

# INSTRUCTIONAL GRADES 1 & 2

## BASKETBALL LEAGUE RULES

### Section A: Philosophy of the League

The goal of Instructional Basketball is to teach the players team concepts, rules, individual skills and knowledge of the game. Games are played to help the players apply what they are learning in practices. This league stresses **participation, sportsmanship, fun as well as the development of skills**. The Recreation Department and the Recreation Commission are committed to maximum participation of all children involved in our programs.

### Section B: Eligibility

Grade is based on the current grade of the respective school year. Participation in another Basketball League (CYO, etc.) and the Rec League simultaneously is prohibited.

### Section C: Organization

#### A. Timetable

- a. November/December
  - i. Practices start during the week of December 2nd
    1. Grade 1 at Stony Hill School
    2. Grade 2 at Memorial School
    3. Grade 1 & 2 in Hampden at Green Meadows School
  - b. January
    - i. Weekday Practices continue at same gym time and location
    - ii. Games start on Saturday –January 4
      - a. Games will be on Saturday and sometimes Sunday
      2. Soule Road School = Games for Grade 1
      3. Memorial School = Games for Grade 2
      4. Green Meadows = Hampden Home Games for both Grades 1 & 2
  - c. February
    - i. Season and practice continues
  - d. March
    - i. Last game scheduled for March 1
    - ii. If needed, make-up date would be March 8
    - iii. Season and practice ends

#### B. Team Selection

- a. Selection of teams will be determined by the Parks & Recreation Department.
- b. **Coaches need to substitute freely and play every child equally.**

### Section D: Rules

#### A. Format

- a. **5v5, 4v4 can be played and is preferred if less players**
- b. **All divisions are co-ed.**
- c. Grade 1 will use 8 foot hoops and Grade 2 will use 9 foot hoops.
- d. We have co-ed divisions and break into grade groups so that kids can better develop and enhance their knowledge as they move up to aid in an easier transition with the older age groups.

#### B. Rosters

- a. The Recreation Department will set rosters at a minimum of eight (8) players and a maximum of ten (10) players.

### C. Coaches

- a. We encourage each team to have 2 coaches.
  - i. One coach on the floor to instruct game play
  - ii. One coach to monitor the players on the bench.
- b. One coach from each team is allowed on the court to provide instruction and will officiate the game. Coaches should always work together on the court and give positive or constructive feedback to both teams during the game. We can't be consumed by the outcome, this is a developmental league.
- c. \*Coaches are expected to help teach the rules of basketball and enforce the rules!
  - i. \***BLOW THE WHISTLE** when:
    1. There are fouls that effect play
    2. When players with the ball go outside the boundary lines of the court
    3. When play gets out of control
    4. A player continuously travels or double dribbles
    5. When the ball goes out of bounds
    6. At any time for a brief halt in play for a teaching moment

### D. Duration of Play/Timing

- a. Each player should receive equal playing time/participation in each game.
- b. Duration of Play
  - i. Play will consist of eight (8) five (5) minute periods. These short periods will **HELP WITH SUBBING.**
- c. Timing
  - i. Clock is running time.
  - ii. Clock will continue running during substitutions and violations.

### E. Half Time

- a. Half time will be three (3) minutes in duration. However, if games are running behind, half time may be shortened.

### F. Violations

- a. Warnings will be given in the first half of season for double dribbling, traveling and 3 seconds.
- b. In the second half of the season the ball will be given to the other team as dictated in regular basketball rules. This will hopefully prepare the kids for the next level of play the following season.
- c. If you do not call obvious mistakes the players will not learn how to properly play the game.

### G. Scoring

- a. At this age no score will be kept.

### H. Equipment/Ball Size

- a. Equipment
  - i. Sneakers must be worn. No boots, cleats, heals, etc. allowed on gym floor. All players should be playing in proper athletic attire.
  - ii. Absolutely no jewelry is to be worn during games and practices. This includes earrings, necklaces, and watches.
- b. All balls used for practices and games must be a size 25.5" basketball.

### I. Held Ball (Jump Ball Situation)/Alternating Possession

- i. **A jump ball will be used to start the game in the Grade 1 and Grade 2 Divisions.** In following periods, rotate who gets the ball based on who received it during the previous periods.
- ii. Any held ball situation will result in the defense getting possession of the ball.

### J. Defense

- a. Grade 1 (8 ft. hoops) Grade 2 (9 ft. hoops)

- i. Zone Defense or Person-to-Person defense will be allowed.
- ii. **When playing zone, play a 2-3 zone (or 2-2 zone if playing 4v4) and have players stay within 3-point line extension with their hands straight up, players can move/slide.** Encouraging offensive players to openly dribble, pass, and shoot for to build offensive skills.
- iii. **It is recommended to incorporate Person to Person Defense as the season progresses.** Our opinion is teaching and playing person-to-person defense will benefit all players by promoting correct fundamental skills that will carry forward as players advance to the older divisions.
  - 1. If the teams are playing person-to-person defense, at the beginning of each period, have the kids line up facing each other at center court to see the number and face of the child they are guarding.
- iv. Pressing/trapping is NOT allowed at any level.
- v. **Defense must set-up behind the 3 point line extension (in 3 point circle) when the offensive team is bringing ball up.** This will allow for the offensive team to bring ball up and make a pass. Red tape will be on gym floors at Soule Rd and Memorial School.
- vi. **Stealing: Defensive players are permitted to steal a pass in the key and outside of the key on the perimeter;** however, they cannot steal or disrupt a player while they are dribbling.

#### K. Fouls

- a. Fouls will be called but will not be recorded in any official book. Goal is to instruct and maximize participation.
- b. Any foul called by the coach will result in the coach going over to the player, instructed him or her what happened and what was wrong about it. At that point the ball will be taken out of bounds or foul shots be awarded if so needed.
  - i. Free throws will be shot from a distance that the player can reach. The goal is to provide each player with the opportunity to score. All players can rebound the ball once it touches the rim.

#### Section F: Cancellations

##### Cancellations:

- 1. Cancellations of all basketball games will be made two (2) hours before tip-off.
- 2. If inclement weather causes school to close early, then all games and practices are automatically cancelled.
- 3. League website will be updated if cancelled games.
  - a. <https://www.leaguelineup.com/wmassbasketball>
- 4. We will also email all the coaches if games/practices are cancelled and then you can relay this information to your teams

#### Section G: Rule Changes

The Wilbraham Recreation Department reserves the right to implement additional rules and regulations that are deemed appropriate for the success of the basketball program. Coaches Feedback is always welcomed.

*Updated: October 2024*