

# 1st GRADE RECREATIONAL BASKETBALL RULES

## GRAND JUNCTION PARKS AND RECREATION DEPARTMENT

### TEAM INFORMATION:

- Each team will have no more than 6 players
- Games will be played with three players per team
- Teams will be co-ed; mixed girls and boys

### TEAM PRACTICE AND GAME DAY GUIDELINES:

- All teams will be scheduled two 1-hour preseason practices as school availability allows.
- Once scheduled games begin, each team will have a half hour practice followed by a half hour game. For example, if the game schedule indicates a 9:00am start time, your team will practice from 9:00-9:30am and then play your game 9:30-10:00am if for some reason there is a double header, there may be only one practice period
- If a bye is given to a team that not at the request of the coach, the team will still have a one-hour practice session
- Use fun games to teach skills
- Stealing the ball from the ball handler not allowed! Players may not steal off the dribble or take the ball from a player holding the ball. Passes may be stolen and shots may be blocked
- Contact with the ball handler is not allowed
- Encourage shooting from a developmentally appropriate range
- Players will wear colored wristbands to help them understand man defense. Players are required to guard their specific "wristband".
- When a player travels, double dribbles, etc, stop movement and take player back to the spot of the foul. The coach can restart play with a bounce pass back to the player

Before you are able to effectively coach children, it's key to comprehend where they are currently in their own development. First Graders are approximately 6-7 years of age. Physically, they will perform activities and drills at full speed, which necessitates frequent rests so they can go again. They are not coordinated when running, hopping, or maintaining balance. Mentally, they have a short attention span and need basic instructions. They do not fully understand team concepts or tactics. Everything tends to revolve around themselves and the ball. Socially, they need to feel secure in practice and in games. Selecting activities that allow social interaction with the other players in their group. Elimination games are highly discouraged. They will also tend to exaggerate their accomplishments-let them.

#### 1<sup>st</sup> grade - Skills to teach

<ul style="list-style-type: none"><li>• Court lines</li><li>• Dribbling skills</li><li>• Double Dribbling</li><li>• Traveling – what it means</li><li>• Placement on floor on offense</li><li>• Spread out and fill open area - Reduce crowding</li><li>• Shooting mechanics</li><li>• Rebounding</li><li>• Get back on offense – after shot, hustle back</li><li>• Get back of defense – after inbound pass</li><li>• Body movement – start and stop, running forwards and backwards, jump and land</li></ul>	<ul style="list-style-type: none"><li>• Body position on defense</li><li>• Set defense – Man to man with or without ball</li><li>• Jump stop</li><li>• Passing – bounce pass</li><li>• Inbound passes</li><li>• Listening</li><li>• Shake hands at end of game</li><li>• Team spirit</li><li>• Positive self-talk</li></ul>
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## **EQUAL PLAYING TIME:**

- This is a Recreation Basketball league. Equal play time for all players is required. Please see the attached substitution plan
- There will be a ten (10) second substitution period at approximately the five (5) minute mark during each quarter to substitute players
- There will not be substitutions the last two (2) minutes of the game, unless an injury occurs
- **A coach is not required to play a player an equal amount of playing time for the following reasons only:** Player is injured or coming off an injury; the family has made a request because of behavioral reasons; the player has not attended scheduled practices or has been disruptive

## **GAME DAY LOGISTICS:**

- 1st grade will play with a junior sized ball (size 5 or 27") and 8-foot baskets
- Basketballs will be provided for practice and games
- 1st grade teams will be responsible for coaching/officiating their games
  - Representation from both coaches is required
  - Both coaches who are officiating are encouraged to make calls on either team
  - More coaching verses officiating is suggested at this grade level

## **GAME CLOCK:**

- 1st grade games will consist of two (2) 15-minute halves with a running clock
- The clock will only stop for time outs, player injury, and at the end of the first half
- Half time will be 3-minutes long. Parks and Recreation staff will briefly pause the clock every 5 minutes for substitutions. THIS IS NOT A TIMEOUT. Please make the switches quick to keep the game moving

## **TIMEOUTS:**

- Two 30 second timeouts are allowed per half
- The clock will be stopped for these timeouts
- Unused time-outs will not carryover to subsequent quarters
- Substitutions may be made at these timeouts

## **SCORE KEEPING and STANDINGS:**

- No score is kept by facility staff
- Standings are not tracked for any grade in this Recreation Basketball league

## **JEWELRY:**

- No jewelry may be worn during games
- This includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc. Please tell your players to wait until the season is over to have any piercing done
- No taping of the ears allowed

## **IMPORTANT NOTE:**

- No food or drinks, including sports drinks are allowed inside any of the school gymnasiums. This includes the gyms used for practices and games. Water only; please ensure that there is a secure lid
- Please save after game treats for outside of the gymnasium
- Tobacco products are not allowed on any of the school grounds
- **The emphasis in 1st grade basketball is teaching the players good fundamentals.** Coaches are encouraged to coach as they referee. Emphasis should be on player's increased understanding and proficiency, not on calling every foul or violation

## **SPORTSMANSHIP:**

It may seem odd to have to include a section that lists consequences for bad sportsmanship in a youth Recreation Basketball league. Coaches, parents, and spectators need to recognize that players imitate and are influenced by the behavior of adults in their lives. Good sportsmanship is when coaches, family spectators and officials treat each other with respect. It is important that all youth athletes know that any negative actions will be held to specific standards and given consequences when necessary

- NEW THIS SEASON: Sportsmanship fouls will be issued when negative actions occur from a parent, player or coach. The team in question will lose possession of the ball. The opponent will gain possession. 5<sup>th</sup>-6th grade will shoot one (1) free throw for 2 points
- This is a Recreation Basketball league. Coaches will be held responsible for parent and spectator behavior towards officials, other coaches, players, or spectators. A facility supervisor will ask you to control your fans if the situation arises
- No player/coach/parent/spectator shall at any time lay a hand upon, push, shove, strike, threaten to strike, or verbally threaten or verbally abuse any other coach, player, spectator, or staff member before, during, or after a game. Any such behaviors will result in any of the following actions:
  1. Technical Four
  2. Ejection from that game
  3. Minimum one (1) game suspension and
  4. Probation for the remainder of the year

## 1<sup>st</sup> Grade Game Day Timeline

### Pre-Game Suggestions:

Have your players take a water break at the 5 minute warning which will give you a couple minutes to get organized for your game. Have your substitution plan ready (See sample at the end of this manual). One fundamental of Parks and Recreation Youth Basketball is equal playing time. How that looks is different for every team. We **BRIEFLY** stop the clock at two 5 and 10-minute marks of each half to facilitate substitutions. This is a time for substituting ONLY – this is NOT a timeout. Have a parent or assistant coach help get players on and off the floor. You have two 30 second time outs per half if you need to stop the clock to explain/correct something. Though, in 1st grade we certainly expect a lot of the coaching and correcting to happen on the floor during the game.

Teams may want to play half their players for the first 7.5 minutes (using one of their time outs to stop the clock) and the other half for the next 7.5 minutes for more continuity/longer stretches of playing time. Teams who are still building their endurance may want to take advantage of all the substitution opportunities. Or, you may have another plan that works well for you. As long as players play the same amount per game any variation is ok with us.

### Sample timeline of a game that begins at 9:00am:

**9:00am - Practice Begins**

**9:25am - 5-minute warning from gym supervisor**

**9:30am - Game begins**

**9:35am - The gym supervisor will indicate the first 5-minute mark for subs**

**9:35am - The gym supervisor will re-start the game clock**

**9:40am - The gym supervisor will indicate the next 5-minute mark for subs. Clock continue to run**

**9:45am - The gym supervisor will indicate the end of the first half**

(continued)

**Half time will be approximately 3 – 5 minutes. The second half will begin between 9:48 and 9:50am**

**9:55am – The gym supervisor will indicate the 5-minute mark for subs. Clock continue to run**

**10:00am – The gym supervisor will indicate the next 5-minute mark for subs. Clock continue to run**

**10:05am – The gym supervisor will indicate the end of the second half and end of game**

**\*\*This leaves 10 minutes to transition teams in and out. It is Important that we stick to the schedule above. The supervisors have been instructed to keep the sub time stoppages brief and they will re-start the game clock very quickly.**

## 1<sup>st</sup> GRADE PLAYING TIME – 3 on 3

- This is a Recreation Basketball League. Equal playing time for all players is required
- Equal playing time can be averaged out over the course of the season, especially when the team has an odd number of players
- If you have more than 3 players, no one plays the whole game
- Exception: A coach is not required to play a player an equal amount of playing time for the following reasons:
  - Player is injured or coming off an injury
  - Parent request
  - Player has not attended scheduled practices
  - Player has been disruptive

# SAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME

## 6 PLAYERS - 30 MINUTE GAMES

Two 15-minute halves = 30 minutes

### FIRST HALF

Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Minutes
1	X	X	X	X	X						X	X	X	X	X	10
2						X	X	X	X	X						5
3	X	X	X	X	X						X	X	X	X	X	10
4	X	X	X	X	X						X	X	X	X	X	10
5						X	X	X	X	X						5
6						X	X	X	X	X						5

### SECOND HALF

Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Minutes	Total
1						X	X	X	X	X						5	15
2	X	X	X	X	X						X	X	X	X	X	10	15
3						X	X	X	X	X						5	15
4						X	X	X	X	X						5	15
5	X	X	X	X	X						X	X	X	X	X	10	15
6	X	X	X	X	X						X	X	X	X	X	10	15

# 2nd GRADE RECREATIONAL BASKETBALL RULES

## GRAND JUNCTION PARKS AND RECREATION DEPARTMENT

### TEAM INFORMATION:

- Each team will have no more than 8 players
- Games will be played will four players per team

### • TEAM PRACTICE AND GAME DAY GUIDELINES:

- All teams will be scheduled two 1-hour preseason practices as school availability allows.
- Once scheduled games begin, each team will have a half hour practice followed by a half hour game. For example, if the game schedule indicates a 9:00am start time, your team will practice from 9:00-9:30am and then play your game 9:30-10:00am
- If for some reason there is a double header, there may be only one practice period
- If a bye is given to a team that not at the request of the coach, the team will still have a one-hour practice session
- Use fun games to teach skills
- Stealing the ball from the ball handler not allowed! Players may not steal off the dribble or take the ball from a player holding the ball. Passes may be stolen and shots may be blocked
- Contact with the ball handler is not allowed
- Encourage shooting from a developmentally appropriate range
- Players will wear colored wristbands to help them understand man defense. Players are required to guard their specific "wristband"
- When a player travels, double dribbles, etc, stop movement and take player back to the spot of the foul. The coach can restart play with a bounce pass back to the player

Before you are able to effectively coach children, it's key to comprehend where they are currently in their own development. Second Graders are approximately 6-7 years of age. Physically, they will perform activities and drills at full speed, which necessities frequent rests so they can go again. They are not coordinated when running, hopping, or maintaining balance. Mentally, they have a short attention span and need basic instructions. They do not fully understand team concepts or tactics. Everything tends to revolve around themselves and the ball. Socially, they need to feel secure in practice and in games. Selecting activities that allow social interaction with the other players in their group. Elimination games are highly discouraged. They will also tend to exaggerate their accomplishments-let them.

#### 2nd grade - Skills to teach

<ul style="list-style-type: none"><li>• Court lines</li><li>• Dribbling skills</li><li>• Double Dribbling</li><li>• Traveling – what it means</li><li>• Placement on floor on offense</li><li>• Spread out and fill open area - Reduce crowding</li><li>• Shooting mechanics</li><li>• Rebounding</li><li>• Get back on offense – after shot, hustle back</li><li>• Get back of defense – after inbound pass</li><li>• Body movement – start and stop, running forwards and backwards, jump and land</li></ul>	<ul style="list-style-type: none"><li>• Body position on defense</li><li>• Set defense – Man to man with or without ball</li><li>• Jump stop</li><li>• Passing – bounce pass</li><li>• Inbound passes</li><li>• Listening</li><li>• Shake hands at end of game</li><li>• Team spirit</li><li>• Positive self-talk</li></ul>
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## **EQUAL PLAYING TIME:**

- This is a Recreation Basketball league. Minimum play time for all players is required. Please see the attached substitution plan
- There will be a ten (10) second substitution period at approximately the five (5) minute mark during each quarter to substitute players
- There will not be substitutions the last two (2) minutes of the game, unless an injury occurs
- **A coach is not required to play a player an equal amount of playing time for the following reasons only:**  
Player is injured or coming off an injury; the family has made a request because of behavioral reasons, etc.; the player has not attended scheduled practices or has been disruptive

## **GAME DAY LOGISTICS:**

- 2nd grade will play with a junior sized ball (size 5 or 27") and 8-foot baskets
- Basketballs will be provided for practice and games
- 2nd grade teams will be responsible for coaching/officiating their games
  - Representation from both coaches is required
  - Both coaches who are officiating are encouraged to make calls on either team
  - More coaching verses officiating is suggested at this grade level

## **GAME CLOCK:**

- 2nd grade games will consist of two (2) 15-minute halves with a running clock
- The clock will only stop for time outs, player injury, and at the end of the first half
- Half time will be 3-minutes long. Parks and Recreation staff will briefly pause the clock every 5 minutes for substitutions. THIS IS NOT A TIMEOUT. Please make the switches quick to keep the game moving

## **TIMEOUTS:**

- Two 30 second timeouts are allowed per half
- The clock will be stopped for these timeouts
- Unused time-outs will not carryover to subsequent quarters
- Substitutions may be made at these timeouts

## **SCORE KEEPING & STANDINGS:**

- No score is kept by facility staff
- Standings are not tracked for any grade in this Recreation Basketball league

## **JEWELRY:**

- No jewelry may be worn during games
- This includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc. Please tell your players to wait until the season is over to have any piercing done
- No taping of the ears allowed

## **IMPORTANT NOTE:**

- No food or drinks, including sports drinks are allowed inside any of the school gymnasiums. This includes the gyms used for practices and games. Water only; please ensure that there is a secure lid
- Please save after game treats for outside of the gymnasium
- Tobacco products are not allowed on any of the school grounds
- **The emphasis in 2<sup>nd</sup> grade basketball is teaching the players good fundamentals.** Coaches are encouraged to coach while they referee. Emphasis should be on player's increased understanding and proficiency, not on calling every foul or violation

## **SPORTSMANSHIP:**

It may seem odd to have to include a section that lists consequences for bad sportsmanship in a youth Recreation Basketball league. Coaches, parents, and spectators need to recognize that players imitate and are influenced by the behavior of adults in their lives. Good sportsmanship is when coaches, family spectators and officials treat each other with respect. It is important that all youth athletes know that any negative actions will be held to specific standards and given consequences when necessary

- NEW THIS SEASON: Sportsmanship fouls will be issued when negative actions occur from a parent, player or coach. The team in question will lose possession of the ball. The opponent will gain possession. 5<sup>th</sup>-6th grade will shoot one (1) free throw for 2 points.
- This is a Recreation Basketball league. Coaches will be held responsible for parent and spectator behavior towards officials, other coaches, players, or spectators. A facility supervisor will ask you to control your fans if the situation arises
- No player/coach/parent/spectator shall at any time lay a hand upon, push, shove, strike, threaten to strike, or verbally threaten or verbally abuse any other coach, player, spectator, or staff member before, during, or after a game. Any such behaviors will result in any of the following actions:
  1. Technical foul
  2. Ejection from that game
  3. Minimum one (1) game suspension and
  4. Probation for the remainder of the year

## **2<sup>nd</sup> Grade Game Day Timeline**

### **Pre-Game Suggestions:**

Have your players take a water break at the 5 minute warning which will give you a couple minutes to get organized for your game. Have your substitution plan ready (See sample at the end of this manual). One fundamental of Parks and Recreation Youth Basketball is equal playing time. How that looks is different for every team. We **BRIEFLY** stop the clock at the 5 and 10 minute mark to facilitate substitutions. This is a time for substituting ONLY – this is NOT a timeout. Have a parent or assistant coach help get players on and off the floor. You have two 30 second time outs per half if you need to stop the clock to explain/correct something. Though, in 2nd grade we certainly expect a lot of the coaching and correcting to happen on the floor during the game.

Teams may want to play half their players for the first 7.5 minutes (using one of their time outs to stop the clock) and the other half for the next 7.5 minutes for more continuity/longer stretches of playing time. Teams who are still building their endurance may want to take advantage of all the 5-minute increment stoppages. Or, you may have another plan that works well for you. As long as players play the same amount per game any variation is ok with us.

### **Sample timeline of a game beginning at 9:00am:**

9:00am - Practice Begins

9:25am - 5-minute warning from gym supervisor

9:30am - Game begins

9:35am - The gym supervisor will indicate the first 5-minute mark for subs

9:35am - The gym supervisor will re-start the game clock

9:40am - The gym supervisor will indicate the next 5-minute mark for subs. Clock continue to run

9:45am - The gym supervisor will indicate the end of the first half

Half time will be approximately 3 – 5 minutes. The second half will begin between 9:48 and 9:50am

9:55am – The gym supervisor will indicate the 5-minute mark for subs. Clock continue to run

10:00am – The gym supervisor will indicate the next 5-minute mark for subs. Clock continue to run

10:05am – The gym supervisor will indicate the end of the second half and end of game

## 2<sup>nd</sup> GRADE PLAYING TIME – 4 on 4

- This is a Recreation Basketball League. Equal playing time for all players is required
- Equal playing time can be averaged out over the course of the season, especially when the team has an odd number of players
- If you have more than 4 players, no one plays the whole game

Exception: A coach is not required to play a player an equal amount of playing time for the following reasons:

- Player is injured or coming off an injury
- Parent request
- Player has not attended scheduled practices
- Player has been disruptive

### SAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME

#### 8 PLAYERS - 30 MINUTE GAMES

Two 15-minute halves = 30 minutes

#### FIRST HALF

Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Minutes
1	X	X	X	X	X						X	X	X	X	X	10
2						X	X	X	X	X	X	X	X	X	X	10
3	X	X	X	X	X						X	X	X	X	X	10
4						X	X	X	X	X						5
5						X	X	X	X	X						5
6						X	X	X	X	X						5
7	X	X	X	X	X											5
8	X	X	X	X	X						X	X	X	X	X	10

#### SECOND HALF

Player	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Minutes	Total
1						X	X	X	X	X						5	15
2						X	X	X	X	X						5	15
3						X	X	X	X	X						5	15
4	X	X	X	X	X						X	X	X	X	X	10	15
5	X	X	X	X	X						X	X	X	X	X	10	15
6	X	X	X	X	X						X	X	X	X	X	10	15
7	X	X	X	X	X						X	X	X	X	X	10	15
8						X	X	X	X	X						5	15

**TEAM PRACTICE:**

- 3<sup>rd</sup> and 4<sup>th</sup> grade teams are scheduled one 1-hour practice per week.
- 5<sup>th</sup> grade teams are scheduled one 1-hour practice per week.
- 6<sup>th</sup> grade teams are scheduled two 1-hour practices per week unless space does not allow.

Proper basketball development is achieved by children participating in age appropriate activities so that they are able to experience, comprehend, and execute the game as it relates to where they are in their cognitive development. It is achieved by teaching the skills, rules and vocabulary of the game. And it is achieved by teaching sportsmanship. Learning about winning and losing, playing by the rules, and respecting an opponent are just as important as learning basketball skills. Before you are able to effectively coach your players, it is important to understand the age characteristics of the players as well as where they are in their development. Please use the information below as your guide and area of focus for organizing your team practices. Please do not teach up. However, go back to skills from previous grades and repeat when necessary.

**Age 7 – 9 (3rd and 4th Grade)**

This is the stage where players begin to understand the concept of passing to a teammate. Physically, they still lack a sense of pace and tend to exert themselves hard and then drop. They are now starting to develop some physical confidence in themselves and they are still into running, climbing, rolling and jumping. Mentally, they feel if they tried hard then they performed well (regardless of the activity's outcome). They are beginning to complete more than one task at a time, ie: walking or running while dribbling. Socially, they have a great need for approval from adults and like to show off individual skills. Negative comments carry great weight. Their playmates start to emerge and they will start to move towards small groups. They want everyone to like them at this age. You should be positive with everything that you do.

**3rd grade progressive skills:**

- Use fun games to teach skills
- No plays, screens, stealing
- Don't be overly technical

**Skills:**

<ul style="list-style-type: none"> <li>• Dribble while running</li> <li>• Dribble with eyes up</li> <li>• Chest pass</li> <li>• Defense keeps back to basket</li> <li>• Front dribble changes – 3 with right hand 3 with left hand</li> <li>• Multi hand dribble while walking</li> <li>• Pivot</li> <li>• Encourage 2 passes before shot is made</li> <li>• Shoot off pass</li> <li>• Blocking pass</li> <li>• Jump with power – Rebounding</li> <li>• Retreating to the other end of the court</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot techniques – through the body bend knees for power with elbows in</li> <li>• Shoot off jump stop</li> <li>• Shoot off dribble – layup</li> <li>• Defensive stance</li> </ul>
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#### 4th grade progressive skills:

Teach all players every position - no pigeon-holing players because of height or ability

Work up to scrimmaging at practice

#### Skills:

- Controlled dribbling
- Change pace on the dribble
- Dribbler separates from the defense
- Ball handling – cross over
- Footwork
- Positioning
- Spacing fundamentals
- Communication
- Plays
- Fake pass
- Cutting
- Cuts or V-cuts – after pass where to fill
- Look for open player
- Movement on the court
- Go to ball
- Jump ball – when ball is **loose** and two opposing players go for the ball
- Shooting from dribble outside the paint – jump stop with power
- Follow shot
- Defense position when guarding dribbler when dribbling (no stealing) – hands facing up
- Defensive position when guarding ball not being dribbled (no stealing) – arm vertical/up
- Arms distance on defense
- Man to man defense principles where player stays on man whether on ball or off ball
- Triple threat ball position
- Stealing on the pass ONLY
- Controlled play; injury prevention
- Sportsmanship - Basketball games are won and lost; teach players how to learn and develop as athletes and as human beings
- Ball – You – Man -- See court with head on a swivel
- Inbound plays under hoop - when a foul is called
- What can you learn from the bench?

#### Ages 10 – 12 (5th and 6th Grades)

Children at this age are on the edge of childhood and adolescence. It can present a multitude of problems, but also an abundance of potential. **Physically**, strength and power become a major factor in their performance. Their muscles mature and they realize how much more they can do on the court. Their coordination significantly improves and it shows up in the execution of a child's technical ability. Mentally, they can sequence thoughts and perform complex tasks. A coach can expect his players to understand the game and use teammates to solve problems. They are usually eager to learn. **Socially**, when a child enters puberty early or late is significant. Girls tend to form cliques while boys take a broader approach to team relationships. The manner in which they feel about themselves can determine how they relate to their teammates. Sometimes popularity influences self-esteem.

## **Fifth grade progressive skills:**

### **Skills:**

- Agility and athletic ability
- Spacing in the key – 5 seconds
- Protecting ball on the dribble
- Posting up
- Getting open
- Hard to guard
- Hitting open man
- Ball movement
- Shooting at distance
- Rebound and protect
- Blocking out
- Hustle
- Leadership
- Free throws – PRACTICE BEFORE THE FIRST GAME
- Movement down the court after inbound pass
- Open court passes -- chest pass
- Back court violations; over and back
- Improved defensive stance
- Defense position when guarding dribbler when dribbling – swipe up; no hacking
- Defensive position when guarding ball not being dribbled -- no touching player
- Help side defense – defender has to stay within 5 feet of player guarding
- Stealing -- use outside hand

## **6th grade progressive skills:**

Do not think that because you have 6<sup>th</sup> grade players that they know all the skills listed above. A lot of high school and college coaches start at Level 1 every year, but obviously progress faster through the list than a youth team. Starting from the beginning is a great way to ingrain fundamentals into your players and helps them identify their strengths and weaknesses.

### **Skills:**

- Athleticism
- Fine tune all skills
- No lunging for basketball
- Control
- Stay lower than your opponent
- Aggressive, but not scrappy
- Defense reaction on rebound, on steal, on turnover
- Watch mid-section
- Keep hands active – deflect basketball; block shots
- Post and guard development

## **GAME DAY:**

- During 3<sup>rd</sup> and 4<sup>th</sup> grade games, players will be supplied colored wristbands to help them better understand man defense. Players are required to guard their specific "wristband"
- 3<sup>rd</sup> grade will play with a junior sized ball (size 5 or 27") and 8-foot baskets
- 4<sup>th</sup> grade will play with a junior sized ball (size 5 or 27") and 10-foot baskets
- 5<sup>th</sup> and 6<sup>th</sup> grades will play with an intermediate size ball (size 6 or 28.5") and 10-foot baskets
- 5<sup>th</sup> and 6<sup>th</sup> grade team managers or coaches must present a written line up with the first and last name of each player, player number, and team name to the score table before each game.

## **EQUAL PLAYING TIME:**

- This is a Recreation Basketball league. Equal playing time for all players is required.
- In 3<sup>rd</sup> – 5<sup>th</sup> grade play there will be a ten (10) second substitution period at approximately the four (4) minute mark during each quarter to substitute players
- In 6<sup>th</sup> grade there will be a ten (10) second substitution period at approximately the five (5) minute mark during each quarter to substitute players
- There will not be substitutions the last two (2) minutes of the game, unless an injury occurs.
- **A coach is not required to play a player an equal amount of playing time for the following reasons only:** Player is injured or coming off an injury; the family has made a request because of behavioral reasons, etc.; the player has not attended scheduled practices or has been disruptive
- The coach must notify the gym supervisor prior to the game when a player will not be playing the minimum required time.

## **GAME CLOCK:**

- 3<sup>rd</sup> – 5<sup>th</sup> grade games consist of 4 periods with an 8-minute running clock for each quarter
- 6<sup>th</sup> grade games will have a 10-minute running clock for each quarter
- The clock will only stop for time outs, player injury, and at the end of each quarter
- A 1-minute break will be taken between each period; half time will be 3-minutes long. Staff will briefly pause the clock at 4 minutes (5 minutes for 6<sup>th</sup> grade) in each quarter (halfway) for substitutions. This is for SUBS ONLY – this is not for a team huddle or a timeout

## **TIMEOUTS:**

- One 30 second timeout is allowed per quarter
- The clock will be stopped for these timeouts
- Unused time-outs will not carryover to subsequent quarters
- Substitutions may be made at these timeouts

## **SCORE KEEPING & STANDINGS:**

- Official score is not kept in 3<sup>rd</sup> or 4<sup>th</sup> grade basketball
- A scorebook is kept only in 5<sup>th</sup> and 6<sup>th</sup> grade play
- Each 5<sup>th</sup> and 6<sup>th</sup> grade team must provide a scorekeeper for each game. One to keep book and one to flip the score board
- Standings are not tracked for any grade

## RULES:

- NO Zone Defense at any grade level
- A full court press is not allowed. The defensive team must retreat to their end of the court if the opposing team gains the rebound. The ball must be clearly in control of the rebounding player before the defense retreats to the other end of the floor. This is the judgment of the referee and no jump ball will be called if the rebounder is "clearly in control" and then tied up
- Contact with the ball handler (bumping, pushing, etc.) is considered a foul
- All rules will comply with the high school (CHSAA) federation rules
- 3<sup>rd</sup> grade play
  - Coaches will be allowed on the floor and generally serve as the referee
  - Representation from both coaches is required
  - Players will wear colored wristbands to help them find the person they are supposed to guard.
  - Stealing the ball from the ball handler is not allowed! Players may not steal while dribbling or from a player holding the ball. Passes may be stolen, and shots may be blocked.
  - No Back court rule - Allowed to cross half court and return by defense may pursue.
  - No Screens
- 4<sup>th</sup> grade play
  - Recreation staff will referee.
  - Players will have the option of wearing wristbands to help them find the person they are supposed to guard. If one team wants to wear the wristbands, then both will wear them. Players are not required to guard their specific "wristband"
  - Stealing the ball from the ball handler is not allowed! Players may not steal while dribbling or from a player holding the ball.
  - Passes may be stolen, and shots may be blocked.
  - No Back court rule - Allowed to cross half court and return by defense may pursue.
  - Screen are OK within the 3-point line. No screens at half court.
- 5th and 6th grade play
  - Recreation staff will referee.
  - Screens are OK at half court
  - Stealing 5th Grade - point guard gets to make 1 pass then players can steal the ball. If the point guard crosses the 3-poit line with the ball, the opposing team can then steal.
  - Stealing 6th grade - Stealing is OK.
  - Ten second rule - A player or team may not stay in their own back court in continuous control of ball for more than 10 seconds.
  - There is a five-second violation rule when an offensive player remains in the key
  - Back court rule is enforced - Violation will result in loss of possession
  - Players are "fouled-out" of the game on the sixth personal foul

## JEWELRY:

- No jewelry may be worn during games; no taping of the ears allowed
- This includes watches, rings, earrings, nose-rings, bracelets, necklaces, etc. Please tell your players to wait until the season is over to have any piercing done.

## FOULS AND PENALTY:

- A foul will be called on any reach or tomahawk motion regardless of how clean of a steal. The hope is to encourage players to move their feet, steal on a pass, and box out.
- Shooting fouls will be granted free throws in 5<sup>th</sup> and 6<sup>th</sup> grade play only. Time clock continues to run.
- 5<sup>th</sup> grade shooters will get 1 shot equaling 2 points; 6<sup>th</sup> grade shooters will get 2 shots at 1 point each.

- Players will shoot from the regulation free throw line
- On a free throw, players may enter the free throw lane on the release of the ball
- All non-shooting fouls will be taken out of bounds nearest the spot of the infraction
- All technical fouls will result in the opposing team gaining possession of the ball. If a player receives a technical foul, that player will be required to sit out of the game for (3) minutes (minimum). Penalty time **IS** counted towards a player's minimum playing time.

## **SPORTSMANSHIP:**

Coaches, parents, and spectators need to recognize that players imitate and are influenced by the behavior of adults in their lives. Good sportsmanship is when coaches, family spectators, and officials treat each other with respect. It is important that all youth athletes know that any negative actions will be held to specific standards and given consequences when necessary.

- Sportsmanship fouls will be issued when negative actions occur from a parent or spectator. The team in question will lose possession of the ball. The opponent will gain possession. 5<sup>th</sup>-6<sup>th</sup> grade will shoot one (1) free throw for 2 points
- This is a Recreation Basketball league. Coaches will be held responsible for parent and player behavior towards officials, other coaches, players, or spectators. A facility supervisor will ask to control your fans if the situation arises.
- No player/coach/parent/spectator shall at any time lay a hand upon, push, shove, strike, threaten to strike, or verbally threaten or verbally abuse any other coach, player, spectator, or staff member before, during, or after a game. Any such behaviors will result in any of the following actions:
  1. Technical foul
  2. Ejection from that game
  3. Minimum one (1) game suspension and
  4. Probation for the remainder of the year

## **ZONE DEFENSE:**

- Zone Defense and intentional double teaming is not allowed.
- All teams must play one-on-one the entire game. (Sag/Help defense is allowed.)
- The penalty for a zone defense and/or blatant double-teaming is first a team warning and then a technical foul for each additional violation.
- The above rules are judgmental and if at the official(s) discretion, teams have an unfair advantage, a penalty will be assessed.
- This rule is not meant to discourage “Sag/Help defense.” Defensive players may help their teammates when they have been beaten. Once the defensive player recovers, the help defense must return to his/her original player.

## **IMPORTANT NOTE:**

- No food or drinks, including sports drinks are allowed inside any of the school gymnasiums. This includes the gyms used for practices and games. Water only; please ensure that there is a secure lid
- Please save after game treats for outside of the gymnasium.
- Tobacco products are not allowed on any of the school grounds.
- **The emphasis in youth recreation basketball is on teaching the players good fundamentals.** Recreation staff officials have been encouraged to be verbal about rules as they referee. This program places a strong emphasis on player's increased understanding and proficiency.

## ADDITIONAL REMINDERS

The Grand Junction Parks and Recreation Youth Basketball program is considered recreational in nature. With that in mind, there are rules that will be enforced that are outside the scope of competitive level sports.

**Profanity** - Warnings will be issued for the use of inappropriate language. If inappropriate language can be heard on the court or outside the out-of-bounds indicators the official will issue a warning to the coach, player, and/or his/her team. The second violation will result ejection from the game and gym.

**Unsportsmanlike Conduct** - The game is for fun, officials may issue warnings to coaches, teams, and players displaying conduct of poor sportsmanship toward other players or City staff.

**Promoting good health**-- Players and spectators have come to enjoy fun, and exercise. To help promote good health the City of Grand Junction has a no-smoking/tobacco policy ordinance enforced in all City facilities. Neither tobacco nor alcohol is allowed on the grounds of any school district facilities, this includes the parking lot and outside area after school hours.

**Spectators**--Spectators are encouraged to come and watch the games. However, due to the limited space available for games and for safety considerations and liability; children under the age of 12 must be supervised at all times. **Children are not allowed to be in the halls, restrooms, or classrooms while the gym is open for practices or games.** All spectators must remain in the gym sitting at either end of the gym, not on bleachers unless the bleachers are set up to sit on.

## PLAYING TIME

- This is a Recreation Basketball League. Equal playing time for all players is required
- Equal playing time can be averaged out over the course of the season, especially when the team has an odd number of players
- If you have more than 5 players, no one plays the whole game

Exception: A coach is not required to play a player an equal amount of playing time for the following reasons:

- Player is injured or coming off an injury
- Parent request
- Player has been unsportsmanlike

### 3<sup>rd</sup> GRADE 4 ON 4

#### SAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME

##### 6 PLAYERS - 32 MINUTE GAMES

Two 16-minute halves or 8-minute quarters = 32 minutes

		FIRST QUARTER								SECOND QUARTER							
Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1
12	1	X	X	X	X	X	X	X	X					X	X	X	X
8	2	X	X	X	X					X	X	X	X				
12	3	X	X	X	X	X	X	X	X	X	X	X	X				
12	4	X	X	X	X					X	X	X	X	X	X	X	X
12	5					X	X	X	X	X	X	X	X	X	X	X	X
8	6					X	X	X	X					X	X	X	X

##### THIRD QUARTER

##### FOURTH QUARTER

Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1	Total
8	1	X	X	X	X					X	X	X	X					20
12	2	X	X	X	X	X	X	X	X					X	X	X	X	20
12	3					X	X	X	X	X	X	X	X	X	X	X	X	24
8	4					X	X	X	X	X	X	X	X					20
12	5	X	X	X	X					X	X	X	X	X	X	X	X	24
12	6	X	X	X	X	X	X	X	X					X	X	X	X	20

##### 7 PLAYERS - 32 MINUTE GAMES

##### FIRST QUARTER

##### SECOND QUARTER

Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1
8	1	X	X	X	X									X	X	X	X
8	2					X	X	X	X	X	X	X	X				
12	3	X	X	X	X	X	X	X	X					X	X	X	X
8	4	X	X	X	X					X	X	X	X				
12	5	X	X	X	X					X	X	X	X	X	X	X	X
8	6					X	X	X	X	X	X	X	X				
8	7					X	X	X	X					X	X	X	X

THIRD QUARTER										FOURTH QUARTER									
Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1	Total	
12	1	X	X	X	X	X	X	X	X				X	X	X	X	20		
12	2	X	X	X	X					X	X	X	X	X	X	X	20		
8	3					X	X	X	X	X	X	X					20		
8	4					X	X	X	X	X	X	X					16		
8	5					X	X	X	X	X	X	X					20		
8	6	X	X	X	X								X	X	X	X	16		
8	7	X	X	X	X								X	X	X	X	16		

## 8 PLAYERS - 32 MINUTE GAMES

FIRST QUARTER									SECOND QUARTER								
Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1
8	1	X	X	X	X									X	X	X	X
8	2					X	X	X	X	X	X	X	X				
8	3	X	X	X	X					X	X	X	X				
8	4					X	X	X	X					X	X	X	X
8	5	X	X	X	X									X	X	X	X
8	6					X	X	X	X					X	X	X	X
8	7	X	X	X	X									X	X	X	X
8	8					X	X	X	X					X	X	X	X

THIRD QUARTER										FOURTH QUARTER									
Minutes	Player	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1	Total	
8	1	X	X	X	X					X	X	X	X					16	
8	2	X	X	X	X									X	X	X	X	16	
8	3					X	X	X	X					X	X	X	X	16	
8	4	X	X	X	X					X	X	X	X					16	
8	5					X	X	X	X	X	X	X	X					16	
8	6					X	X	X	X					X	X	X	X	16	
8	7					X	X	X	X					X	X	X	X	16	
8	8	X	X	X	X									X	X	X	X	16	

# 4<sup>th</sup> – 5<sup>th</sup> GRADE 5 ON 5

## **SAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME**

## 8 PLAYERS - 32 MINUTE GAMES

Two 16-minute halves or 8-minute quarters = 32 minutes

**THIRD QUARTER**
**FOURTH QUARTER**

Minutes	Player	8	7	6	5	4	3	2	1					Total
8	1	X	X	X	X					X	X	X	X	20
8	2	X	X	X	X	X	X	X	X					20
4	3									X	X	X	X	16
16	4	X	X	X	X	X	X	X	X	X	X	X	X	20
8	5	X	X	X	X					X	X	X	X	20
8	6					X	X	X	X			X	X	20
12	7					X	X	X	X	X	X	X	X	20
12	8	X	X	X	X	X	X	X	X			X	X	20

**9 PLAYERS - 32 MINUTE GAMES**
**FIRST QUARTER**
**SECOND QUARTER**

Minutes	Player	8	7	6	5	4	3	2	1					
10	1	X	X	X	X					X	X	X	X	X
10	2	X	X	X	X					X	X	X	X	X
10	3	X	X	X	X					X	X	X	X	X
10	4	X	X	X	X					X	X	X	X	
10	5	X	X	X	X	X	X	X	X			X	X	
10	6					X	X	X	X	X	X	X	X	X
8	7					X	X	X	X			X	X	X
6	8					X	X	X	X			X	X	
6	9					X	X	X	X			X	X	

**THIRD QUARTER**
**FOURTH QUARTER**

Minutes	Player	8	7	6	5	4	3	2	1					Total
8	1	X	X	X	X					X	X	X	X	18
8	2					X	X	X	X					18
8	3					X	X	X	X			X	X	X
8	4					X	X	X	X			X	X	X
8	5					X	X	X	X			X	X	X
8	6	X	X	X	X					X	X	X	X	18
8	7	X	X	X	X					X	X	X	X	16
12	8	X	X	X	X					X	X	X	X	18
12	9	X	X	X	X	X	X	X	X			X	X	X

**10 PLAYERS - 32 MINUTE GAMES**
**FIRST QUARTER**
**SECOND QUARTER**

Minutes	Player	8	7	6	5	4	3	2	1					
8	1	X	X	X	X	X	X	X	X					
8	2	X	X	X	X	X	X	X	X					
8	3	X	X	X	X	X	X	X	X					
8	4	X	X	X	X	X	X	X	X					
8	5	X	X	X	X	X	X	X	X					
8	6									X	X	X	X	X
8	7									X	X	X	X	X
8	8									X	X	X	X	X
8	9									X	X	X	X	X
8	10									X	X	X	X	X

**THIRD QUARTER**
**FOURTH QUARTER**

Minutes	Player	8	7	6	5	4	3	2	1					Total
8	1	X	X	X	X	X	X	X	X					16
8	2	X	X	X	X	X	X	X	X					16
8	3	X	X	X	X	X	X	X	X					16
8	4	X	X	X	X	X	X	X	X					16
8	5	X	X	X	X	X	X	X	X					16
8	6									X	X	X	X	16
8	7									X	X	X	X	16
8	8									X	X	X	X	16
8	9									X	X	X	X	16
8	10									X	X	X	X	16

**6<sup>th</sup> GRADE 5 ON 5**
**SAMPLE SUBSTITUTION PLAN FOR EQUAL PLAYING TIME**
**8 PLAYERS - 40 MINUTE GAMES**

Two 20-minute halves or 10-minute quarters = 40 minutes

**FIRST QUARTER**
**SECOND QUARTER**

Minutes	Player	10	9	8	7	6	5	4	3	2	1			
15	1	X	X	X	X	X								
10	2						X	X	X	X	X			
15	3	X	X	X	X	X	X	X	X	X	X			
15	4						X	X	X	X	X			
10	5	X	X	X	X	X								
15	6	X	X	X	X	X	X	X	X	X	X			
10	7	X	X	X	X	X								
10	8						X	X	X	X	X			

**THIRD QUARTER**
**FOURTH QUARTER**

Minutes	Player	10	9	8	7	6	5	4	3	2	1			Total
10	1						X	X	X	X	X			25
15	2	X	X	X	X	X	X	X	X	X	X			25
10	3	X	X	X	X	X								25
10	4						X	X	X	X	X			25
15	5						X	X	X	X	X			25
10	6	X	X	X	X	X								25
15	7	X	X	X	X	X	X	X	X	X	X			25
15	8	X	X	X	X	X								25

**9 PLAYERS - 40 MINUTE GAMES**
**FIRST QUARTER**
**SECOND QUARTER**

Minutes	Player	10	9	8	7	6	5	4	3	2	1			
15	1	X	X	X	X	X								
10	2						X	X	X	X	X			
15	3	X	X	X	X	X	X	X	X	X	X			
10	4						X	X	X	X	X			
10	5	X	X	X	X	X								
10	6	X	X	X	X	X								
10	7	X	X	X	X	X								
10	8						X	X	X	X	X			
10	9						X	X	X	X	X			

### THIRD QUARTER

### FOURTH QUARTER

Minutes	Player	10	9	8	7	6	5	4	3	2	1	Total
10	1						X	X	X	X	X	25
10	2						X	X	X	X	X	20
10	3	X	X	X	X	X						25
10	4						X	X	X	X	X	20
15	5	X	X	X	X	X	X	X	X	X	X	25
10	6	X	X	X	X	X						20
10	7						X	X	X	X	X	20
10	8	X	X	X	X	X						20
15	9	X	X	X	X	X						25

### 10 PLAYERS - 40 MINUTE GAMES

#### FIRST QUARTER

#### SECOND QUARTER

Minutes	Player	10	9	8	7	6	5	4	3	2	1
10	1	X	X	X	X	X					
10	2						X	X	X	X	X
10	3	X	X	X	X	X					
10	4						X	X	X	X	X
10	5	X	X	X	X	X					
10	6						X	X	X	X	X
10	7	X	X	X	X	X					
10	8						X	X	X	X	X
10	9	X	X	X	X	X					
10	10						X	X	X	X	X

#### THIRD QUARTER

#### FOURTH QUARTER

Minutes	Player	10	9	8	7	6	5	4	3	2	1	Total
10	1	X	X	X	X	X						20
10	2						X	X	X	X	X	20
10	3	X	X	X	X	X						20
10	4	X	X	X	X	X						20
10	5						X	X	X	X	X	20
10	6						X	X	X	X	X	20
10	7						X	X	X	X	X	20
10	8	X	X	X	X	X						20
10	9						X	X	X	X	X	20
10	10	X	X	X	X	X						20