



Kindergarten & 1st Grade Rules & Gameplay

We encourage coaches to be able to stop the game and have coachable moments with individuals or their team.

Kindergarten & 1st Grade Gameplay

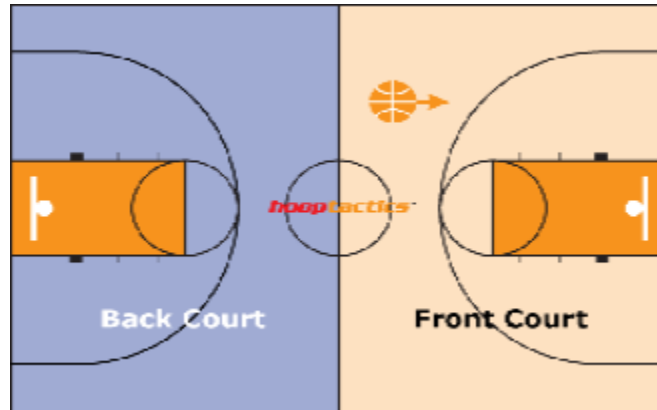
- Basketball Size: 27.5" (provided by Tea Parks & Rec.)
- Basketball Hoop Height: 8ft
- Home team will have the ball to start the game.
- 1st Grade: 30 min practice followed by a Two – 15-minute halves with 3 min. halftime break. Clock doesn't stop for any violations, timeouts, or injury (unless it's severe).
- Timeouts: Coaches have 1 timeout per half. Clock does not stop for timeouts.
- Coaches are allowed to be on the court.
- Substitution: Substitute players during dead ball only – Fouls, Out of Bounds, & Turnovers.
- It's highly recommended if there's a substitution that the players line up half court and match up against each other.

Kindergarten & 1st Grade Rules

1. **No Zone Defense** – ONLY MAN TO MAN DEFENSE
2. All defensive fouls (shooting & non-shooting) in front court will be taken up top. We will not do out of bounds plays in the front court. We will take the ball out in the back court if there's a violation or the opposing team makes a basket.
3. We recommend calling "5 second violations" once they pick up the ball. This violation is called in 2nd grade, and it's a great way to remind kids they need to get open and to understand the rules of basketball. Play will be stopped, opposing team will take the ball out of bound at the level of the call, and play will resume once the ball is passed in.
4. **FULL COURT PRESS IS NOT ALLOWED.** Once the defense secures a rebound, please have your team retreat past the mid court line.
5. Basic defensive moves such as switching, sliding through, and helping off the weak side are permissible. **DOUBLE TEAMING IS NOT ALLOWED.**
6. Double dribbles and travel violations will be based on the coach's discretion.
7. **PLAYERS CANNOT STEAL THE BALL WHEN A PLAYER IS DRIBBLING THE BALL.**
8. Try not isolate one player for the points. Make sure we get more players to shoot the ball.



Front Court: The term Front Court is used to indicate the offensive end of the court from the midcourt line to the baseline.



Back Court: Back Court is used to indicate the area behind the mid court line. It includes the half of the court from the midcourt line back to the endl ine. Once the ball is advanced across the midcourt line into the front court it cannot go back into the Back Court.

