

BASKETBALL

CHANHASSEN ATHLETIC ASSOCIATION



2025 Game Rules – 1st & 2nd Grade – Girls & Boys

Coaches should take control of the game and use common sense. You know your team and what to expect from them. Work with the other coach to create a good experience. Be competitive but don't let winning take precedence over teaching fundamentals and sportsmanship. Above all, teach kids to respect their coaches, teammates, and opponents. Be a great example for our kids!

Game Basics:

- Games will be one hour. This includes warmup (~10 minutes) and halftime (~5 minutes). Actual Game time should be 40 minutes with 8 five-minute quarters (running clock). Coaches can shorten warmup and halftime to increase game time.
- **GAMES MUST END ON TIME.** There is no overtime. If you go past an hour, you're taking playing time from the next teams. The school district will close the gym at the scheduled end time even if we're running late.
- Games are 4-on-4
- 8-foot baskets for 1st grade boys and 1st/2nd grade girls. 9-foot baskets for 2nd grade boys.
- Ball size is 27.5"
- All players are to receive equal playing time. Players should rotate every 5-minute quarter.
- A coach from each team will referee
- Use a jump ball to start games. Alternate out of bounds throughout the rest of the game.
- Coaches should work together to match-up kids with near-equal ability. Avoid mismatches.
- Get kids used to taking the ball out of bounds after a basket, but okay to check at top if needed
- If excessive delays result when players stop dribbling, use a 5-second count to force a pass.

Defense Expectations:

- Players are not allowed to play defense past the mid-court line. Defenders must fall back past midcourt when the offense takes the ball out after a basket or get a defensive rebound.
- Defenders should pick up their assigned player near the three-point arc area. Rule objective is to give opportunity for everyone to bring the ball up the court to work on dribbling skills.
- No stealing while players are dribbling or holding the ball. Players are only allowed to steal passes.
- Man-to-man defense only. Switching off screens is allowed.
- Help defense in the lane is only allowed under the basket. No sagging defenses off point guard.

Violations:

- Traveling, double dribble, etc. will be called selectively using coaches' judgment. If you do call a violation, remember to explain it clearly on the court.
- Fouls will be called selectively as well. There are no free throws. The goal with fouls is to keep the game under control and teach defenders not to grab, slap, etc.

Scoring:

- Coach discretion if scores should be kept. If you keep score, consider resetting the score to zero if the game is a blowout at halftime. **We don't track wins & losses.**