



Colchester Youth Basketball League

Grades 1st - 2nd Coed Basketball League

RULES AND REGULATIONS:

The 1st -2nd Grade basketball program is designed to be an instructional program. The most important aspect at this level is their **learning and skill development** for the game of basketball. 1st -2nd graders are at a point that they have a little more understanding of the game, however, many of the players may still be playing the sport of basketball for the first time. Half court 3 vs 3 games are played at this grade level, with **NO** score being kept during each game. The emphasis is on the players learning and skill development of the game of basketball, while giving them more opportunities to be hands on and learn skill development.

In order to provide a fun, positive experience for your children and to allow all participants of all abilities equal opportunity for success, we will modify our basketball program using the following guideline/rules:

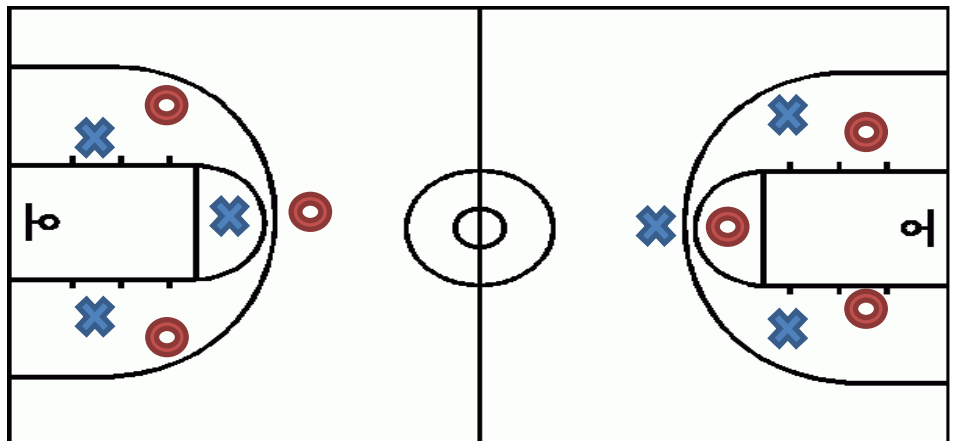
1) PRACTICES:

- Each team will be allowed 1 one-hour session per week. Some weeks practice days will be limited due to holidays and/or school events.
- Team Station practices may be used in place of a team practice during the season.

2. START OF GAME:

Coaches and players should arrive at the school 15 minutes prior to warm ups.

- Each team will be allowed an 8-minute warm up time beginning at the scheduled start time.
- Games will start 10 minutes after the scheduled time. (*Example: If the game is scheduled for 10:00 a.m., the start of the game will be at 10:10 a.m.*)
- Games will start when each team has at three players present. Both team coaches will decide if a forfeit must be called. Teams would then be created with the present players from both teams and a game will be played.
- Two 3 vs 3 games will be played at a time – half court. We will be using the 4 baskets for our games, each game matchup on the short court, with a 3 vs 3 game happening at each basket.
- The home team will start with the ball to start off the game. There must be a **“check”** (offense team bounces ball to defensive team, and defensive team bounces it back to signify they are ready for play) at the top of the key **above the free throw line**, and a pass must be made before any steals can be made by the defensive team. (**more info on checking below under “Score section”**)
- The Home team will wear the CYBL white jersey, and the away team will wear CYBL royal blue jerseys.
- **PLAYING AREA:** All games will be played in the Mallets Bay School basketball courts.



3. LENGTH OF GAME:

Each hour game time slot will be broken up as follows (40minutes):

- 5 minute warmup
 - 15 minute game (subs every 3 minutes)
 - 5 minute halftime
 - 15 minute game (subs every 3 minutes)

 - Playing time shall consist of **two** 15 minute 3 vs 3 games, with subs happening each 3 minutes.
 - There will be **NO** overtime for Grades 1/2.
- All games must end no later than 5 minutes before the hour to maintain the schedule.

4. TIMEOUTS:

- Coaches will use in game teaching moments to help teach and talk with
- players during the game. There will be no timeouts.

5. SUBSTITUTIONS:

- Subs can be made during the game during a stoppage of play.
- Coaches will inform players when a substitution is made and when to enter the game. Clock will stop for substitutions. Each member of the team must play during each game.
- All players **must play an equal amount of playing time, regardless of skill level or situation in the game.** In the event of injury or other ailments a player may be withdrawn from the game without penalty. Please notify the game clock operator if this does occur.
- Coaches determine 3 vs 3 matchups based off the team they are facing and the needs for their team. Matchups should be agreed by both head coaches and coaches should work together to make equal matchups based off size and skill.

6. STOPPAGE OF CLOCK:

- Clock will stop during injuries.
- Clock will stop at substitutions.

7. BASKETS & BALLS:

- Baskets will be adjusted to 8.0 feet.
- 27.5 inch balls will be used.

8. SCORE:

- Score *will not be* kept in our Grade 1-2 basketball, and all games start at the same time.
- **CHECK LINE:** The check line is above the foul line @ the top of the key. To start the game, possession after a score, or after a foul, a player must check the ball with the opposite team behind the check line at the top of the key. After the opposing team passes the ball back to the offensive team, the offensive player must pass the ball to a teammate to start play. If the defense gains possession off a missed basket or turnover, they must take the ball behind the check line before attempting to score. If the defense does not take the ball behind the check line and then attempts a shot, the shot will be blown dead and the opposite team will be awarded the ball at

the top of the key, behind the check line.

- **STALLING:** Stalling is not allowed. Each team will be required to take a shot at the basket within a normal amount of time (coaches will use their discretion). If a team is thought to be stalling, officials will award the ball to the opposite team.

9. FREE THROWS:

- Free Throws *will not* be taken in Grade 1-2 basketball.

10. PERSONAL FOULS:

- Our intentions are not to foul out players. Play the game making corrections when necessary, so players have FUN and are learning.
- On a foul, the coach will stop play and award the team fouled with ball possession.
- When a foul is called, the coach will inform the player, instructing them and the players on the court of proper play.
- The fact that contact occurs does not constitute a foul. Opponents in equally favorable positions run the risk of physical contact.

11. DEFENSE:

- Man-to-man defense will *be* used at this level, and must play within 3-4 feet of their designated opponent. No Zone defenses used at this level.
- Players *will not* be allowed to steal the ball from other players when they are dribbling or holding the ball. They may steal (intercept) a ball that is passed.
- All games should take place on the half of the court your team/game is playing, and should only be played on that half of the court. If the ball bounces past the half court line during a game, it is out of bounds, and the team who touched it last will be on defense on the next possession.
- **Blocking Shots-** At the Grades 1-2 level, proper defensive stance and posture should be taught. During games, blocked shots are allowed. Players should use proper defensive stance (sitting in a chair, bent knees, one arm in shooting lane, and one arm in passing/dribbling lane). Creative defensive movement is promoted, including creative movement towards a shot being taken. If a block occurs, the game will continue, and the team who gains possession of the ball will be the offensive team. If the defense blocks the shot and gains possession, they must first clear the ball above the free throw line before shooting.

12. OFFENSE:

- The offensive team may enter the paint to run plays and rebound a missed shot. Players can and need to move in out of the box/paint.
 - One on one (isolation plays), two on two (isolation plays) will not be permitted at any time.

13. COACHES:

- Coaches are allowed to walk the court to help get the players adjusted to game play. One Head Coach and Assistant Coach from each team should be supervising a game on each side of the court.
- Coaches have the right to stop play to explain and teach the rules for the improvement of players and the program.
- Team coaches will officiate their own games, with an emphasis on teaching the players during the game.

14. COLCHESTER PARKS & RECREATION

- The Recreation Department reserves the right to change the game time and half time in order to keep on schedule. If necessary, we may need to change or alter the game and practice schedule for school or town special activities or events.
- Our goal is to provide an enjoyable experience for our youth. We believe it is important for youngsters to play an exciting game of basketball, to have fun and leave happy. We hope that you, as a parent, coach or spectator remember that CYBL is for the CHILDREN.