

South Hadley Grade 1/2 Basketball Rules 2026

Program goal: The goal of 1-2 basketball is to teach the players team concepts, rules, individual skills and knowledge of the game. Games are played to help the players apply the techniques taught in practice and to have **FUN!** Scores and standings will not be kept. Anybody that feels the need to win or can't promote a fun, positive environment should not be involved in this program.

Gym Rules:

- o Food and drink other than water are not allowed in the gym. This includes coffee while attending as a spectator.
- o Players should bring a change of shoes when coming to play in the game. The ground is often wet outside, and it ruins the gym floor.
- o Non-players must stay off the game floor when they enter the gym.
- o Running in the halls or entering the gym storage room is not permitted. Help us keep the schools clean! Please remind families to keep their non-players under proper supervision.
- o The team bench area will be opposite of the fans.
- o People should leave through the appropriate doors. The fire exit doors need to remain closed unless there is a fire!

Conduct:

- o All players, coaches and fans must follow the "code of ethics."
- o Fans are not permitted to coach the players from the sidelines; coaches should do the coaching.
- o Good sportsmanship must always be displayed.
- o Any person violating the conduct guidelines will not be permitted to attend team functions.

Game Rules:

- o **Each player should receive equal playing time/participation in each game.** Coaches should substitute freely and keep kids involved in the games.
- o The first 15 minutes of the scheduled game are for warm-up, drills, and practice. This time is very valuable and should be used appropriately.
- o The games will be played for the next 45 minutes.
- o The coaches will referee the games.
- o Games will consist of eight (8), four-minute periods. Substitutions will be made after every period. Teams may substitute at other times due to injury, behavior, excessive fouling, etc.
- o There will be a five-minute halftime after the first four (4) periods are complete.
- o There will be a jump ball to start the game. In subsequent periods, the teams will rotate who gets the ball based on who received it during the previous period.
- o The game will be played with a running clock. The clock will only stop for substitutions, injuries, and organization of free throws (clock will begin once player is ready to shoot).

- o Game play will be 4 vs. 4. ***If there are 9 or more players in attendance for any team, games can be played 5 vs. 5 if the coaches agree.
- o There are no official timeouts; however, coaches can stop playing to give instructions or to organize the offense. One coach per team is permitted to be on the game floor. The others must remain in the bench area and supervise those players.
- o Free throws will be shot from a distance that the player can reach. The goal is to provide each player with the opportunity to score. All players can rebound the ball once it touches the rim.
- o Defense – trying something new this year!
 - o Teams must play man to man defense
 - o Zone defense is illegal.
 - o Players will wear a colored wristband, and players are expected to guard the player with the same color. Halfway through the season, if coaches agree, wristbands can be optional, however, man to man defense is still required.
 - o Defensive players must remain in the defensive 3-point area until the ball crosses half court. The offensive team must make offensive movements to the basket once they bring the ball over half court.
 - o No double-teaming is allowed – double teaming is the intentional and persistent guarding of one offensive player by two defensive players.
 - o Switching will **not** be allowed – a switch is when a defensive player switches the offensive player they are defending, while still maintaining man to man defense.
 - o Defensive players are permitted to steal a pass; however, they cannot steal or disrupt a dribble. Lost balls can be picked up by either team. If a dribble is stolen or disrupted the ball goes back to the offensive team. In-bound passes may not be stolen or intercepted.
 - o Players may not set screens
 - o Players may not leave their feet to block shots. They may stand with arms outstretched but cannot jump to block shots.
 - o No lane violations, backcourt violations, 5 second violations or inbound violations will be called.
 - o Severe violations of traveling or double dribbling should be called. Correct skills should be encouraged during practice and games.
 - o Fast breaks by the offense are not allowed. Teams must wait until the defense drops back on defense to bring the ball over half court.
- o Games are played at nine feet with 27.0 basketballs with the hoop at 9 feet.
- o Fouls are not recorded in the book and players cannot foul out. If a foul is called on a player, the coach/official must explain the foul to the player. Any player that commits an unnecessary hard foul must be removed from the game and given instructions on what they did wrong.
- o All held balls (jump ball/alternating possession) will go to the defensive team.