



Basketball Rules

1st Grade Boys

Game Time: There will be four 6-minute quarters. The clock will not stop except for timeouts; 1 timeout per half, approximately 30 seconds-1 minute. There will be a 1 minute break between quarters; 5 minute half time. Teams will switch goals at halftime.

Court Size: Players play on ½ court

Goal Height: 8 ft.

Ball Size: Size 5 (27.5)

Substitution: Only allowed at the end of quarters.

Scoring: We will not keep official score. Coaches must find a volunteer to run the clock/scoreboard, usually a parent or sibling of a player.

Minimum participation: No player can play FOUR quarters unless all players have played THREE quarters. Also, every player must be given at least one opportunity to attempt to score during the course of the game. Isolation of players will not be tolerated. All players must remain in active participation; everyone must get a chance to dribble and shoot. This will be a judgment call by the official. The first violation of this rule will result in a warning, the second in a one game suspension of the coach; the third will result in ejection from the WFC. Rotation sheets will be available throughout the season at the Front Desk of the Family Center.

Defense: **Man-to-Man defense is the only defense allowed.** We will provide colored wristbands that the players MUST use. Players must stay with the man wearing the same color as them during play. Wristbands must remain on the same player during a quarter. Defense may not press in the backcourt. The defensive player must be *within one arms length* from their man at all times. If the defensive players slack or play 4 to 5 feet back it will be considered a zone defense and this is a violation of the rules. No switching or double team on defense, this is considered illegal defense. The referee will blow the whistle and end the play if they believe that the defensive players are violating the rules, which will result in a warning and the ball will be thrown in, by the offense, from out of bounds.

Jump Ball: We will do a jump ball at the beginning of the game.

Shot Blocks: Blocking shots is allowed; defenders hands/arms must be straight-up and they cannot swat at the ball.

Steals: Stealing is NOT allowed. Loose balls may be picked up or intercepted, but the ball cannot be taken while in another player's possession. Loose balls can be considered a pass, a shot or losing control of ball while dribbling.

Screens: The offensive team may set screens with only one player. No double screens or isolation. A legal screen is when the player has both feet **unmoving** on the ground and that player remains standing straight up. An illegal screen is when a player's feet are moving or shuffling during the screen, or when the player is leaning or moving their body in order to block the player handling the ball.

Lane Violation: No lane violation.

Free Throw Line: We usually do not call fouls at this age. However, if a player is excessively or flagrantly fouling (reaching, swatting, etc.) the official will issue a warning. If it continues, a foul will be called and the player will shoot free throws from the closest free throw line.

Other Violations: Traveling and double dribble will not be enforced. Please try to work with the kids on dribbling, however.

Coaches Position: Coaches may be on the court, at this age, to help the players out. We ask that **only one coach** from each team be on the court, if necessary. An additional coach may be placed under the basket to help the children, as long as they stand off of the court. The referee will have the right to sit you down if they feel that you are in the way of the players or interfering with play.

**Absolutely no disrespect towards
the officials will be allowed by the coaches,
players or spectators/fans.**