

Hyrum City Recreation

1st/ 2nd Grade Grade Basketball

Philosophy & Rules

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:

- 27.5 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 where amended on this rule sheet.
2. The first twenty (20) 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.
4. Timeouts will not be allowed in this league.
5. An official will help manage the game. For the first three games, one coach is allowed on the court if needed to help assist the players. The last three games, coaches must stay on the sideline (*This is a rule that will be watched and may need to be changed*).
6. The 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. Foul shots will not be taken on shooting fouls. The offensive team will get the ball back out of bounds.
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 and can switch on screens.
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.

Conduct:

- 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.