

2023 REC Way Basketball Rules: Kindergarten & 1st Grade

GOAL HEIGHTS

1. Kindergarten and First Grade: 7'6"
2. Heights can be adjusted when we begin playing if too high or too low for groups.

RULES

1. Play will be 4 on 4
2. Games will last approximately 1 hour from beginning to end.
3. Players who attend practice play equal amounts of time. If a player misses practice it will be the discretion of the coach how much playing time he/she gets but all players will play during games.
4. Man-to-man defense only.
5. Teams may not play defense until the ball has crossed the white volleyball line just past the half-line of the court, and there is no double teaming a player or the ball.
6. No stealing the ball from the offense.
7. The red line will serve as out of bounds on the baselines.
8. Score will be kept for each quarter.
9. All games will begin with ball possession each quarter.
10. Teams will switch ends at halftime.
11. Players will be given a second chance to correct a walk or double dribble. A walk occurs when a player moves his/her feet without dribbling. A double dribble occurs when a player dribbles, picks up his/her dribble, and then dribbles again.
12. A coach from each team may be on the floor to help with instruction. A coach or parent helper will need to monitor the players on the bench.
13. **Coaches, players, and parents must show respect to our officials. They work hard to make calls that are age and skill level appropriate while being fair and honest.**

CLOCK RULES

Quarters are 5 minutes long. Quarter breaks will last one minute. Halftime will last three minutes. Score is kept by quarter and the score will be erased after each quarter. Stop the clock on whistles for fouls, out of bounds, rule violations, free throws, and timeouts. Do not stop the clock on the throw-in after a made field goal.

KINDERGARTEN AND FIRST GRADE LEAGUE GOALS (Play is 4 on 4)

1. Dribble without traveling
2. Play defense on the man not the ball. Play the man not the passing lane—play between man and basketball goal
 - a. Teaching example: Oreo cookie—chocolate is man—defense is the creamy, white filling in the center of the cookie—chocolate is the goal!
3. Begin to understand the responsibility of positions and the area position covers
4. Pass the ball to other players
5. Transition from offense to defense and from defense to offense
6. Face the goal on offense—don't dribble with back to goal
7. Transition from offense to defense and defense to offense
8. No stealing



PADUCAH PARKS & RECREATION

ALWAYS SOMETHING TO DO!