



1st & 2nd Grade Recreation Basketball Rules

The rules of basketball are used, but only to the point where they are not a distraction from teaching the game

1. The league uses an 8 foot basket with a 28.5" size basketball.
2. Teams will practice for 30 mins before a 30 min game. Games are 30 minutes with running clock throughout. No timeouts, halftimes, or overtimes. Scores will not be kept.
3. All players must receive equal playing time, in every scrimmage
4. Man to man defense only.
5. No double or triple teaming. The defensive player must stay within an arm's length of the player he or she is guarding. Players should not switch on defense. *Violation will result in the ball being awarded to the offense.*
6. No stealing while guarding the player with the ball. No stealing off of the dribble. Stealing a pass from player to player is permitted.
7. No full court press or defending in the back court at any time. Once a defender successfully gains control of the ball by a loose ball or rebound, the opposing team must retreat beyond mid-court. A defender may not engage a player dribbling or passing the ball until the ball crosses mid-court.
8. Pick setting is not allowed.
9. Volunteer coaches will officiate the scrimmage. A second chance will be given to players for double dribble and traveling. If the offense repeats on second chance, ball will be awarded to the other team.
10. Free throws will not be attempted; all fouls are awarded a side out. Players cannot foul out of a game; however, coaches are expected to take necessary steps to prevent and stop excessive and dangerous fouling.
11. Three point lines will not come into play.