

# 1<sup>ST</sup> Grade Hoops Rules

## Skills to Introduce and Emphasize:

- Dribbling (right-handed, and left-handed; “trying” not to look at the ball; and protecting the dribble)
- Ball Handling
- Set Shot & Lay-Up
- Defensive Position (hands up)
- Zone Defense
- Rebounding
- Proper Passing (for safety reasons, please avoid baseball passes)
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team)

<b>Hoop Height</b>	<ul style="list-style-type: none"> <li>• 7 feet</li> </ul>
<b>Ball Size</b>	<ul style="list-style-type: none"> <li>• CB 5 (27”)</li> </ul>
<b>Court Size</b>	<ul style="list-style-type: none"> <li>• Half-court</li> </ul>
<b>Length of Game</b>	<ul style="list-style-type: none"> <li>• (4) – 10 minute periods with running clock</li> <li>• 5 minute halftime</li> <li>• 2 minutes between periods</li> <li>• Basket assignment does not change</li> </ul>
<b>Score</b>	<ul style="list-style-type: none"> <li>• Score is not kept.</li> </ul>
<b>No. of Players on the Court</b>	<ul style="list-style-type: none"> <li>• 4 vs. 4 to 5 vs. 5, depending on the number of children present and the coaches’ mutual agreement.</li> </ul>
<b>No. of Coaches on the Court</b>	<ul style="list-style-type: none"> <li>• 1 coach from each team</li> <li>• Provide play guidance</li> <li>• Act as referees</li> </ul>
<b>No. of Coaches on the Bench</b>	<ul style="list-style-type: none"> <li>• 1 – 2 coaches on the bench</li> <li>• Keep order on the bench</li> <li>• Monitor players game time for equity</li> <li>• Handle player substitutions with on-court coach</li> </ul>
<b>Game Participation/Playing Time</b>	<ul style="list-style-type: none"> <li>• All children should have equal playing time.</li> <li>• Strong and weak players should be mixed.</li> <li>• Starting teams should be tracked and</li> </ul>

	<p>should be rotated.</p> <ul style="list-style-type: none"> <li>• Children should have an opportunity to play all positions.</li> <li>• All children should get a chance to bring the ball up the court for offense each game.</li> <li>• Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way.</li> <li>• Coaches should correct any “ball hogging”.</li> </ul>
<b>Start of Game</b>	<ul style="list-style-type: none"> <li>• Jump ball in center of court.</li> <li>• For other quarter starts, alternate possession of the ball.</li> </ul>
<b>Offense</b>	<ul style="list-style-type: none"> <li>• The team on offense will bring the ball down the court unchallenged.</li> <li>• Once the offensive team has reached the basket area, they should pass the ball at least 2 – 3 times before a player takes a shot.</li> </ul>
<b>Defense</b>	<ul style="list-style-type: none"> <li>• <b>Zone Defense</b> – Dots should be used to set up defensive play. Each player’s defensive area is marked by a dot on the floor. The player can move off of their dot, but should play in the area of the ball and not just chase after the player with ball. The dots should be placed an appropriate distance from the basket to allow the offensive team the opportunity to move the ball around and have the middle of the lane free. The dots should not be placed within the backboard area. The dots should be consistent for both teams.</li> <li>• <b>Stealing the Ball</b> – The defense cannot steal the ball during the dribble. However, they can steal a pass after the ball crosses half court.</li> <li>• Once the ball is shot, all defensive players should try for the rebound.</li> <li>• Once a defensive player gains control of the ball from a rebound or stolen pass, they should pass it out to another player. The team now on defense should go down court to their dots.</li> </ul>

	<ul style="list-style-type: none"> <li>• There are no “fast breaks”.</li> </ul>
<b>Violations</b>	<ul style="list-style-type: none"> <li>• <b>Double-Dribbling, Traveling, and Fouls</b> – Play should not be stopped for minor violations. The on-court coaches should comment as it occurs to instruct all players about the violation. For gross violations, play should be stopped, and the coaches should explain the violation.</li> <li>• <b>Foul Shots</b> – No foul shots are taken. The team that got fouled throws in the ball at mid-court to allow both offensive and defensive teams to set up.</li> </ul>
<b>Out-of-Bounds</b>	<ul style="list-style-type: none"> <li>• <b>Dribbling/Edge of Court Play</b> – If a player steps out of bounds while dribbling or holding the ball near the court edge, do not call out-of-bounds.</li> <li>• <b>Loose Ball/Play Around Basket</b> – If a loose ball goes out of bound, or if there is close play around the basket which could get dangerous, out-of-bounds should be called. Possession would transfer from the team which last touched the ball or stepped out of bounds to the opposing team.</li> </ul>
<b>Jump Balls</b>	<ul style="list-style-type: none"> <li>• There will be no jump balls after the start of the game.</li> <li>• Possession of the ball should alternate with each jump ball situation.</li> </ul>
<b>Player Substitution</b>	<ul style="list-style-type: none"> <li>• Player substitutions should be limited to mid-quarter, and between quarters.</li> <li>• Players may be substituted by the defensive team during transition from offense to defense. The players should go to the defensive side of the court, and the offensive team brings the ball down court.</li> </ul>
<b>End of Game</b>	<ul style="list-style-type: none"> <li>• Players and coaches must line up after the game for a handshake.</li> </ul>