

Van Buren Boys and Girls Club 1st & 2nd Grade Basketball Rules



1. General Rules

- The game will be played following standard basketball rules, except for modifications listed in this document to align with Boys and Girls Club policies.
- Games will consist of four 6-minute quarters with a running clock. The clock will stop for **timeouts** and the **last minute** of the **fourth quarter**.
- Each team is allowed one 60-second timeout per half. Carryover can happen.
- Overtime will consist of 2 minutes with a running clock, except for the last 30 seconds.
- A jump ball will start the game. Possession will alternate each quarter.

2. Playing Time Requirements

- Every player must play a minimum of **6 minutes** per game.
- Coaches are responsible for ensuring all players meet the minimum play requirement.
- Violations of the playing time rule may result in a team forfeit or disciplinary action.

3. Defense Restrictions

- **Man Defense Rule:** There is a mandatory “Man Defense” rule. This rule required ALL **1st-2nd** grade teams to play true “half-court” man-to-man defense of every game. All teams must run a true Man-Man defense. Switching **is** allowed.
 - Half court ONLY. No back-court/full-court man defense.
 - No half-court zone traps, no run & jump rotations, no intentional trapping on the perimeter.
 - As a development league, this rule is implemented for the sole purpose of teaching young players the sound fundamental principles of man defense and better preparing them for the higher levels of basketball. This rule will also require coaches to **teach offenses that utilize spacing, movement, cutting, and ball reversal** to be effective against a man defense.
- **No Double Teaming:**
 - Defenders may not guard a player with the ball with more than one player, except inside the 3-point line. However, double-teaming is allowed anywhere if a ball screen occurs.

- **No Pressing Until Half Court:**
 - You may start guarding players at half-court. There will be no double team until the player crosses the 3-point line unless there is a ball screen(**this is the only time double teaming is allowed**). See above in “No Double Teaming”. **“Teams on defense will not be allowed to stop or steal the ball until the ball has crossed half court.”**
- **Lead Protection Rule:**
 - If a team is leading by **15 points or more**, they must retreat their defense inside the **three-point line** until the point difference is reduced to 14 or less.

4. Offensive Restrictions

- **No Lane Violations:**
 - Players are not required to exit the paint within three seconds.
- Fast breaks are allowed unless the leading team is up by 15 points, in which case, they must slow the pace of play. We do not want to see a team that has just one person breaking down the court and scoring. **Players need to complete 3 passes before they can score.**

5. Fouls and Free Throws

- A player fouls out on their **5th personal foul**.
- Team fouls will result in a bonus situation on the **7th team foul per half** (one-and-one free throws). Double bonus (two free throws) begins on the **10th team foul per half**. **Players will be given one free throw on all fouls and 1 and 1 situations. This will speed up play and give more game time. One free throw will be worth 2 points.**
- Free throws will be shot from a modified free-throw line **closer to the basket** for younger players.
- Players may step over the free-throw line when shooting, but must not gain a rebounding advantage.

6. Substitutions

- Substitutions are only allowed during dead-ball situations.
- Coaches must ensure fair playing time distribution.

7. Sportsmanship & Conduct

- **Fans/Coaches:** who engage in fighting, throwing objects or making a personal threat to harm another person or use foul or abusive language, personal verbal attacks, and obscene gestures targeted toward officials, opposing fans, opposing coaches, opposing player, or staff members - this includes coming out onto the court during or following a game and confronting or threatening an official, coach or player in an aggressive - negative manner - may be subject to any or all of the following consequences:
 - **Immediate ejection from the facility**

- **Technical foul or multiple technical fouls are being assessed to the violating team**
- **Violators will be banned from attending any games for the rest of the season and postseason**
- **Player Flagrant Foul: (unacceptable behavior/conduct)...** violent in nature, fighting is a flagrant foul...
- Immediate player ejection is mandatory for a player's flagrant foul. Can be either personal or technical in nature...
 - **Coaches/Teams/Players:** Technical foul(s) that are assessed immediately after a contest is finished will be carried out by the following procedures
 - - Implementation of the technical foul(s) will take effect in that team's next game. For instance, in the next game, the opposing team would execute 1 for 2 free throws for each technical foul assessed and receive possession of the ball at mid-court.
 - The technical foul(s) will count as one of the two technical fouls toward the head coach or player ejection rule.

THE HEAD COACH IS RESPONSIBLE FOR THE ACTIONS AND BEHAVIORS OF THEIR FANS AS WELL AS THEIR ASSISTANT COACHES AND PLAYERS. HEAD COACHES CAN AND WILL BE PENALIZED FOR THEIR FANS' NEGATIVE ACTIONS. HEAD COACHES ARE EXPECTED TO ADDRESS THEIR FANS IN A TIMELY FASHION IF AND WHEN THEIR FANS MAY BE IN VIOLATION OF NWA BASKETBALL RULES DURING A CONTEST.

8. Game Officials

- Referees will officiate all games.
- Referees' decisions are final. Any disputes must be addressed by the athletic director after the game.
- Coaches are responsible for setting a positive example for players and spectators.

9. Additional Notes

- Teams must have at least four players to begin a game.
- If a team cannot field enough players, they forfeit unless an exception is approved by the athletic director.
- **By participating in this league, all players, coaches, and spectators agree to abide by these rules.** The **League Director** may modify the League Rules when the League Director deems it in the best interest of the league/tournament to do so, and all teams will be bound by any such change

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