

LMYA Boys & Girls Grades 1-2 Basketball Rules (Developmental)

General Rules

1. The entire month of December is used solely for the purpose of practicing fundamentals. No games or scrimmages are to be played during this month.
2. Starting in January, the first 40 minutes of a one hour practice should focus on skills and drills that improve basketball fundamentals (passing, dribbling, shooting, & defense). The remaining 20 minutes can be spent on a scrimmage with the other team sharing your court (5 on 5). As the season progresses, actual scrimmage time may increase to 30 minutes of game play but not exceed that amount of time.
3. Every player must play equal amounts of time. Substitutions must occur every five minutes. If a team has less than 10 players, no player shall play more than 2 five minute sessions in a row.
4. Coaches will referee game with whistles. Maintain order and keep the game moving. Focus on traveling, double dribble, personal fouls, and inbounding ball after baskets. When a player commits a travel, double dribble, or foul, coaches will stop the game to teach the player what they did wrong. After 2-3 explanations, the ball will be turned over to the other team. Discourage excessive dribbling and encourage basic skills and teamwork.
5. No lane (3 second) violations, backcourt violations, nor ten second violations to cross half court.
6. Scoring will NOT BE KEPT for this developmental age group.

Defense

1. Man to Man defense ONLY (fundamentals without fouling), no double teaming. No full court press. Defense picks up at half court with no trapping.
2. Once a basket is made or a rebound secured, the defensive team will retreat to the opposite side of half court and await the offense to arrive.
3. Stealing is not allowed on the dribble but the ball can be intercepted on the pass. Coaches please monitor this carefully for sportsmanship purposes and to ensure all players have fun and do not become frustrated.
4. Players must maintain outstretched, vertical hands when blocking a shot. Fouls should be called if this rule is not followed. Instruction should take place every time a foul is called.

Coach's Responsibility

1. Safety of our players always comes first.
2. See LMYA website for our code of conduct policy and program goals.
3. Good sportsmanship must be observed at all times. Coach is responsible for sportsmanship of all players and parents.
4. Be on time. All sessions must begin and end at the one hour mark.
5. Be prepared and come with a practice plan and specific goals. Skills to address at this level include; dribbling with both hands with head up,

bounce/chest/overhead passes, boxing out, rebounding, defensive slide, backdoor cuts, layups, appropriate shooting technique, teamwork, and sportsmanship.

6. Bring your whistle to each practice and use it.
7. Stop the game and teach what players are doing wrong. Ignoring fundamental violations does not teach the game of basketball.
8. Coaches are responsible for their team and parents are responsible for all siblings. Please make this known at the beginning of the year.
9. No food or drinks allowed in ANY of the facilities we use.

Equipment

1. Balls should be 27.5" junior size and 9' baskets.
2. Coaches must bring whistle to practices/games.
3. Coaches are responsible for team bag, LMYA balls, and Med Kits. All of which must be returned at the end of the year.
4. Kids keep their LMYA basketball t-shirt.
5. Individual and Team photographs will be taken by a LMYA selected photography vendor.

Most importantly, have fun and enjoy your experience with LMYA basketball!!!