

SHEP NAZ BASKETBALL
1ST GRADE BOYS AND GIRLS LEAGUE RULES
2ND GRADE BOYS AND GIRLS LEAGUE RULES

1. All first and second grade boys' and girls' leagues will use an 8 1/2-foot basket.
2. All first and second grade leagues will use a 27.0 basketball.
3. The first two weeks of the season will consist of a one-hour practice session.
4. For all subsequent weeks, the session will begin with a 25-minute practice session, a five-minute transition period and a 25-minute scrimmage, with a running clock. The session is over at the end of your scheduled hour in order to keep all subsequent games throughout the day on track.
5. During the scrimmage, each team will be divided into two five-person teams playing the opposing team with two scrimmages happening simultaneously on each end of the floor.
6. Both scrimmages will be played in a "three on three" player format.
7. While the clock is running, the coach should substitute players during dead balls to ensure balanced playing time for all players.
8. Scrimmages will not have referees. One coach from each team will be on each end of the floor coaching and calling major violations.
9. No fast breaks are permitted.
10. Defense
 - No steals are allowed off the dribble.
 - The defense is not allowed to wrap their arms around an offensive player.
 - Shot blocking is only allowed when the defensive player has his arms straight up and the offensive player shoots into the defensive player's hands.
 - No double-teaming is allowed.
11. At the change of each possession, the opposing team must take the ball back behind the three-point line or an equivalent designated line.
12. Each team must pass the ball at least once before a shot is attempted.
13. Double dribbling and traveling violations should be taught as a point of emphasis throughout the season. As the season progresses, coaches are encouraged to call these violations more stringently and treat them as turnovers.
14. No timeouts shall be called. Any stoppage of play will not stop the running clock.
15. There is no halftime.
16. There is no score kept in this league.