

first
friends
SPORTS



YOUTH BASKETBALL

LEAGUE RULES





COED GR. 1-3 BASKETBALL RULES

BEGINNER DIVISION GAME DETAILS

1. League is a Co-ed League for grades 1st - 3rd.
2. Games will consists of eight to ten 5-minute periods. The clock will be a running clock. It will not stop. There are no time outs.
3. No score is kept. *We encourage coaches, players, and fans to refrain from keeping a score.*
4. Basket height shall be approx. 8 ft.
5. "Junior" size balls (27.5") will be used.
6. There will be 5 players from each team on the court. These players will play the entire period. There will be no substitutions except for injury.
7. Coaches should have subs ready at the appointed times. There will be approximately 30 seconds between periods.
8. A coach from each team should try to be on the floor during the game for instructional purposes.
9. A 2-1-2 zone defense will be employed during the game. The defense will retreat to their spots at change of possession.
10. There are no on the ball steals. Ex. A player may not steal the ball from an opponent either while they are dribbling or holding the ball.
 - a. Players may steal off the ball. Ex. Passes from one offensive player to another offensive player.
 - b. If the ball becomes loose because of the inability of the offensive player to control the ball, the defense can gain control of the ball at that point.
11. A defensive player may block any shot attempt. A clean block is when the defender's hands are kept straight up. If the defender swings at the ball a foul may be called.
12. Fast breaks should be limited by the offensive team.
 - a. When a player steals a pass that is a good time for them to work on a fast break lay up.
 - b. Offensive teams should slow down and let the defense set if the team has had two fast break opportunities in a row or if they feel the other team has not had an opportunity to play set defense.
 - c. Off of rebounds, the ball should remain in the back court until the defense has moved to their positions.
13. Coaches should encourage all kids with the opportunity to shoot, dribble and pass the ball throughout the game.
14. These rules are in place to help the players learn the fundamentals of the game. They are also there to promote fun for all kids. They are all subject to change by the discretion of the league director if they feel it is beneficial to the teams and players.
15. The end of the season tournament will incorporate the advanced game structure with similar rules.

ADVANCED DIVISION GAME DETAILS

1. League is a Co-ed League for grades 1st - 3rd.
2. Games will consist of 4 10-minute quarters. The clock will be a running clock. It will not stop except on dead balls in the last 30 seconds of the first three quarters and the last 2 minutes of the fourth quarter.
3. Each team will get 2 timeouts a game.
4. Score is kept.
5. Basket height shall be approx. 8 ft.
6. "Junior" size balls (27.5") will be used.
7. There will be a mandatory rotation sheet that coaches will have to follow for the game. Substitutions will be made every 5 minutes of game play. There will be no substitutions outside the designated times except for injury.
8. Coaches should have subs ready at the appointed times. There will be approximately 60 seconds for substitutions and 2 minutes between quarters.
9. A coach from each team should try to be on the floor during the game for refereeing and instructional purposes.
10. Teams will play team man to man defense. The defense must stay within 5' of the three point line. There is no full court pressing or double teaming of the ball handler.
11. There is **NO DOUBLE TEAMING**.
 - Double Team is only allowed when a player is advancing toward the basket and help defense is needed.
12. There are no on the ball steals. Ex. A player may not steal the ball from an opponent either while they are dribbling or holding the ball.
 - a. Players may steal off the ball. Ex. Passes from one offensive player to another offensive player.
 - b. If the ball becomes loose because of the inability of the offensive player to control the ball, the defense can gain control of the ball at that point.
13. A defensive player may block any shot attempt. A clean block is when the defender's hands are kept straight up. If the defender swings at the ball a foul may be called.
14. Shooting fouls will result in 1 point awarded to the offensive team and they will keep possession of the ball.
15. Fouls will be called by the coaches.
16. Fast breaks are only allowed if a team is losing or winning by less than 10 points.
17. Offensive teams must slow down and let the defense set if the team is winning by more than 10 points.
18. These rules are in place to help the players learn the fundamentals of the game. They are also there to promote fun for all kids. They are all subject to change by the discretion of the league director if they feel it is beneficial to the teams and players.