



Kindergarten

Game consists of four 7-minute quarters with a mandatory stoppage at 3:30 sec for substitutions

- No Full Court Press - Defense must re-treat back to 3-point line before engaging
- Cannot steal the dribble
- Focus on Blatant Traveling/Dribbling if needed re-set the offense and explain to child
- No Fast Breaks – Defense needs to be able to retreat – Referee will blow whistle to allow to reset offense at ½ court
- Switch Sides each half
- 1 coach per team can be on the court helping their team

1st Grade

Game consists of four 7-minute quarters with a mandatory stoppage at 3:30 sec for substitutions

- No Full Court Press - Defense must re-treat back to 3-point line before engaging
- Cannot steal the dribble
- Focus on Blatant Traveling/Dribbling if needed re-set the offense and explain to child
- No Fast Breaks – Defense needs to be able to retreat – Referee will blow whistle to allow to reset offense at ½ court
- Man to Man Defense NO Double teams
- Switch Sides each half
- 1 coach per team can be on the court for 1st three weeks of season

2nd Grade

Game consists of four 7-minute quarters with a mandatory stoppage at 3:30 sec for substitutions

- No Full Court Press - Defense must re-treat back to 3-point line before engaging
- Cannot steal the dribble
- Focus on Blatant Traveling/Dribbling if needed re-set the offense and explain to child
- No Fast Breaks – Defense needs to be able to retreat
- Man to Man Defense NO Double teams
- Switch Sides each half

3rd Grade

Game consists of four 8-minute quarters with a mandatory stoppage at 4:00 sec for substitutions

- No Full Court Press - Defense must re-treat back to half court line before engaging
- Cannot steal the dribble
- Fast Breaks are allowed, unless a team is up by more than 15 points then they must NOT break.
- Man to Man Defense NO Double teams
- No MOVING Screens - On Ball picks only
- Switch Sides each half
- Call Out of Bounds more tightly
- Call Play Dead if players get stuck more than 10 sec in a corner

4th Grade

Game consists of four 8-minute quarters with a mandatory stoppage at 4:00 sec for substitutions

- No Full Court Press - Defense must re-treat back to half court before engaging
- Cannot steal the dribble
- Fast Breaks are allowed, unless a team is up by more than 15 points then they must NOT break.
- Man to Man Defense NO Double teams for first 3 weeks. Starting week #4 Zone may be played
- Lane Violation can be called starting week #4
- No MOVING Screens – On Ball picks only
- Switch Sides each half
- Call Out of Bounds more tightly
- Call Play Dead if players get stuck more than 10 sec in a corner

5th - 8th Grade

More regular basketball please call tighter and focus on below

Game consists of Two 16-minute halves

- Call Traveling
- Call 3 – second lane violation & Referee please explain
- Call Fouls & Referee please explain to player
- No MOVING Screens
- Call Out of Bounds more tightly
- Excessive contact if trapping & explain
- No Full court Press until last 4 min of the game

If you have any questions, please reach out to your coordinator for clarification.

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