



# 2<sup>nd</sup> Grade Rules

Created 12/24/2020

**Free throw line:** 9 feet (bottom of the circle)

**Game time:** 4 Quarters with 8-minute running clock. Stopped for timeouts and free throws.

**Playing time:** Equal

**Scores:** Reset each quarter

**Full court press:** Must fall back (volleyball line or equivalent) once possession is established.

**Defense:** Man-to-Man, no zone allowed. No double teaming outside of the paint. Switching is allowed only if it is a permanent switch.

**Stealing off the dribble:** Not allowed. This also includes when they pick up their dribble. The defender should be instructed to move their feet to stay in front of the ball handler, if they lose the ball dribbling the defender can grab the ball. When the ball handler picks up their dribble the defender (and other defenders) should be instructed to defend the passing lanes. Stealing of the pass is permitted. Referees will/should be instructed to enforce a loose 5 (probably more like 7 seconds) second call once the ball handler picks up the ball. The goal here is to teach “hands up and/or hands out” when the ball handler has the ball. Reaching in and grabbing of the ball teaches bad habits and bad basketball. This is an instructional league and is meant to teach good habits and fundamental basketball.