

Billerica Youth Basketball

Grades 1-4 Rules

These are the rules for the 2021-2022 season for grades 1-4, for both boys and girls

No scores will be captured and not put on the score board or in a book

These are non-competitive divisions

Teams play 2 – 20 minutes halves

- This should be 10 – 4 minute periods maximum
- Running Clock

Basket height for all practices and games will be set at 8 ½ feet

- This will allow all players to learn proper form in shooting and develop confidence
- You may need assistance from the school custodian to get these setup
- Some schools have the attachments and you will need to put them up and down

Substitutions - All coaches will use the BYB substitution form.

- This can be found on the BYB website under forms
- This provides all players equal playing time
- Helps to keep the games moving

All teams will play man to man defense only. No zone defenses allowed

Referees

Coaches will referee the games from the floor. Please make a teaching moment to explain the foul so that they are learning.

Traveling and double dribbling

The players are learning. Use the stop and teach method. Explain what they did wrong and give back possession.