

2020 REC Way Basketball Rules: 1st, 2nd, & 3rd Grade Division

GOAL HEIGHTS

1. 1st, 2nd, and 3rd Grade: 8'6"
2. Heights can be adjusted when we begin playing if too high or too low for groups.

RULES

1. Play will be 4 on 4
2. Games will last approximately 1 hour from beginning to end.
3. Players who attend practice play equal amounts of time. If a player misses practice it will be the discretion of the coach how much playing time he/she gets but all players will play during games.
4. Man-to-man defense only.
5. Teams may not play defense until the ball has crossed the white volleyball line just past the half-line of the court.
6. No full court press.
7. No double teaming a player or the ball.
8. Score will be kept by quarter and removed at the end of each quarter
9. All games will begin with ball possession each quarter.
10. Teams will switch ends at halftime.
11. Players will be given a second chance to correct a walk or double dribble. A walk occurs when a player moves his/her feet without dribbling. A double dribble occurs when a player dribbles, picks up his/her dribble, and then dribbles again.
12. Players will be able to steal the ball in the 3rd and 4th quarters. The ball can't be stolen until it crosses the white volleyball line. Passes may not be stolen. Ball can only be stolen from dribble. Learn the proper way to steal a ball. Fouls will be counted.
13. A coach from each team may be on the floor to help with instruction. A coach or parent helper will need to monitor the players on the bench.
14. The red line will serve as out of bounds on the baselines.
15. **Coaches, players, and parents must show respect to our officials. They work hard to make calls that are age and skill level appropriate while being fair and honest.**



PADUCAH PARKS & RECREATION

ALWAYS SOMETHING TO DO!

1st, 2nd, & 3rd GRADE LEAGUE GOALS (Play 4 on 4)

1. Begin to understand the responsibility of positions and the area position covers
2. Begin to understand the basic offensive and defensive game concept.
3. Point guard brings ball down court and handles ball—face the goal
4. Rebound and pass to outlet or point guard—go to position
5. Pass the ball and move to a new place on floor (moving without ball)
6. Move without the ball and try to get open for a pass (Example: feints and jab steps).
Don't call the name of person with ball
7. Face the goal on offense.
8. Play defense on the man and not the ball—play man not the passing lane.
9. Transition from offense to defense and defense to offense
10. Play under control in transition.
11. Look for open players
12. Begin to understand shot selection
13. Begin to understand cutting off the player with the ball (stop player with ball)
14. Learn proper techniques for stealing the ball from a player. Players will be able to steal the ball in the 3rd and 4th quarters. The ball can't be stolen until it crosses the white volleyball line. Passes may not be stolen. Ball can only be stolen from dribble. Learn the proper way to steal a ball. Fouls will be counted.
15. Ball handler must learn to protect ball to keep defense from stealing the ball.
16. Score will be kept by quarter, not by game.



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