



Fundamental League Rules

1. Players are expected to be at the fundamental session prior to the start of the game, aka practice.
2. We emphasize sportsmanship and team play with basketball ethics and common sense in play.
3. Basketballs will be provided and are not to be removed from the gym for any reason.
 - a. 1st & 2nd grade will use 27.5" balls when available
 - b. 3rd-6th grade will use 28.5" balls
4. All players are expected to play equally.
 - a. If there is an odd number of players on a team, rotations should be established to attempt to provide as close to equal playing time as possible.
5. Play by Division
 - a. 1st & 2nd grade teams will play 4v4
 - b. 3rd & 4th will play 5v5
 - c. 5th & 6th Girls will play 4v4, however, if a team is short players, they can play 3v3
6. Each player will shoot one free throw at the beginning AND end of each game.
 - a. The made free throws will count towards the team's score.
 - b. Each team shoots the same amount of free throws (i.e. If you have 7 players and the other team has 8, one of your players gets to shoot twice).
 - c. Free throw distance: 1st/2nd grade – 10', 3rd/4th grade – 12', 5th/6th grade – regulation
7. Each session will begin with a fundamental practice session lead by team coaches or league directors with the following division schedule:
 - a. 1st/2nd – 25 minute fundamentals, four 6 minute quarters with a 3 minute halftime
 - b. 3rd/4th – 25 minute fundamentals, four 8 minute quarters with a 5 minute halftime
 - c. 5th/6th – 25 minute fundamentals, four 8 minute quarters with a 5 minute halftime
 - d. Substitutions for all will be half way through each quarter-no exceptions
8. If a team is leading by 15 points, no additional points will be added unless the trailing team scores.
 - a. 15 points is the most a team can lead by.
9. Defense options are broken down by divisions:
 - a. 1st & 2nd will play a 2-2 zone INSIDE the three point line only.
 - i. They CANNOT steal the ball, but they CAN intercept a pass.
 - b. 3rd - 6th will play man to man at half court (no full court defense).
 - i. They CAN steal the ball and intercept passes.
 - c. NO TRAPPING ON DEFENSE...teams are to play MAN TO MAN only.



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10. No free throws will be taken during the game and the ball will be taken out of bounds on shooting fouls.
 - a. During practice before the game, show the team how to line up for out of bounds plays to avoid wasting time during the game.
11. The clock only stops for injuries.
12. Basket height is as follows by division:
 - a. 1st & 2nd - 8.6'
 - b. 3rd & 4th - 9'
 - c. 5th & 6th - 10'
13. Officiating will be as follows by division:
 - a. 1st & 2nd: coaches will be on the court to coach and referee games.
 - i. Call violations on your team only and work to keep players in control
 - b. 3rd & 4th: High School youth referees will be scheduled
 - c. 5th & 6th: Registered referees will be scheduled
14. If at the end of play and final team free throws, alternating free throws will be shot to determine a winner.