



FIRST (1) GRADE and/or SEVEN (7) YEAR OLDS 2020-2021

01. PRAY before each game!
02. Five (5) on Five (5) played at full court. (EQUAL PLAYING TIME!)
03. Goals are set at 8 feet in height.
04. Junior size basketballs will be used.
05. Five (5) minutes for warm up only!
06. Four (4) Ten (10) minute quarters with a Five (5) minute halftime break. **Note: If games are running behind the league director or their staff has the right to reduce game times until back on schedule.**
07. Clock will be stopped half way through each quarter for substitution (rule #11) otherwise the clock will continue to run throughout the game! There are two (2) 30 second time outs during each half.
08. Score will be kept by quarters. After each quarter, the score will be removed!
09. Volunteers must handle the clock.
10. One (1) Coach from each team on the court at all times. The coach is there to help teach the players and assist the referee. The referee is there to help teach the players and make all the calls. It is helpful for coaches from both teams to get with the referee to discuss strategy and rules in order to work as a team.
11. Substitution occurs at the 5-minute mark of every quarter. All players that are on the bench must come in unless injury or health issues. **Example:** If you have 4 players on the bench all 4 players must enter the game. **Note: If that one player that remained on the floor is getting tired with time on the clock you may substitute him with another player on the bench by checking in with the clock keeper and can enter when referee signals him in.**
12. A 1-2-2 defense will be played. 1 player and only 1 will stay and defend the area in the half moon above the lane. 2 players will be on one side of the court and the other 2 players will be on the other side. The player in the half moon has to stay in the half moon until the ball is shot. Those 4 players will be able to move freely no farther than the three-point line. Defensive players cannot enter the lane until the offensive player shoots the ball unless the defensive player needs to gain position in order to box out another offensive player. This allows the continuing teaching the defensive players to box out. This allows the middle to stay open to help in shooting skills. The shooter has 5 seconds to shoot the ball. **Note:** What we are trying to teach here is catch, square up and shoot or one strong dribble to the block and shoot.
13. Once the ball has been shot it is open play! However, if offense goes back beyond three-point line the defense cannot follow and must reset in a 1-2-2 defense as stated under #12.
14. When defense rebound's the ball, they cannot be tied up! All other tie balls will alternate with each possession.
15. On shooting fouls line, the players up (3 to 4 feet) in front of the free throw line in the middle of the lane. The clock does not stop. On miss shots, it is free play! However, if offense goes back beyond three-point line the defense cannot follow and must reset in a 1-2-2 defense as stated under #12.
16. There is a 5 second lane violation for any offensive player in the lane longer than 5 seconds. **Note:** It is important that on every out of bounds play or after every basket the team that is throwing it in does it properly. Coaches need to get players behind the line and have them throw it in!
17. Shots that are made outside the 3-point line are two (2) point baskets **NOT** three (3).
18. Offense must make every attempt to challenge the defense! (**No Stalling**)! Referee will make this call with 1 warning. Offense turns the ball over on 2nd warning call.
19. **NO FAST BREAKS PERIOD!** If a fast break occurs the referee should stop play and allow the offense team to in bounds the ball after the defense is set up.
20. When in doubt give the other team the benefit of doubt and go on!