

1st-2nd Grade Basketball League

This program allows 1st and 2nd grade participants to play basketball in a league format. It is a great option for anyone wanting more game play, especially those who have previously participated in Little Hoopsters.

League games will be played on Tuesday and Thursday evenings, starting the end of January. On game days, teams will have a 15-minute practice/warmup period and then play their scheduled game. The first day of the program will be a practice day, where coaches can teach skills and practice with their teams. Teams should bring their own basketballs to use during practice time, both on the initial practice day and during the allotted practice/warmup time on game days. Spanish Fork Recreation will provide the game ball.

There will be no officials for this league. Coaches will be out on the floor, coaching and officiating at the same time. When a player commits a violation, the coach should blow their whistle, explain the violation, and then have the same player start with the ball. If the player commits the same violation again, the coach should blow their whistle, and give the ball to the other team. The calls that coaches should look for include: out of bounds, traveling, double dribbling, fouling, double teaming, and full court pressing.

Spanish Fork Recreation will provide a scorekeeper who will run the game clock. Please help our staff keep things on schedule by making sure your team is ready for the game to start when the time comes. Games must start 15 minutes after the hour and be done by 5 till the hour. Any games not finished by 5 till will be called drop dead.

League Rules

- Girls' games will be played with a junior basketball (27.5" or size 5) on an 8' hoop.
- Boys' games will be played with a women's basketball (28.5" or size 6) on an 8' hoop.
- Games will consist of two 15-minute halves, with a 3-minute halftime.
- The clock will be a running clock and will only stop for timeouts.
- Each team will get one timeout per half, no carryover. Timeouts are one minute max.
- We will not keep score or keep track of standings.
- No overtime period will ever be played.
- Teams must play a man-to-man defense (no zone defense and no double teaming).
Players will wear colored wristbands during the game to help remind them who they should be guarding. Coaches should try to defensively match up players of similar ability and size. Wristbands should be turned into the scorekeeper after each game.
- No full court pressing will be allowed.
- Hats, watches, and jewelry cannot be worn during the game.
- Players must wear their program shirt to play.
- Each player should get a fair amount of playing time.
- All players, coaches, and spectators are expected to show good sportsmanship.

