Bethel Recreation Association
K-2nd Grade Youth Basketball

K-2nd BASKETBALL UPDATED RULES 2026…updated 10-30-26

This program will follow the National Federation of State High School Associations (NFHS) basketball rules with the following exceptions. Score and standings will not be kept.

GOALS OF THE PROGRAM

The K-2nd youth basketball program is an instructional league designed to teach the proper fundamentals of basketball in a fun-filled atmosphere. Teamwork, dedication and good-sportsmanship will be strongly reinforced.

TEAMS

1. Teams are divided into four (4) separate leagues: Kindergarten (coed), 1st grade (coed), 2nd Grade Girls & 2nd Grade Boys.
2. Teams will consist of 7-10 players.
3. Five (5) players for each team will play on the court during games. Coaches may start and finish with only 4 players if all players do not show up. A ten (10) minute grace period will be given. If grace period is used the time of play for each half will be reduced to 15 minutes.

THE COURT

1. Kindergarten-2nd grade basketball will play at eight-foot hoops.
2. Teams and spectators on opposite sides of the gym when possible. Spectators/teams are not allowed behind the end lines.

PLAYERS AND EQUIPMENT

1. All grade levels will use a junior size (27.5") basketball.
2. Every member of a team must wear the Bethel Recreation t-shirt issued unless one is not available a like color shirt may be worn.
3. Tennis shoes with non-marking soles must be worn.
4. Coaches are required to play all players in each half and provide equal playing time to the best of their ability. If a player refuses to play the officials and opposing coach must be notified and no penalty will be given.
5. ***Jewelry is prohibited. This includes earrings (taping jewelry is NOT acceptable).*** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. Hard barrettes and bobby pins in the hair that are securely fastened are allowed. ***Temporary plastic earring retainers can be worn in the ear in place of studs.***

SUPERVISION/OFFICIALS

1. There will be a Gym Supervisor at each game site to answer questions and provide assistance.
2. Each game is controlled by 1-2 officials or a supervisor who has full authority to enforce the rules of the game.
3. *All decisions of officials on all matters are not subject to protest.*

PROGRAM GUIDELINES

1. **Practices-** Kindergarten - 2nd grade teams can practice twice a week for one (1) hour long. Once games begin coaches may choose to only practice once a week.
2. **Games-** Teams will play 1-2 games per week. Teams will have a five (5) minute warm-up before the start of each game.
3. For Kindergarten and 1st grade players will wear colored waist pinnies and guard the opposing player wearing the same color. 2nd Grade players will not wear waist pinnies.
4. **Game Time-** Games will consist of two (2) twenty (20) minute running clock halves with a two (2) minute halftime. **The clock will stop every 5 minutes for substitutions to ensure equal playing time, during time-outs and for injuries. The clock does not stop on dead balls.** The running clock rule is to ensure that all games start on time.
5. **Substitutions** - May be made at time-outs and every 5 minutes when the clock stops. **Substitutions may NOT be made during dead balls.** Substitutions every 5 minutes need to be done quickly as this is not a team time out.
6. **Time-Outs-** Each team is allowed one time-out per half. Time-outs will be one (1) minute long.

7. **Scoring/Clock-** The team designated as the home team is responsible for providing one adult volunteer to operate the portable clock. No score will be recorded on paper or placed on a scoreboard. ***Score and standings are not kept.***
8. **Coaches-** Only two (2) coaches are allowed on the sidelines/bench with their teams.
9. For Kindergarten-1st grades one (1) coach for each team is allowed to be out on the court with their team. The coach is not allowed to go inside the key or touch the ball. 2nd Grade leagues- coaches are **NOT** allowed on the court with their teams.

PLAYING THE GAME

1. **Starting the game-** The game will start with a jump ball. The ball will alternate between the two teams with each jump ball after that. After half time the team with the next jump ball possession will get the ball.
2. Only man-to-man defense is permitted. Zone defense is NOT allowed.
3. Backcourt Defense (i.e., full court pressing) is NOT permitted. The team that is on defense should guard man-to-man and cannot guard an offensive player until they cross half court.
4. **No double-teaming** outside of the offensive team's key. Help defense is permitted and encouraged but the help defender should learn to recover back to the person they are guarding after helping. **Double-teaming is allowed in the key.**
5. No clearing out on offense or cherry picking on defense. Players must fall back on defense once the other team has control of the ball in the back court.
6. **Stealing-** A defensive player is NOT allowed to steal the ball from another offensive player while dribbling or holding the ball. They may steal a loose ball or a ball that is being passed.
7. **Blocking the shot-** blocking a shot **is** allowed but is not encouraged at this grade level. Coaches should teach their players to stand with their hands straight up when a player is shooting.
10. **Free Throws-** No free throws will be taken on fouls. The team that is fouled will take the ball out of bounds.
11. **Fouls-** Rules on fouling and all violations will be enforced with some leniency given to the younger leagues. Personal fouls will be called but will not be recorded. If a player is fouled in the act of shooting, made or missed, the team fouled retains possession of the ball and will get the ball out of bounds. The ball will be taken out of bounds on all other fouls as well.
12. **Screening-** All screens will be straight standing with arms across chest or across waistline. No moving feet or leaning into players.
13. Time line for throwing ball into play is **10 seconds**. Time line to cross half court once ball is thrown into play is 10 seconds.
14. If the ball hits behind the backboard it is out-of-bounds and ball is given to other team. **If the ball hits the side of the backboard the ball is still in play.**
15. The officials/coaches for the game are on the floor to keep things safe and assist in teaching the children the basic rules of basketball. In the beginning of the program a lot of flexibility will be given to the children. As the program progresses calls will/should get tighter.
16. **MOST IMPORTANTLY-** This program is recreation in nature. For some children this will be the first time they have ever played the game, while others may already have several skills. This can be a fun, positive learning experience for all participants if this is kept in perspective.

BETHEL RECREATION CODE OF CONDUCT

1) Coaches, players, and spectators:

- MUST follow all BSD rules and regulations including- NO use of alcohol, tobacco, smokeless and vapor/e-cigarettes, marijuana and **NO animals (including DOGS)** on BSD property.
- May not disrespectfully address or yell at an official, other coaches, players, parents or spectators.
- May not attempt to influence an official's decision.
- May not use profane or inappropriate language or obscene gestures.
- May not disrespectfully address, bait, or taunt an opponent.
- May not confront officials before, during or after a game.
- May not make a threat of physical harm or use physical force towards an official, supervisor, staff, or other coaches or players.

2) The head coach is responsible for the conduct and behavior of their team players, bench personnel and spectators.

3) All children/siblings must be supervised and all garbage (including water bottles) needs to be picked up.

4) If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback please contact:

During Games: Supervisor Before or After Games: BR Director

PENALTY:

Any coach, player or spectator who fails to comply with the above rules will be subject to Code of Conduct disciplinary action. Depending on the severity of the violation, supervisors and officials have the authority to remove individuals.