

Clearfield City Recreation 1st/2nd Grade Coed Basketball – Philosophy and Rules 2026

Philosophy: This league is to encourage all participants to learn the basic skills of basketball, while also learning how to interact with other participants in a positive, safe atmosphere. Coaches and parents are expected to be examples in creating that positive and safe atmosphere by participating in good sportsmanship on and off the court.

Equipment:

- 27.5" (size 5) basketball will be used for all practices and games.
- Baskets will be set at 8 feet.
- Wristbands will be worn during games to aid in man-to-man defense.

Rules:

1. League rules will follow the High School Federation rules, except as amended on this sheet.
2. The first fifteen (15) minutes of the scheduled time will be used by coaches for practice.
3. All players must play at least half of every game (16 minutes). We support equal playing time. A team may begin and end a game with 4 players. If a team doesn't have 4 players at game time, mix up teams and play for fun.
4. Timeouts will not be allowed in this league.
5. Officials will help manage the game. One coach from each team is welcome to be on the court helping the participants.
6. Score will not be kept in this league.
7. Games will consist of four (4) eight-minute quarters with a running clock, except at the four-minute mark of each quarter for substitutions. Substitutions are only between quarters and at the four-minute mark (unless a player is injured). The substitution break IS NOT a timeout. The team that had possession of the ball before the sub break will pass the ball in after the sub break. Breaks between quarters will be one (1) minute and half time will be three (3) minutes. The possession rule (alternating possession arrow) is in effect at the beginning each quarter. No shot clock.
8. Double dribbling, traveling, and backcourt violations will be called when the violation, in the judgment of the official, is of a gross enough nature that instruction must be given to the offending player. The official will call the violation and give the ball back to the team that had possession.
9. No foul shots. The offensive team will get the ball back out of bounds if fouled while shooting.
10. **Man to Man half-court defense only.** Full court pressing will not be allowed. The defense must allow the offensive player to cross the half court line before defending. Double or triple teaming is not allowed. Wristbands will be worn to help each player know who they are guarding. Defenders can guard other color wristbands on fastbreaks.
11. **Defensive players are not allowed to steal the ball from the offensive player on the dribble.** Defensive players should be coached to allow the offensive player to dribble. Defensive players are allowed to steal a pass or pick up a loose ball (no possession).
12. No unsportsmanlike behavior will be tolerated from players, coaches, or spectators. Anyone receiving a technical foul for unsportsmanlike behavior will be asked to leave the premises for the remainder of that game and will be suspended for the next scheduled game.
13. If your team decides to bring treats, they need to be individually wrapped and store bought. These need to be passed out, outside of the gym.