



K-3rd Grade Basketball Rules



The purpose of the Boys & Girls Club of Albany basketball program is two-fold: one, to provide every child who so desires, the opportunity to play basketball for fun with children of comparable age; and two, to teach sportsmanship along with fundamentals of basketball. The following rules have been established to foster these program goals.

League/Team Formation: Players will be placed on teams based on the Elementary school they attend. If there are not enough players from any one school to complete a roster, then players from other elementary schools may be used to fill a roster. Teams will be organized into leagues by grade. For this program the maximum roster number for any team is 11 players.

Equipment: The Boys & Girls Club will provide practice basketballs (27.0 ball size) for each team, as well as a game shirt for all participants. Uniforms are required to display the Boys & Girls Club of Albany logo on it, as well as the team sponsor's logo. Each participant is required to provide their own court shoes and shorts.

Game time regulations: K - 3rd Grade leagues will play four 10 minute running clock quarters. There will be no score kept for the either league. Our program is designed to develop skills and foster a positive environment. The Athletic Department doesn't feel that players at this level need a score to meet either of these program goals. There will be a one minute break between each quarter, and a 3 minute half-time.

Court dimensions/Rim heights: The size of the playing court may vary depending on the facility being used. The rim height will be set at 7 feet for the K-1st graders, and 8 feet for 2nd & 3rd graders. The foul line will be 12 feet from the basket for 2nd & 3rd graders (the short line). Free throws will only be shot when a player is fouled in the act of shooting.

Game Rules: Our K - 3rd grade basketball program is designed to introduce some of the main concepts of basketball without overwhelming new players with the expectation to know every rule of the game. The following rules are to be applied to this league:

- 1) All defense must be man to man. There is no double teaming allowed. Players may switch on a screen, but then need to switch back once the primary defender has recovered, or stay with the new offensive player to guard until a change of possession has occurred. In the event of "help defense", a defender may provide help defense if a fellow defender is caught out of position, but once the initial defender recovers, the help defender must immediately return to his/her initial defensive assignment. Defenders may not reach in to steal the ball outside of the key area. Defenders may not leave their defensive assignment to attempt to steal the ball once the ball enters the key. If the offensive player with the ball dribbles by a defender who is still within 5 feet of their defensive assignment then they can make an attempt at the ball.
- 2) There is no limit of time an offensive player can be in the key at this level.
- 3) Jump Balls - If an offensive player is tied up in possession of the ball, the defensive team will be awarded the ball. The only time the ball is actually tossed up for a jump is the very beginning of the game.
- 4) Player substitutions - In order to comply with playing time requirements, coaches need to make sure no player plays more than 3 quarters, and less than one quarter. Exceptions are made when a team has less than 7 players. On a team that has 10 or less players, each player must play 2 full quarters. The Athletic Department encourages our coaches to provide **equal playing time** as much as possible. A team with 10 or more players should not have any player play the maximum limit of 3 quarters. Coaches need to be aware that we are playing with a running clock, so free substitution

will result in a waste of time the kids can be playing. The Athletic Department recommends at quarter breaks, except with teams with 11 players should sub around the mid-point of each quarter.

- 5) **Officials/Coaches/Players/Spectators behavior requirements** – It is set policy at the Boys & Girls Club of Albany that all parties maintain appropriate, respectful behavior before, during, and following all program activities (practices, games, etc.) Our goal of fostering a positive youth sports environment depends on it. Anybody not interested in complying with these expectations may be asked to leave the venue immediately and may not be invited to return depending on the circumstances.
- 6) **Officiating** – In our K-1st grade program, our coaches will be asked to manage the games. They are allowed on the court during play, and are expected to use game situations to develop players' knowledge of the game. Our 2nd & 3rd grade program will have BGCA officials provided.

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