



1st- 2nd Grade Basketball Rules 2019

1. First 15 minutes will be spent working on skills and running simple drills.
2. Last 35 minutes play actual game against another team. 4 vs 4, substitute every 5 minutes, half time at 15-minute mark. (Refs will stop game to rotate players)
3. No stealing the ball while it is being dribbled, focus players on defense and ball control. Stealing passes is legal.
4. NO FULL COURT PRESS- After a team makes a basket or turns the ball over, the defensive team must run past half court to the foul line and wait for the offense to bring the ball up the floor.
5. Encourage players to locate the same color wrist band and just defend that player.
6. No fouls are called, but the game must be stopped and the coach will explain the situation.
7. No running score will be kept.
8. Players **MUST dribble and are encouraged to pass**, no running with the ball. Coaches stop the game and correct.
9. Allow everyone equal playing time.
10. Please leave all wrist bands under the basket for the next game.
11. All Junior size NS Recreation basketballs MUST remain in the gym, do not take home.
12. NO FOOD OR DRINK ALLOWED IN GYM! NO TEAM TREATS!!!! Drinking fountain breaks are encouraged.

