

The Gym's **First Grade Rules**

No food or drink, except water in bottles, may be brought into our facility.

Please do not bring basketballs into our facility as balls are provided for games and practices held at The Gym. Coaches and/or players must bring basketballs to practices held away from The Gym.

ADMISSIONS

None

THIS IS AN INSTRUCTIONAL LEAGUE

Players may not wear earrings and other piercings, watches, necklaces, bracelets, etc.

Coaches, have your players arrive twenty minutes prior to game time. If the opportunity arises, we may start games as much as fifteen minutes early. This helps to compensate for overtime games and assists those teams that play late to get home at a decent time.

MANDATORY PARTICIPATION

When a team has seven or more players who are physically able to play, each player must play the equivalent of two full quarters and must sit at least one full quarter. Violations of participation rules are very serious and could lead to immediate suspension or permanent termination of coaching privileges.

PLAYERS MISSING PRACTICE

If a player does not come to practice on a regular basis or is a discipline problem, the head coach will have the authority to grant less than two quarters of playing time in the next game or games.

The coach must follow this procedure:

- 1) Coach explains the problem to the player and parents.
- 2) If the problem persists, the head coach notifies *The Gym* and obtains permission to play the player less than two quarters.
- 3) The head coach notifies the player and parents of the amount of playing time for the next game(s), (0 to 1.5 quarters).

GAME TIME

- 1) Basket Height
8.5 feet.
- 2) Ball Size
Youth
- 3) Substitutions
Only at the end of each quarter unless there is an injury situation or a team has more than 10 players

- 4) Length of Quarters
Six minutes, running clock. The clock stops only for unusual situations as determined by the referee (e.g. an injury).
- 5) Free Throw Line Distance
Coach's decision
- 6) Pressing
None
- 7) Possession
Home team receives the ball at the beginning of the first and third quarters.
Visitors receive the ball at the beginning of the second and fourth quarters.
- 8) Defense
Man-to-man only, beginning at the red volleyball (defense) line. Double-teaming a player with the ball can occur **only** inside the free throw lane. Players may "help out" or switch to the player with the ball if the player with the ball beats his or her defender.
- 9) Timeouts
None
- 10) Traveling / Double Dribble
None will be called
- 11) Mercy Rule
None as the scoreboard is cleared after every quarter.

SPECIAL RULES

- 1) There will be ten minutes of instructional drills prior to each game;
- 2) Two coaches are allowed on the floor during games to instruct players. Coaches need to stay outside of the three-point line. It is recommended that one coach stay between the three point line and half court, and the other coach stay below the out of bounds line;
- 3) The ball is taken out at the side-court for all fouls except if the shooter is fouled and the ball goes in the basket. In this case the basket will count and possession changes;
- 4) Games will begin with every player shooting a free throw at a distance the coach feels the player is comfortable at, for a possible one point per player. Teams with more players will obviously shoot more free throws.
- 5) Completed passes within the 3-point arc, all rebounds, and all steals are awarded one point. Made baskets will be awarded two points. Made baskets at the wrong end of the court will result in change of possession only, no points to either team. The scoreboard will be cleared at the end of each quarter.
- 6) Two different guards will share the responsibility of bringing the ball up the floor each quarter. It is important to each player's self-esteem that he/she is "good enough" to dribble the ball up the floor. This is great fun for every player. Eight players will get to bring the ball up the floor during the game.

SPORTSMANSHIP

Coaches, players and spectators will not argue judgment calls with an official under any circumstances. Unsportsmanship like behavior will not be tolerated. Violations of this rule can result in the immediate suspension and/or permanent termination of coaching, spectating and/or playing privileges. *The Gym* makes all decisions regarding violations of this rule. These decisions are final and cannot be appealed.

PROTESTS

There are no game protests at this level.