Tillamook County Family YMCA

1st/2nd Grade Basketball Rules

Note from the Sports Director

Hello Coaches and Parents! The goal of games at the 1st and 2nd grade level is to **introduce** basketball mechanics within the structure of competition. These games will probably not follow your typical definition of a "game." Every player at this level will travel, reach in, step out of bounds, and double dribble. Our focus as adults should be to encourage players through this and let on-court coaches/refs help players develop.

There should be no team focused on winning. Instead, all coaches, refs, and parents alike should focus on whether our players are growing, learning, and having fun. Games will be messy. Enjoy it! Delight in the excitement of the players and do not get wrapped up in rules and unreasonable expectations. The score at the end of the game won't matter, nor will the team's record at the end of the season. What will matter is the impact that we have on the players.

Thank you,

Caleb Haynes

Purpose

The purpose of this league **is to be instructional and recreational**; all decisions will be made from the standpoint of asking "did one team gain an advantage because of breaking a rule or fouling?" If no advantage is gained and if safety is not an issue, then play will continue without a whistle. In hopes of correcting issues, Officials and Coaches are encouraged to talk with any rule violator about their fouls.

- **Four 10 Minute Quarters**
    - Clock only stops on substitutions, timeouts and free throws.
    - 2-45 second timeouts/team/half
- **No press allowed at any time.** Players should be continually reminded to run back down the court after possession changes.
- **Any unsportsmanlike conduct will result in technical foul**
    - The player will be ejected and will sit out the rest of the game. This should be discussed between coaches and refs if possible. (Players at this age will need more support and intentional vs unintentional actions may be hard to differentiate from.)
    - The 2nd technical foul of the season will result in elimination from the team.
- **Sub Rules**
    - **Coaches will be given 45 seconds to sub, this is not a timeout, just a quick changing of players.**
    - Every 5 minutes clock will stop for substitutions, mass subbing required

        - Subs can occur only at the 5 minute mark and end of each quarter (unless medically necessary).
        - **Playing minutes should be as equal as possible for every player.**

- **Various Rules**
    - Fouls will not be tallied for players/ each team at this level. The ref/coach will stop play, explain the foul and then resume play.
        - However, if there is an obvious shooting foul, the ref/coaches may elect to line up to shoot a free throw. This will be in the best judgment of refs/coaches. (Examples would be shoving, slapping, etc..)
        - There is no "correct shooting line" the player will line up facing the basket and shoot where they are comfortable. (Coaches should hold players accountable to skill level!)
    - Time spent in the key will not be strictly monitored. Reminders should be given for players on offense to find their position. If a player is reminded multiple times over the course of a game, but still remains solely in the key, the ball may be turned over to the opposing team at the discretion of a referee only. If a coach is reffing, be patient and continue with reminders.
    - Players must wear their jersey to play.
    - **No zone defense allowed. No switches allowed. No double teams allowed. Man on man defense only. No steals outside of the key.**
    - Overtime: First overtime will be two minutes long with a stopped clock on all dead balls. No second overtime. If the game is still tied at the end of the single two-minute overtime, it will be called a tie.
    - Coaches can select a new line-up for overtime and will be given 1, 45-second timeout.
- **Parents**
    - Coaches will handle all communication with their players and with officials.
    - Coaches will handle upset or frustrated players, the objective is to reinforce sportsmanship and how to handle winning and losing with class.
    - As parents, if an issue comes up, make yourself part of the solution in a positive manner not part of the problem. This will allow for a fun positive environment for the players.
- **Key Points of Focus**
    - Dribble the ball without looking at it
    - Correct defensive and offensive stance/positioning
    - Form (Shooting and Layups when possible)
    - Recognition of vocabulary and mechanics (screen, baseline, block, key, layup, etc..)
    - **Building strong fundamental knowledge of the game that fosters excitement and fun.**
- **Basket Height & Ball Size**
    - 8' & 27.5"