

MINNETONKA REC BASKETBALL

K, 1st & 2nd Grade Basketball Rules



1. BASKETS

The baskets will be at the following height: 8 feet

2. BALLS

Junior size balls (27.5)

3. PLAYERS

Kindergarten: 4-on-4

1st Grade: 4-on-4

2nd Grade: 5-on-5

4. FOULS

Coaches will act as Referees. Coaches should explain all fouls/violations. Please remember this league is highly instructional. When a foul or violation occurs, an explanation is needed to clarify what violation occurred and how it can be corrected. After the explanation, play resumes with the ball given to the correct team at half court.

5. FREE THROWS

No free throws, a foul in the act of shooting will result in the ball being taken out of bounds underneath the basket.

6. JUMP BALLS

Alternating possession.

7. DEFENSE

1. No full court pressure.

2. All defensive players must retreat to the **free throw line (extended)**.

3. Steals permissible on passes only. Stealing off the dribble or while ball is in possession of an offensive player is NOT permitted, including in the lane.

4. Person-to-person defense.

5. No trapping (double teaming).

8. PLAYING TIME

Games and practices must be played in one hour. Teams will only practice for the first 2 weeks. Games will begin on Week Three. Starting Week 3, each one-hour time slot will consist of a 25-minute practice and a 25-minute running clock game.

9. REFEREES

Coaches will be the referees beginning on the Third Week. Each team will provide one coach for each game to referee. All refereeing will be instructional.

10. TIME OUTS

Not needed in this league.

11. SUBSTITUTION

1. The clock will stop for substitutions every 5 minutes.
2. The stopping of the clock is to be used only for substitution. Coaches will have 1 minute at each stop of the clock to coach their players and get them set. Once a player has entered the game, he/she may not be replaced until he/she has participated in the full 5 minutes unless injury or illness occurs.
3. It is the goal of the program that ALL players play as close to equal amounts of times per game as possible.

12. TIMEKEEPER

The timekeeper will keep track of time and let the teams know when the clock is at a substitution break.

13. SCORE BOARD

Scores will not be kept or recorded. This league is instructional, designed to teach players basketball fundamentals, good sportsmanship, and teamwork while playing in an organized and fun environment.