

# **In- House Basketball**

## **2023-2024**

### **Rules and Regulations**

#### **GRADES 2-3:**

##### **1. PLAYERS**

- a. Games will be played 5v5 on the court.
- b. Players should ALL play as equal time as possible. (Every kid should play in every game)
- c. Subs can be made at any dead ball OR halfway through each half (Large group subs)
- d. Reversible jersey worn for game days. (Decide before game time which team will be which color)

##### **2. EQUIPMENT**

- a. Rims will be set to 8 feet.
- b. Ball Size (28.5")
- c. Score is kept during the game
- d. Proper footwear required: NO boots or hard sole shoes

##### **3. GAME PLAY**

- a. Games will consist of two 20 minute halves; running time. (Clock stops for fouls and substitutions)
- b. 5 minute halftime
- c. Fouls and violations will be called on a "learning basis."
  - i. Refs will call infractions but will allow for teachable moments to unfold.
  - ii. Travels/double dribbles- ReDo Week: Game #1: If these infractions are called, players will maintain possession and learn to correct their mistakes
  - iii. The goal in this is to teach the correct ways early in the season. As the season progresses, possession will be given to other team when an infraction is called.
- d. Fouls: ALL fouls are called when needed (shooting fouls, reach in fouls, contact fouls, etc.)
  - i. Fouls also allow for teachable moments to unfold on the court
- e. No fouling out (If a player continues to foul or foul aggressively, coaches may be asked to sub the player out for a few minutes)
- f. 2 shots at the line for shooting fouls
- g. Man to man defense
  - i. No pressing
  - ii. No double teams
  - iii. Defense must wait until ball crosses into the three point area before attempting to steal
  - iv. Steals can only occur ON THE PASS. Cannot steal directly from the ball carrier.

##### **4. COACHES/SPECTATORS**

- a. ALL coaches and spectators are to show respect to the officials, the players and each other
- b. Disrespect will not be tolerated
- c. THIS IS A NON COMPETITIVE LEAGUE. Kids are here to have fun and to improve their basketball skills
- d. **DON'T BE THE ANGRY PARENT OF A HAPPY KID**