

# 2023 Bellevue Baptist 1<sup>st</sup> Grade Boys & 1<sup>st</sup>-3<sup>rd</sup> Grade Girls Basketball Rules

This is an instructional league designed to teach young players the fundamentals of basketball. It is our intent to provide opportunities to develop each participant through experience, teaching, and encouragement. The focus should be on fun and player development, not winning and competitiveness.

## Equipment

- The ball used will be a 27.5" ball. Coaches are instructed not to bring basketballs to gyms for practices and games, as Bellevue will provide them.
- Teams will play on an 8.5 ft. goal.

## The Game

### A. Duration and Playing Time

- The game shall be **four (4) 10-minute quarters** with one-minute breaks after the first and third quarters.
- ONE coach is allowed to instruct on the court for the first 4 games of the season. Coaches will be required to coach from their bench for the last 4 games of the season.
- The clock only stops at the end of the quarter. The clock will be operated at a central location for all courts. Referees will try to continue play efficiently while clock runs.
- Scores and league standings will be kept. Coaches will need to recruit a parent volunteer FROM THE HOME TEAM to keep score.
- First team listed on the schedule is the HOME team. **HOME team wears White.**
- Second team listed on the schedule is the AWAY team. **AWAY team wears Blue.**
- **Each player is required to "start" at least three games during the season!**
- All players must play at least half the game (20 minutes) unless arriving after the start of the 2nd quarter.

### B. Other Rules

- Referee will attempt to "instruct" players concerning rules and violations. Calls will be **briefly** explained to the player, in a manner where others may hear as well. As the season progresses, players will become more familiar with the game, and officiating will slowly become stricter.
- Games begin with a throw-in by the "AWAY" team, and use alternating possessions for jump-balls, and to begin quarters.
- Free throws will only be awarded when a player is fouled in the act of shooting.
- There is no "back court", or "three-second" calls.

- Teams must return to defensive (behind the free-throw has mark) position when the other team has the ball.
- “Double dribble” and “traveling”, the most common calls, should be called when done in excess – if the player is out of control or gains an advantage by doing so.
- On a free-throw, no one can enter the lane until the ball hits the rim, however, the shooter can jump over the line to shoot the ball.
- No “technical fouls” for rules like too many players on the court, delay of game, jersey #, etc.
- Free-throws can be from the front hash mark if needed. Penalties will not be given for jumping over the line.

### **Conduct and Evangelism**

All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be subservient to our desire to present an effective Christian testimony.

Coaches should be considerate of the feelings of their team as well as those of the opponent. Be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a staff member if you need help in this area.

Coaches should actively pray for their players and their players’ families. Bellevue will provide a brief (5-7 minute) devotion for coaches to share at all practices and games. Those who share the devotions should be certain of their testimony and Christian beliefs.

### **Discipline**

#### ***Disciplinary Actions:***

- 1<sup>st</sup> Technical-Remove from current game/person to person with staff before next game.
- 2<sup>nd</sup> Technical-One game suspension/person to person with staff before next game.
- 3<sup>rd</sup> Technical-out for remainder of season/MUST see staff to play next year.