

2025/2026 First Grade Rules 4 on 4

1. All players must have similar playing time per game. No one player can stay in the game the entire time.
2. Teams are required to only play man to man but help defense is acceptable.
3. There is no stealing off the dribble. Stealing the ball is permitted on passes and loose balls only.
4. Scores will not be kept on the scoreboard.
5. Games are played on 8-foot rims using 27.5-inch junior balls.
6. Defense must stay behind the marked three-point line until the ball has advanced past the three-point line.
7. The offense has a ten count to get the ball across half court or they will lose possession.
8. One unintentional double dribble will be overlooked per player per play. A second double dribble or an intentional double dribble will result in forfeiture of the ball.
9. Traveling will be called after three steps have been made holding onto the ball.
10. The ball will be inbounded after each foul. No foul shots will be taken during the game to save time.
11. Games will be (6) periods, (5) minutes long with a running clock. The clock will stop for injuries only.
12. Coaches have 30 seconds to match players up before each period.
13. Teams will be given (1) three minute halftime break after the third period.
14. Each team will receive (2) 30-second timeouts per game.
15. A coin flip will determine who takes the ball out first.
16. Fast breaks are permitted HOWEVER: The defense is not allowed to have any contact from behind on a fast break for player safety.
17. No overtime since we will not be keeping score on the scoreboard.
18. One certified referee will be calling the game. All decisions are final. Do Not approach any referee after the game. We do not keep score. We are here to teach and have fun.

19. Screens and picks will be permitted. Coaches are responsible for teaching proper techniques (standing still hands/arms remain next to body during screen.)

20. COACHES if you bring a basketball in the gym to warm up before the game, please keep them in your bag until you are on the court. Basketballs cannot be dribbled, passed or thrown up against the wall in the cafeteria area. No player is allowed on the stage. Please make sure your players follow the same rules I'm sure they do at their schools. No Running in the cafeteria