will serve at least a one game suspension.
8. All players must play in half of the game and teams must full sub every 5 minutes. Coaches must be ready to sub the players every 5 minutes. The clock will stop for substitutions and resume, when teams are ready for play.
9. Clear out or isolation offenses are not permitted. The first infraction of this rule will result in a warning, and all other infractions for the remainder of the game will result in an automatic change of possession.
10. Games will begin as soon as the warm up is complete. The clock may be adjusted in order to complete games on time.
11. Blocked shots are allowed.
12. Help defense is **ONLY** allowed if a player has a free drive to the basket, after the defender regains guarding position, player must go back to man on man.

### **1st and 2nd grade special rules**

Coaches may go on the court to help position players, but must stay out of play.

The basketball rim will be set at 8 feet

No free throws, all fouls shooting and non-shooting will be taken out of bounds.

No stealing the ball off the dribble, only stealing on passes

Emphasis will be put on calling obvious traveling, double dribble, and other common fouls

All teams must wear wristbands to help learn man to man defense

### **3rd and 4th Grade special rules**

Teams and coaches must stay in their designated bench area except when reporting to the scorer for substitution

Rim height-9 foot

No free throws, all fouls shooting and non-shooting will be taken out of bounds.

No stealing the ball off the dribble, only stealing on passes

Emphasis will be put on calling traveling, double dribble, and other common fouls

All teams must wear wristbands to help learn man to man defense