



## 1<sup>st</sup>-4<sup>th</sup> 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.**
6. There are no standings or playoffs.
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. Each team will have one time out per half unless there is an official time out for injury, etc. Note: players or coaches may request time out when their team has possession of the ball.
9. 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.
10. Clear out or isolation offenses are not permitted. The first infraction of this rule will result in a warning, and all other infraction for the remainder of the game will result in an automatic change of possession.
11. Games will begin as soon as the warm up is complete. The clock may be adjusted in order to complete games on time.
12. Blocked shots are allowed
13. 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

### **1<sup>st</sup> and 2<sup>nd</sup> 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

For 1<sup>st</sup> and 2<sup>nd</sup> grade there will be 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

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

### **3<sup>rd</sup> and 4<sup>th</sup> 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

Foul shots will be taken on all shooting fouls

The free throw line will be set at 10 feet

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

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

5 seconds closely guarded can to called to avoid stalling the game

**Score will be kept for 4<sup>th</sup> Grade only**