

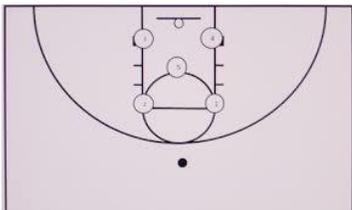


1st/2nd Grade Basketball League Rules and Regulations

The main objective is to keep the game safe, facilitate the game being productive for both teams and instruct all players when mistakes or violations are made. Play everyone, have fun! Teach the basic skills, concepts, and rules of the game of basketball. Create and foster a love for the game of basketball.

Rules and Regulations

1. ALL games will be played at Wamego Central Elementary School & West Elementary School
2. Basketball Size: 27.5 Junior Size Basketball
3. Goal Height: 8 Feet
4. There will be one youth official AID. The official aid will be a supervisor to help guide and answer questions. **Coaches are encouraged** to be on the floor to keep the games moving.
5. Game Clock: Games will consist of four 8 minute quarters. The clock will run continuously, except at the 4 minute mark for substitutions and time outs. Teams are permitted two thirty second time outs per game.
6. Halftime: 5 Minutes
7. Teams will alternate possessions at the beginning of each quarter. No jump balls are required.
8. Scoring: **No score will be kept.**
9. Defense: 2-1-2 zone defense. Defensive players must stay behind the 3 point arc until the ball has crossed the mid court line.



10. The ball may NOT be stolen off the dribble. **No reaching in, swatting or poking at the ball.**
11. Children should practice **hands up defense** and learn to stay low and cover an opponent without "hugging." Passes may be intercepted. (If a pass is intercepted at the top of the key where they have a breakaway lay-up they MAY finish the lay-up.) - ***this will be the only exception that a fast break will be allowed***
12. If "excessive" double dribbling & traveling occurs, coaches will stop play and remind the children what they should be doing but do not turnover possession.
13. Fast breaks NOT permitted. **(Refer to rule 11)**
14. Double Teaming: NOT permitted.
15. Full court press: NOT permitted.
16. Lane Violations: Violations not enforced.
17. Foul Shots/Free Throws: 2 free throws will be shot in the act of shooting. End-line out of bounds play will be granted in the case of fouls normally resulting in free throw shots.

Coaching Tips:

1. When working with kids this age you should focus on almost all fundamental skills and keep things as fun as possible.
2. Keep things fast paced and try to avoid kids standing around.
3. Don't worry about winning (NO SCORE KEPT). Instead focus on improving, fun, and celebrating small successes.
4. Kids this age don't always respond well to competition. They want to be in a position where they can succeed.
5. Remember, they are 1st and 2nd graders. They may have a short attention span.
6. The kids will be learning habits that can stick for life, so teach things like proper shooting form, fun ball handling drills, passing, and simple pivoting footwork.

DRINKS ARE WELCOMED IF BROUGHT IN A SEALED BOTTLE. PLEASE DO NOT BRING SODA ONTO THE GYM FLOOR.