

## **CARMEL DADS CLUB – 1<sup>st</sup> GRADE BASKETBALL RULES and REGULATIONS**

*The rules at this age are very difficult to enforce on a consistent basis, due to the wide range of skill levels. Coaches and parents must realize that the purpose is to **instruct, encourage, teach** and have **FUN** with the children, not to have perfectly officiated games. If you are having fun, your players will have more fun too.*

### **General Rules**

#### **COACHES WILL COACH & OFFICIATE; PLAYERS WILL PLAY, FANS WILL CHEER. DO NOT CONFUSE YOUR ROLE.**

- Coaches will be the referees on the court. Coaches should also instruct/teach during the game, as much as possible, WITHOUT slowing down the pace of the game.
- There will be one scheduled practice per week.
- Basketball goals will be set to 8.0 feet.
- **NO SCORE WILL BE KEPT DURING THE GAME.**
- 27.0 size basketball will be used.
- There will be no overtimes.
- Games will consist of (4) 9-minute quarters.
- Running clock except for timeouts
- Two timeouts per game (one minute each)
- Two minutes between quarters and 3 minutes for half time
- A jump ball will start every game, with alternating possessions thereafter.
- Equal playing time for all players on each team is expected.
- Game may start with less than 5 players.
- An assistant coach should be on the bench at all times. Please keep your kids on the bench when they are not in the game.

### **Offense/Defense Rules**

- No fast breaks will be allowed.
- NO pressing will be allowed.
- NO double teaming will be allowed.
- Once offensive team loses possession, they must return to opposite end of the court to play defense.
- Man-to-Man defense is the only form of defense allowed.
- The offensive player must be allowed to get both feet in the forecourt before being defended.
- Double dribbling, traveling, stepping out of bounds shall be called by the coaches, & explanation given.
- There will be NO steals when the offensive player is dribbling or holding the ball (unless the ball is thrown directly to an opposing player, then it will be coaches discretion who is awarded the ball).
- NO blocked shots will be permitted unless it is blocked by a defensive player who has their arms/hands straight up in the air. NO aggressive effort can be made to block the shot. (*Coaches need to teach hands straight up*).
- NO foul shots will be taken. If foul occurs, ball will be taken out of bounds.

### **Miscellaneous**

- Please work with the kids on violations. Do not allow **excessive** double dribbling, traveling, etc. (The CDC wants to teach the kids these fundamentals, be more lenient the first two weeks but make sure you are teaching the kids the importance of the fundamentals).
- Coaches, players and parents displaying un-sportsmanlike conduct should be reported to the League Commissioners. If problem persists, it could result in Coach, player and parents being asked to leave the facility/league.
- Teach Fundamentals
- Be supportive of your team, the opposing team, and the referees. Have FUN!
- THERE IS NO FOOD OR BEVERAGE ALLOWED IN THESE GYMS. PLAYERS CAN HAVE WATER BOTTLES, but PARENTS NEED TO KNOW THEY CAN NOT BRING ANYTHING IN
- WE CAN NOT HAVE ANY SIBBLINGS RUNNING IN THE HALLS AT THESE GAMES. PLEASE LET YOU PARENTS KNOW THEY HAVE TO WATCH THEIR CHILDREN.
- Please keep everyone off the court between quarters and at half time. No brothers or sisters should be shooting.