

1st/2nd Grade Coed Basketball – Philosophy and Rules 2023

Philosophy: This league is established to encourage the participants to learn the basic skills of basketball, and in the process, have a positive, fun-filled experience. Therefore, the coaches and parents are encouraged to be positive and supportive at all times. Great sportsmanship is expected from all.

Equipment:

- Women's size (28.5) 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:

- League rules will follow the High School Federation rules, except where amended on this rule sheet.
- The first twenty (20) minutes of the scheduled time will be used by coaches for practice.
- All players must play at least half of every game (16 minutes).
- Time outs will not be allowed in this league.
- Score will not be kept.
- 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 possession rule is in effect at the beginning each period. Breaks between quarters will be one minute and half time will be two minutes.
- Only shooting fouls will receive free throws. The free throw line is set at 10 feet from the basket.
- Double dribbles and traveling will be called when the violation, in the judgment of the official, is near the scoring basket or is of a gross enough nature that instruction must be given to the offending player. The first half of the season, the official will call the violation and give the ball back to the team that had possession. The second half of the season, the violation will result in a turnover – giving the ball to the opposing team.
- There will be no lane (key) violation called, however, the referees will educate the players about the key area. The referee will stop the play occasionally to work with the players and help them with the game.
- **Man to Man half-court defense only.** Full court pressing will not be allowed. This means the defensive team must drop back to the half court line before they put defensive

pressure on the offensive team. Players will wear wristbands that matches the person they are guarding. There is no double teaming.

- Defensive players should not steal the ball from the offensive player on the dribble. Defensive players should be encouraged to allow them to dribble and to only steal on the pass or when a team does not have possession of the ball.
- No unsportsmanlike behavior will be tolerated from players, coaches, or spectators. Anyone receiving a technical 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.
- 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.