

1st-2nd Grade Girls Division Rules

(Updated 11/16/2025)

GAME SETUP. Play will be 4 on 4 with 8-foot goals. All games will be played with a 27.0" or 27.5" basketball. Teams must have 4 players to begin play. One coach from each team may be on the court to coach their players.

The Home team should wear dark color jerseys and the visitor should wear light.

Game Ball: The home team should provide the game ball unless the coaches otherwise agree or requested by the official.

WRISTBANDS: Each team will receive a set of 4 wristbands, each a different color. Players should be paired with opponents who are wearing the same color wristband.

SCORE KEEPING. No score keeping is allowed.

REFEREES. All games will be officiated by one paid on-court referee. The referee will call fouls, out-of-bounds violations, enforce defensive restrictions, and keep the time for the quarters. The on-court coaches should diligently encourage their players to follow the defensive rules.

TIMING. Games consist of four 10-minute periods (continuous clock) with play stopped every 5 minutes on dead balls to allow for substitutions. There is no need for time outs except for injury or other emergencies. Half time is 3 minutes. Games should be ended 10 minutes prior to the next game's official start time, regardless of whether the current game is completed.

PLAYING TIME. All players must play an equal amount of "half-periods." If the number of players on a team does not allow for equal playing time, one or more players may be required to play one half-period more than the player with the least amount of half-periods played. A player may not play two half-periods more than another player on the same team. Playing time shall be distributed as follows:

of Players Playing Time at Game:

8 Players	8 Players play 4 half-periods each
7 Players	4 Players play 5 half-periods each 3 Players play 4 half-periods each
6 Players	2 Players play 6 half-periods each 4 Players play 5 half-periods each
5 Players	2 Players play 7 half-periods each 3 Players play 6 half-periods each
4 Players	4 Players play 8 half-periods each

Defenders must be able to touch the offensive player at all times when the offensive player is inside the front court.

Each team must assign a parent from their team as a monitor to record players entering the game at the start of each quarter and half-quarter. Coaches are responsible for checking with the monitors at half time and at the start of the 4th quarter to ensure that they are on track to correctly substitute. If a player leaves the game, due to injury or other circumstance, early in the half-period (first 2 minutes), the playing time should be recorded for the substituting player. If the player leaves the game late in the half-period (second 2 minutes) the playing time should be recorded for the player leaving the game. If a player is not able to return to the game, the remaining players should play an equal amount of time according to the rules set out above. If the player can return to the game, he/she should play an equal amount of time as normal.

OFFENSE: Coaches should allow all players to bring the ball up the court and are encouraged to rotate such after each made basket. **NO PICKS OR SCREENS ARE ALLOWED.**

FRONT-COURT DEFENSE. Defenders must play man-to-man defense. Each player must wear a colored wristband to help identify his or her player to cover. Coaches should make every effort to allow players of equal playing levels and/or height to guard each other.

Defenders must be able to touch the offensive player with the matching wrist band at all times when the offensive player is inside the front court. Defenders cannot "switch" to another player, even if that player is unguarded. Double-teaming is not allowed. All defensive violations will result in the stoppage of play and the ball being returned to the offense at the point where the violation occurred. Once the ball has been returned to the offense, play should resume as normal. Repeated abuse of defensive rules by a coach should be reported to the coordinator and may result in that coach being suspended for one or more games.

DEFENSE RESTRICTIONS. In order to avoid overly physical games, and to teach players proper defensive position, the following restrictions are placed on defensive play: 1. Defenders may not steal the ball from an offensive player who is dribbling or holding the ball. Players may steal balls that are being passed to another offensive player or a loose ball that has left the control of an offensive player. 2. Blocked shots are allowed, but only when the defender is between the offensive player and the basket (no blocks from behind or the side), the defender's feet are on the ground and both the defender's arms are held high above their head. All defensive violations will result in the stoppage of play and the ball being returned to the offense at the point where the violation occurred. Once the ball has been returned to the offense, play should resume as normal.

FOULS & FREE THROWS. While fouling out is not possible, fouls will be enforced. Free throws are not awarded for any fouls called. Instead, the team who was fouled is awarded the ball at the point where the violation occurred and play is resumed as normal. All effort should be made by the on-court coaches to keep the players in control. Players should be taught not to reach around or over the back of other players. Coaches should stop the game and instruct their players if they feel the player is not in control or fouling repeatedly. A coach or the referee should sit a player who continues to commit fouls that are excessive in nature or in number. Flagrant intentional fouls will result in the player not being allowed to play the remainder of the game, and may result in suspension.

BACK COURT DEFENSE. Teams must use front-court defense only (center line to goal) for the entire game. If no center line is marked, coaches should instruct defensive players to back-up beyond the halfway mark before picking up their player. The coaches on the court should call out for the defensive players to back up on defense if they are guarding in the back-court. Teams must advance the ball past mid-court in approximately 10 seconds. While the 10-second rule is not strictly enforced, offensive players may not wait in back-court to set up their offense or to stall the clock. If a player stops short of the mid-court line for more than 5 seconds, the coaches should instruct the player to advance past the line. Failure to advance the ball after the warning will result in a turnover. Once a team has crossed over half-court, players should not dribble into back-court. However, if a loose ball or errant pass goes into the back-court and is recovered by the offensive team, a back-court violation will not be called.

TRAVELING & DOUBLE-DRIBBLING. Double-dribbling and traveling will be loosely enforced. In such cases, play will be stopped and the player will be brought back to the point where he/she started and instructed to dribble correctly. Upon the 2nd immediate infraction by the same dribbler, play will be stopped and the player will be brought back to the point where he/she started and instructed to pass.

Progression Rule: After the first 3 weeks of games, this rule will change to "Upon the 2nd immediate infraction by the same dribbler, play will be stopped and possession will change."

3-SECOND & 5-SECOND VIOLATIONS. 3-Seconds in the key, 5-Seconds to in-bound the ball, and the 5-second "closely guarded" rules will not be enforced.

OUT OF BOUNDS. Wherever out-of-bounds lines are marked, it should be enforced. When a player or the ball is clearly out of bounds, play should be stopped and the ball awarded to the other team. Where no out-of-bounds lines are marked, the wall, bleachers, or nearest object should be considered out of bounds

ALTERNATING POSSESSION. The home team will have the first possession of the game. Possession will alternate after tie-ups and at the end of the 8-minute quarters, but not at the end of the half-quarter substitution periods. After half-quarter play stoppage, the ball should be returned to the team who possessed the ball when time was called for substitutions.

ISOLATION PLAYS. Plays intended to isolate one offensive player so that player may attempt to "beat" their defender and make a move to the goal without being challenged by other defenders, will not be allowed. Coaches violating the intent of this rule will be subject to discipline by the LTYA Basketball Board.

POST SEASON TOURNAMENTS. There are no end-of-season tournaments for this grade level.

GYM ETIQUETTE. Non-marking sneakers are required at all practices and games. Food and drink (including water bottles) of any kind are not allowed in the school. Post game snacks are discouraged and are not allowed inside the schools. All players and coaches should be at the gym 10 minutes before game time. Players and siblings should not play in or roam around the school hallways or bathrooms. All LTISD school equipment should be left as is and not sat or climbed upon. Siblings or players from other teams will not be allowed on the court during other teams' games (this includes during half time and time outs). Parents, coaches, and players should respect LTISD - appointed gym monitors and obey any instructions given by them.

BENCHES. One head coach and one assistant coach are allowed on the bench/on the sidelines with the players. No non-coaching parents are allowed to sit on or be near the team benches unless there is an injury.

PARENTAL CONDUCT: Parents should refrain from yelling at or openly criticizing a player, referee, or coach. Any misconduct by parents should be reported to the grade coordinator, basketball commissioner, or LTYA office, and will be reviewed by the LTYA Basketball Board. Misconduct may result in suspension as permitted by LTYA.

COACHING CONDUCT. Coaches are the foundation of our league. Players and parents rely on coaches to give each child a positive, learning experience. Coaching is a privilege that can be revoked at any time. Coaches must abide by the Code of Conduct agreed to during registration. Specifically, coaches should refrain from yelling at or openly criticizing a player, referee, coach or parent. Coaches should strive to enforce the "spirit" of the rules instead of stretching rules to their limits. Any misconduct by coaches should be reported to the grade coordinator and will be reviewed by the LTYA Basketball Board. Misconduct may result in suspension and/or loss of coaching privileges across LTYA sports.

You have taken on the responsibility as a BASKETBALL TEACHER. You are accepting the position under the following terms: "Coach to Coach" not "Coach to Win." Kindergarten through second grade basketball in the LTYA is solely to learn the fundamentals of the game and to create an encouraging, fun learning experience.