

# 1st Grade COED Basketball Rules & Regulations-2023

Riverdale & South Weber

This league is established to have the participants learn basic skills and have a good, fun experience. Therefore, the coaches and parents are encouraged to be positive and supportive at all times. Good sportsmanship is expected from all.

Rules used are the National federation High School rules except where changed by the Recreation Departments involved in the league (see below.)

<b>Grade:</b>	<b>1<sup>st</sup> Grade COED</b>
<b>Ball/Hoop:</b>	27.5 inch Ball, 8ft hoop, No free throws
<b>Clock:</b>	<b>The first 10-15 minutes of scheduled time will be used by coaches for practice. Game starts after this.</b> <b>6 Minute Quarters- Running Clock. Clock will only stop on Injuries and Time-outs</b>
<b>Time Outs:</b>	One (1) 30 second time-out per half. Time-outs do not carry over from the 1 <sup>st</sup> to 2 <sup>nd</sup> half. <b>A timeout will be taken at the 3-minute mark of each quarter for coaching.</b>
<b>Score:</b>	Score will not be kept.
<b>Press Rule:</b>	Players may only steal the ball on a pass, not on the dribble. Defense must allow offense to cross the half-court line and approach the top of the key. Double or triple teaming is not allowed. Players will be allowed Five (5) to Eight (8) seconds in the key on the offensive end of the floor.
<b>Overtime:</b>	No Overtime in this league.

**We strongly encourage that each player plays as much as possible each game. Each player must play at least half the game.** Please substitute all players equally. Teams will not be allowed on the court until their scheduled game time. If time allows, a warm-up period will be given to each team. Players may only play on one team per division.

**VIOLATIONS:** Violations will be called when the violation, in the judgment of the official, is extravagant or excessive. The first two games the official will give the ball back to the team that had possession. The next two games the official will continue to give the ball back to the offending team for the 1<sup>st</sup> half only. The remaining games all violations will result in a turnover, giving the ball to the opposing team.

**TECHNICALS (Applies to Coaches, Players, & Parents):** Any player who receives a technical foul will be required to **sit out for five minutes**. Two (2) technical fouls given to a player for unsportsmanlike conduct will result in ejection from the game and suspension from the next scheduled game. Anyone who has received three (3) unsportsmanlike technicals will be suspended for the remainder of the season. League director has absolute autonomy to enforce or negate any suspensions.

**COACHES:** One coach from each team will be on the court during the game. Each coach will be given an electronic whistle and will help enforce violations and fouls on their own team. Please use this opportunity to teach the participants and correct their mistakes so they can progress.

**FORFEITS:** This league does not have forfeits; however, you must have 4 players present to play the game.

**DRESS:** Jewelry of any kind, watches, and shorts/pants with pockets are not allowed.

**SPORTSMANSHIP:** Good sportsmanship is expected from all. Coaches and parents are encouraged to always be positive and supportive. Teams, players, coaches, fans are evaluated for sportsmanship each game. Help make this a good, fun experience for all. Spectators are not allowed to use noise making devices. **NO FOOD OR DRINK IN THE GYM.** Snacks must be given outside of the gym.

If you have any questions or concerns, contact your league director:

Riverdale- Baylee: 801-621-6084

South Weber- Curtis: 801-476-4445