



2nd-3rd Grade Freshman League

League Rules

1. Games will consist of four (4), Ten (10) minute quarters. There will be a two(2) minute halftime.
2. This league will be played with rim at 8'6" high; the ball will be an 8 ½" youth sized basketball.
3. The clock will run continuously, except for the last 20 seconds of each quarter and during substitutions.
4. Play will be 5 on 5. The coach is responsible for team playing man to man defense.
5. Scores will be erased at the end of each quarter.
6. There will be no time-outs in this league.
7. There will be no stalling of the ball.
8. When defensive team has a rebound under control, opposing team must retreat to the other end of the court.
9. Defense may not extend beyond the three point circle at any time.
10. Three point shots in this league will be scored as two points, same as any other shot.
11. There will be no foul shots, instead the ball will be taken out of bounds on fouls.
12. Substitutions will be made at the five (5) minute mark of each quarter.
13. Double-dribble, traveling, carrying the ball, three seconds, etc... will be stopped and corrected by the official. The ball will not be taken away except in the case of extreme abuse of the rules.
14. At the midway point of the season the above violations will result in a turnover. We want the kids to begin to learn the rules of basketball.
15. Jewelry should not be worn at practice or in games.
16. We would also ask that gum be thrown away before practice or games.
17. If possible, we would ask that the children bring gym shoes to play in.