



INSTRUCTIONAL JR JAZZ BASKETBALL GRADES K-1ST (CO-ED) LEAGUE RULES



Practices

Practices for this age group are held during the first 15 minutes of your scheduled game time.

*For example; If your child's game is scheduled to begin at 8:00am
the practice will start at 8:00am and the actual game will begin at 8:15am.*

1. Officiating: K-1 games will be officiated by the coaches. One coach from each team is allowed on the court at a time. Their responsibility is to keep the flow of the game moving while instructing the players regarding basketball situations (fouls, etc.). The more a coach calls, the better the players will learn and improve.
2. Each team will play with 5 players on the court at a time. No forfeits, teams may combine players to start play. Please instruct your team to arrive on-time so that you may maximize the use of your practice time.
3. A set of Wrist Bands will be provided to each team and are used to help players know which person they need to guard. Please assist in matching players up fairly according to size and skill. Players will guard the opponent with the matching-colored wristband.
4. 8-foot hoops and 27.5" (youth) size basketballs are used.
5. No double teaming (guard your own person). Any turnover as a result of a double-team: The ball will be returned to the team that lost the ball.
6. Defense: Man-to-man defense only. No double teaming. Once the offensive team has gained control of the ball or will in-bound the ball, the defense must fall back to their half of the court to pick up their man.
7. Defensive team cannot start guarding until after half court line.
8. No stealing the ball while the offensive player has possession. A pass may be intercepted by the defensive team.
9. The game will consist of four 8-minute quarters with one substitute time out after 4 minutes of play. The first 15 minutes of the scheduled hour will be used for practice. The game will begin at 18 minutes past the hour and will start with a jump ball. All subsequent quarters of the game will be decided by alternating possession.
10. No time outs called by coaches. There will be scheduled substitution time outs called every 4 minutes of play, during these time outs coaches will substitute players.
11. The first part of the season, this league will be officiated with a do-over enforcement. As a coach makes a call, they will have the player try again using the correct principles. As the season progresses coaches will use do-overs less frequently.
12. In order to keep play going, no free throws will be attempted during the game. All fouls will result in an out of bound possession at the nearest spot to the ball. All fouls (including shooting fouls) will result in the ball being taken out of bounds.

13. This league is recreational and instructional. Scores and standings will not be kept.
14. Coaches are not allowed to switch or add players to their roster. All adding and switching will be taken care of by the program coordinator or recreation office staff.
15. Coaches please play your players equally. Please use substitution chart given to coaches at the coaches meeting.
16. Players shall not wear anything dangerous to themselves or other players, such as watches, rings, hats, earrings, casts, etc. Wrapping of casts is not acceptable.
17. League supervisor will start and stop the clock the whole game. All courts will be on the same game clock.

Example of game:

Team Practice Time	15 minutes
	2 Minutes to get a drink and get wristbands
	4 min. play then Substitution time out – Timer set on Clock (30 seconds to switch wristbands)
	4 min. play then Substitution time out - Timer set on Clock (30 seconds to switch wristbands)
	4 min. play then Substitution time out - Timer set on Clock (30 seconds to switch wristbands)
	4 min. play then Substitution time out - Timer set on Clock (30 seconds to switch wristbands)
	Half time
	4 min. play then Substitution time out - Timer set on Clock (30 seconds to switch wristbands)
	4 min. play then Substitution time out - Timer set on Clock (30 seconds to switch wristbands)
	4 min. play then Substitution time out - Timer set on Clock (30 seconds to switch wristbands)
	4 min. play then Substitution time out - GAME OVER