

# Mountain Brook Athletics

## 1<sup>st</sup> Grade Boys & Girls Basketball Rules (2023-2024)

*Overarching goal of MBA for 1<sup>st</sup> grade basketball is for all participants to have a fun experience*

### League/Game Rules:

- Goal height = 8'
- Ball size = 27.5"
- Teams will play games as two, concurrent 3-on-3 games played cross court
  - Equal playing time among all players is expected
  - Recommended that Head Coach oversee one court and Assistant Coach oversee second court
  - Coaches can rotate players however they see fit; players can alternate between Court 1 and Court 2
  - Depending on player availability and opposing coaches' agreement, teams can also play 2-on-2. Playing 4-on-4 or 5-on-5 is not recommended.
- 6 minute quarters with running clock; 1 minute break in between each quarter; 5 minute halftime
- No score will be kept; therefore, no winner/loser of each game
- Zone defense and man-to-man defense are allowed
  - Coaches to utilize discretion if games become one-sided
  - Full court defense is not allowed
- Defensive/offensive fouls will be called at referees' discretion
  - If fouled in the act of shooting, player will attempt one free throw; free throw line is 9' from the goal; non-shooting players to line up as in standard basketball
  - When non-shooting foul is called, referee to reset play at top of key
  - The number of fouls per player will not be kept; therefore, no player can "foul out" of a game
- Travelling will be called at referees' discretion
  - After travel is called, ball will turn over to the opposing team
- Double dribbles will be called at referees' discretion
  - After double dribble is called, ball will turn over to the opposing team
- Screens are allowed
- Fast breaks are allowed
- 3 seconds in the lane will not be called; however, coaches should encourage their players to move around
- Coaches can call one timeout per court per half to stop play; however, the clock will continue to run
- Game balls to be provided by MBA
- Jerseys to be provided by MBA
- There will not be a tournament at the end of the season
- MBA will not provide trophies to any team

***Updated November 2023***