

# K-1<sup>st</sup> Grade Game Rules

1. **It is the coach's requirement to ensure all players receive equal playing time in all games.** Players may receive less playing time if he/she misses three or more practices.
2. A youth size basketball will be used and basket heights will be set at six (6) feet, (6) inches.
3. The game will consist of four (4), eight (8) minute quarters with a running clock. The clock will only stop for injuries and both teams coaches discretion.
4. There will be no officials at the level and no score will be kept. Both teams coaches will officiate the game. Wins and losses will also not be kept.
5. Ideally each team will have two coaches. One coach can be on either baseline to help direct the players and the other will be asked to be on the floor.
6. Each team will be allowed one timeout per game.
7. **Defensive Rule:**
  - Teams may play either zone or man-to-man defense
  - Defenders can only guard an offensive player once he/she enters the area inside the three point arc
  - Defenders can only steal the ball when it's inside the three point arc they are defending
8. No fast breaks are allowed at any time. The defense must be set before the offense comes past the three point line.
9. All fouls, including shooting fouls, will result in the ball being inbounded by the team that was fouled. No free throws will be attempted.
10. Players cannot foul out, however, if a player is continuously fouling or making non-basketball fouls, the coach must sub that player out and review the rules.
11. A Coaches coin flip will determine which team will start with the ball in the first half. The alternating possession arrow will then be used in all other jump ball situations and will determine which team starts with the ball in the second half.
12. Because this league is for beginners, violations including traveling and double dribbling will not be addressed as frequently until later into the season.
13. With the exception of the above rules, the IESA governing rules will be applied.