



Grades K-2- Youth Basketball League Rules

These rules are designed to ensure a fun, fair, and development-focused experience for all players in the Grades K–2 division.

Game goals are 8.5 feet.

Start of Game, Substitutions & Matchups

- At the start of the game and each substitution break, coaches must **match up players** to ensure balanced and fair competition.
 - Coaches are permitted on the court to **encourage, teach, and guide**, but should always maintain a **positive and supportive tone**.
 - Refs will begin to educate the players on the rules and won't blow the whistle on every violation.
 - The emphasis is on **effort, learning, and fun**.
 - No **individual player stats**.
 - **Score is kept on scoreboard** but standings are **NOT** kept.
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Game Flow

- Games are 2 - 20 minute halves. Coaches must **clear the bench every 5 minutes** to ensure all players receive **equal and consistent playing time**.
 - At the **end of each half**, all players shoot **one free throw**.
 - Each made free throw counts as **2 points**.
 - No player should stay in significantly longer than others — this division focuses on **growth, confidence, and inclusion**.
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Defense

- **Defense must remain behind the 3-point line** at all times. Stealing is **not allowed** on the ball, only stealing of a pass.
 - **No double-teaming** is allowed.
 - Players may **not help off** their assigned player.
 - Goal: Teach proper **individual defensive positioning**, effort, and fundamentals rather than aggressive or advanced defensive strategies.
 - **Blocking** on ball is allowed.
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Offense

- Every player should have the chance to **dribble the ball up the court** during the game.
 - Coaches should rotate ball-handlers each possession to build confidence and skill.
 - **Fast breaks are limited** — this is not intended to become a track meet. Fast breaks are allowed off the steal of a pass. Fast breaks are **NOT** allowed off of a missed shot.
 - Encourage teams to make **at least one pass** before shooting to promote teamwork, spacing, and ball movement.
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Sportsmanship & Game Environment

- If a game becomes one-sided, coaches should **control the score** to avoid blowouts.
 - We aim to keep game margins within **10–15 points**.
- Our highest priority is creating a **fun, encouraging, and development-focused environment**.
- These years are foundational — the goal is to help players **fall in love with the game** and return season after season.