

A.F. YOUTH BASKETBALL  
K-1<sup>st</sup> Grade Rules

1. Let's remember that this is an instructional program for the children to learn and have FUN! GOOD SPORTSMANSHIP!
2. Must wear jersey provided by program.
3. Must wear tennis shoes. (No street shoes on gym floor)
4. Practices should be limited to two hours/week. 1 hr. if gym space limited.
5. If possible, every player must play 2 quarters or 16 minutes per game. The only exceptions are injury, sickness, or disciplinary action that has been agreed upon by the player, coach, and city official in charge.
6. Eight (8) minute running clock in each quarter. The clock stops on every dead ball in the final two (2) minutes of each half.
7. One (1) minute break between quarters. Five (5) minute halftime break.
8. All substitutions must check in a scorer's table. Then the referee may waive them in at dead ball.
9. When in-bounding in back court, the offense has ten (10) seconds to advance the ball across half court from the time the ball is touched by a player on the court.
10. MAN-to-MAN defense. NO ZONES. No full-court press is allowed. Defensive players may start guarding their opponent after he/she crosses the half court line.  
-Each player will have a wristband with a corresponding color to the player he/she is guarding. Wristbands cannot be exchanged between teammates while the clock is running.
11. The defense cannot double team. A two (2) second grace period will be allotted for the person to find the player he/she is guarding. If the defender does not break off a double team, an illegal defense will be called. Each team will receive one (1) warning per half, after which a technical foul will be called. A technical foul results in one (1) point and the ball.  
*Exception:* A defender can guard the wrong color wristband on a fastbreak.
12. Illegal zone defense will result in a warning. Each team will receive one (1) warning per half, after which a technical foul will be called. A technical foul results in two (2) points and the ball.
13. AFTER OR DURING the game, any negative conduct by a coach, player, or parent toward another parent, referee, coach, player, or volunteer will result in the offender not being allowed back into the gym or a cancellation of the team's next scheduled game, whichever is appropriate.
14. THE BALL USED FOR GAMES IS A ROOKIE BALL. THIS IS THE SAME SIZE AS THE 2-3 LEAGUE. HOWEVER, AN 8 FOOT RIM WILL BE USED.
15. Games start after five (5) minutes of warm-ups. No exceptions.
16. All games must start with five (5) players per team. If a team does not have five (5) players, they may be allowed to play with four (4) players without forfeiting the game. If sufficient players from one team are not available, players from the opposing team may be assigned to that team for that game in order to bring the roster of each team up to the minimum of five (5) players.

17. Each team is allotted two (2) time-outs per half. Teams get one (1) extra time-out in overtime. Overtime period last three (3) minutes and will have clock stoppages during the last one (1) minute where appropriate.
18. A protest committee will be formed to handle any issues arising with a game. Protests must be submitted in writing to city hall by the following Monday at 4pm. Judgment calls made by the referee may not be protested.
19. The last 2 teams of the day will be responsible for helping to clean the gym.

### **FOULS, FREE-THROWS, & PENALTIES:**

THERE WILL BE NO FREE THROWS IN THE 2-3 LEAGUE. ALL FOULS RESULT IN A DEAD-BALL THROW-IN UNDER THE BASKET. **SHOOTING FOULS** WILL RESULT IN ONE (1) POINT PLUS POSSESSION OF THE BALL. IF THE SHOT IS MADE ONE (1) POINT PLUS THE VALUE OF THE BASKET WILL BE GIVEN TO THE TEAM. IF THE SHOT IS MISSED, ONE (1) POINT WILL BE AWARDED THE TEAM AND POSSESSION OF THE BALL UNDER THEIR OWN BASKET. DURING THE FINAL TWO MINUTES OF EACH HALF, THE CLOCK WILL STOP FOR FOULS.

**TECHNICAL FOULS AND FLAGRANT FOULS** WILL RESULT IN TWO (2) POINTS AND THE BALL. TWO TECHNICALS OR ONE FLAGRANT FOUL WILL RESULT IN EJECTION FROM GAME.

### **DOUBLE-DRIBBLE AND TRAVELING VIOLATIONS**

THERE WILL BE NO DOUBLE-DRIBBLE VIOLATIONS FOR THE K-1 LEAGUE.

**TRAVELING** OCCURS WHEN A PLAYER TAKES 3 OR MORE STEPS WITHOUT DRIBBLING THE BALL. TRAVELING WILL RESULT IN A DEAD BALL OUT OF BOUNDS. THE PLAYER WILL BE GIVEN TWO WARNINGS BEFORE BEING WHISTLED. ONCE WHISTLED, A DEAD BALL OCCURS, HOWEVER THE TEAM WILL NOT LOSE POSSESSION OF THE BALL.