



## Youth Basketball Rules

### 1<sup>st</sup> & 2<sup>nd</sup> Grade

Modified National Federation of State High School Associations (NFHS) basketball rules

#### **SPORTSMANSHIP RULE:**

Zero-Tolerance for profanity, heckling, abusive language, or gestures of harm by officials, coaches, players or spectators. In any case, the game will be stopped and the person(s) involved will be asked to leave the premises before the game will continue.

#### **BALL SIZE & BASKET HEIGHT:**

1<sup>st</sup> & 2<sup>nd</sup> grade division will play on 8' goals and use a junior size ball.

#### **PRE-GAME WARM-UP:**

Ten minute warm-up period before each game and the warm-up clock will start at the conclusion of the previous game.

#### **TIME & SCORE:**

Four, eight minute quarters with running clock. Clock will only stop for timeouts and injuries. There will be five minutes for half time.

Score will not be kept.

#### **TIMEOUTS:**

Each team will receive two timeouts per half and will not be allowed to carry them over to the next half. Each time out will be one minute in length, game clock will stop.

#### **START PLAY:**

The game will begin with a jump ball and will use an alternate possession for control of the ball at the start of the 2<sup>nd</sup> half.

#### **SUBSTITUTIONS:**

Substitutions must check in at the score table and wait for an official to motion them into the game. Players should hustle on and off the court.

#### **DEFENSE:**

Man-to-Man defense (using wristband system.)

No full court press at any point during the game.

**NO STEAL RULE:**

Players are not allowed to steal the ball directly from the active ball handler. Only passes can be stolen. Defensive players guarding the ball should not reach for the ball. This allows ball-handlers to develop dribbling skills and confidence with the basketball.

**FOULS & VIOLATIONS**

Players cannot foul out

However if a player commits repeated fouls the official reserves the right to have that player sit out the remainder of the quarter

Possession will be awarded to the non-offending team for all fouls committed. No free throws are awarded.

No inbounds (5 second) violations

No 10 second violation

No 3 in the key

Violations are Instructional: On Double Dribbles and Travels, officials will stop play, explain the call to the player, award possession to the other team. Leniency will decrease over the season.

**COACHES TECHNICAL FOUL:**

Technical foul by coach will give the opposing team 2 foul shots and the ball out. Technical fouls will carry throughout the season.

1st technical foul = Ejection from game and MUST leave premises.

2nd technical foul = Ejection from game, MUST leave the premises and dismissal from coaching duties for the remainder of the season.