



Instructional Basketball Scrimmage/Game Rules

Scrimmages are intended as an extension of the practice sessions. Participants can put to use the skills they have learned in a game situation. Please do not keep score or standings, but encourage the team to have fun.

1. Kindergarten and first graders will break into 2 groups and play 2 half court (using side baskets) games – 4 on 4. There will be one referee per gym. A coach and/or parent is responsible for overseeing one of the games. The referee will keep time for the whole gym and switch sides at half time.
2. Second graders will play one game using the full court – 5 on 5. For combined 1st and 2nd grade leagues, the default format is one full court, 5v5 game.
3. Basketball rim heights should be set to 8 feet for all kindergarten through second grade games. Junior (27.5”) basketballs should be used.
4. Games consist of 4 – eight minute quarters. Time stops on foul shots and time-outs. Teams may have two (2) one minute time-outs per game.
5. Each player must play 2 quarters from start to finish for rosters of 10 players. For teams with more or less than 10 players, rotate playing time each week to provide an equal opportunity for all players. Teams should have no more than 12 players. No child should play every quarter of every game.
6. Use a foul line approximately 2 feet in front of the regulation foul line.
7. There are no back court violations.
8. No pressing or double-teaming. MCR encourages teams to play a man to man defense once the ball crosses into the offensive front court. Teams may want to have a lineup at the beginning of each quarter to assign each player a “man” to cover.
9. There are no 3 point shots.
10. RELAX, BE COOL, AND HAVE FUN!

Officiating Guidelines

K / 1st Grade

- Start of game – Select one team to start with the ball each half
- No jump balls
- No foul shots
- Traveling / Double Dribble – No turnovers, just reset the play
- No steals when a player is dribbling the ball, only on a pass or shot
- No stoppage of play – walk with the player dribbling encouraging the other kids to get back on the other side of the court
- Scrum – Blow the whistle and restart play; rotate which team gets the ball back

2nd Grade

- Start of game – Jump ball
- Have players take free throws for fouls called in the act of shooting (foul line is 2 feet in front of the regulation foul line)
- Traveling / Double Dribble – Provide substantial warnings resetting the play, and then towards the end of the game begin enforcing turnovers and in bound passes
- Players can now steal the ball when a player is dribbling / passing / shooting
- Scrum – Blow the whistle and restart play; rotate which team gets the ball back