



## **Eau Claire Basketball League 1<sup>st</sup>-4<sup>th</sup> Grade Rules & Guidelines**



### **OBJECTIVES:**

1. To teach the Four Core Values of the YMCA: Caring, Honesty, Respect, and Responsibility.
2. To establish a program developing both mental and physical abilities to the fullest extent.
3. To provide an environment of cooperation, sportsmanship, fun, and fair play for all participants.
4. To teach basic skills, fundamentals, and appreciation of the game to all participants.
5. To instill valuable characteristics of teamwork, leadership, and positive work ethic in all participants.

### **GUIDELINES:**

#### **Players**

- Registered players will be placed on teams by the Director.
- Players are expected to have equal playing time. Each player should have the opportunity to start a game, as well as play various positions.

#### **Teams**

- 1<sup>st</sup> thru 4<sup>th</sup> grade teams will be divided by school when possible.
- The number of teams per league will be determined by the number of participants.
- Team size will be determined by the number of participants and the number of coaches available.
- Team names will be assigned by the Sports Director.
- Team uniforms will be reversible jerseys and are required.

#### **Practice**

- Practice time and location will be chosen by the coach.
- Practices will be held once a week.
- Practice cancellations will be at the discretion of the coach, the Sports Director.

#### **Games**

- All games will be held at the downtown Eau Claire YMCA at 700 Graham Ave.
- Game Days are as follows:
  - 1<sup>st</sup> – 3<sup>rd</sup> grade games will be played on Saturdays.
  - 4<sup>th</sup> grade girl's games will be played on Friday evenings.
  - 4<sup>th</sup> grade boy's games will be played on Sunday evenings.
- Game length may vary with grade.

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**All WIAA Basketball rules will apply with the exception of:**

**1<sup>st</sup> and 2<sup>nd</sup> Grade**

- Teams will play 4 on 4 or 5 on 5. This will be determined by team size.
- Court size will be short court with two hoops (half a regulation size court).
- 8 foot hoop height
- Junior (27.5) size basketball
- Games will consist of four 10-minute quarters with a running clock.
- No pressing.
- Man-to-man defense. No zone defense.
- Score will not be kept.
- Free Throw line is 8 feet from the basket (marked by a shorter line on the court).
- Each team will have 2 timeouts per half. Timeouts may not be carried over.

**3<sup>rd</sup> Grade**

- Teams will play 4 on 4 or 5 on 5. This will be determined by team size.
- Court size will be short court with two hoops (half a regulation size court).
- 9 foot hoop height.
- Girls will use a Junior (27.5) size basketball. Boys will use a 28.5 size ball.
- Game will consist of four 10-minute quarters with a running clock.
- No pressing.
- Man-to-man defense. No zone defense.
- No score will be kept. Fouls will be kept.
- 5 second lane violation (versus a 3 second violation).
- Free Throw line is 8 feet from basket (marked by shorter line on court).
- Each Team will have 2 timeouts per half. Timeouts may not be carried over.

**4<sup>th</sup> Grade**

- Teams will play 5 on 5 full court games.
- 10 foot hoop (regulation height).
- Boys & Girls will use a Women's (28.5) size basketball.
- Free Throw line is 8 feet from the basket.
- Game will consist of four 10-minute quarters.
- Clock will run; except during substitutions, and last two minutes of the 4th quarter.
- No pressing.
- Man-to-man defense. No zone defense.
- Each team will have 2 timeouts per half. Timeouts may not be carried over.
- 1 timeout per overtime. No timeouts will be carried over from regulation.
- No 3-point baskets will be awarded.

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