

1st & 2nd Grade Developmental Basketball League Rules Winona Family YMCA - 2025

1. Play will be 5 on 5. Two, 16 minute halves. The clock will stop for time-outs and player substitutions.
2. All baskets will be lowered to 8' and a 27.5" ball will be used. No score will be kept for 1st & 2nd grade.
3. A jump ball will start the game with alternating possessions thereafter.
4. Half time is 3 minutes. Ball is inbounded from the sideline to start the second half.
5. Each team will have 2 one-minute time outs per half, no carryover.
6. There will be efforts for substitutions every 4 mins to give players equal playing time. Clock will stop for substitutions.
7. No free throws will be shot. For shooting fouls called, the ball will be inbounded from out of bounds back to the offensive team.
8. 3 and 5 second violations will not be called-but refs will remind players to get out of the lane, inbound the ball etc.
9. There will be minimum traveling and double-dribbling violations called. When they are called, refs will stop play, explain the violation, and give the ball back to the same offensive team.
10. Player to player defense only.
 - a. At the beginning of each quarter or substitution, coaches get to step onto the court to match up players at Half-Court across from opposing players with the same color wristband.
 - b. Players may not begin defending their opposing player until they have crossed the 3 pt line.
 - c. Once a player gains control of a rebound/loose ball, the entire defensive team must retreat back to the other side of the court. Coaches are encouraged to assist their team and opposing team of this guideline.
 - d. A player may pick up a loose ball or rebound, but absolutely no press allowed. In cases where the opposing team gains possession due to pressure: the official will blow the whistle, remind everyone that they may not begin defense until their

player crosses the 3 pt line, and return the ball to the original team to inbound from the sideline.

11. At the end of the game, to give everyone an opportunity to “score”, each person will shoot one free throw. Teams will shoot free throws at their own basket. Players, coaches and officials are required to shake hands after all free throws have been completed.