



Youth Basketball Rules- K-1st Grade (CO-ED)

Revised: 10/19/18

I. General Information

A. Apparel:

- a) Players are not allowed to wear any jewelry. This includes, but not limited to watches, necklaces and earrings. Hair bands and clips should be made of a rubberized material. This will be enforced as it is for the safety of all participants. Band aids/Tape not allowed to cover piercing.
- b) It is suggested that children in K-1 and other timid children should wear shorts or sweats without pockets. They will be more willing to participate and move around if their hands are not in their pockets.
- c) All shorts must be worn around the waist.
- d) Jerseys must be tucked in at all times.

C. Game Times & Locations: Please refer to schedules for game times and dates. Make-up games could be played any evening or weekend.

D. Wrist Bands: Wrist bands will be provided and used in the K-1 league. The wrist bands are designed to help players with the match-up process. Coaches are to assist ORC staff in keeping this process moving.

E. Game Rules:

- 1) **The National Federation Basketball Rules will be observed with the following adaptations**
- 2) **All age divisions will play 5 on 5.**
- 3) Please have your team ready to play at game time. To start the game a team must have at least four (4) players. If a team cannot field the minimum, the coaches and referee must agree to borrow players from the other team that they are playing.
- 4) There will be one official for K-1st grade
- 5) If a team is without a coach at game time, the officials/staff will fill the spot with a willing parent.
- 6) Please pull your team off the gym floor to have post game "team talks".
- 7) **There will be a 5 minute warm-up between each game. The warm-up is subject to be shorter if games are running behind. The officials or site supervisor will make this determination.**
- 8) Have players line up at center court for match-ups prior to start of the game. (K-1st)
- 9) Score will not be kept for K-1 grade leagues.
- 10) In the K-1st grade leagues, the home team will provide an adult to keep the time on the scoreboard but not the score.
- 11) **Player subbing:**
 - a. **In the K-1 league the coach must try to sub 5 new players every 5 minutes during the game. This will create equal playing time for all participants. (If a team has more than 10 players, a coach must sub more frequently to ensure equal playing time throughout the game). The scorekeeper and/or the official will notify the coach when it is time to sub and will also keep track of the players being subbed in and out.**

12) Each team will have two (2) timeouts per half. Each time out is 1 minute.

F. Game Length:

1) K-1 will play 4, 8 minute quarters with a continuous clock.

2) Halftime will be 3 minutes long.

G. Overtime Period: The K-1st grade league will not have an overtime period.

H. Basket Height:

1) Grades K-1 will play on 8 foot baskets

I. Ball Size:

1) Grades K-1 will use the junior ball (27.5)

J. Technical Fouls:

1) Any technical fouls will be an automatic ejection and removal from the ORC League premises. Any coach receiving one will also receive a two game suspension.

a. A second technical foul in the same season will result in a suspension for the remainder of the season.

2) Any technical foul will result in two free throw shots and the ball out of bounds.

3) A player receiving a technical foul during the game could be suspended the following (1)game depending on the severity of the offense.

K. Offense:

1) There will be no 3-point line for K-1st grades.

2) Free Throws:

a. No free throws for K-1st grade league.

L. Defense:

1) Man to Man will be the only defense allowed in K-1st grade divisions

M. Violations

1) **K-1st** – Traveling, double dribbling and other ball handling violations will be called very seldom and will be based on the ability of the player as to whether he or she is gaining a clear advantage from it. It will be the official's responsibility to help explain the violation to the player.

2) **Lane Violations**

a.)**K -1st**- There will be no lane violations called.

N. Additional Information

1) **K-1**-The home team will inbound the ball to start the game.

- 1 coach per team can be on the court at all times

2) **Substitutions**

COACHES MAY NOT USE SUBSTITUTIONS AS AN EXTRA TIMEOUT!!!

K-1st will have 30 seconds to make their appropriate substitutions

(Every team will be issued a warning the first time this is not followed. A team will be issued a charged timeout if another violation occurs.)