

2026
MARCH MADNESS
1st - 2nd Grade Rules

1. Playing Times

- Be on time! All games & practices must start and finish on time. Gym time is tight, clear your team off court & bench quickly so next team can get settled in & do team warm ups.
- **EVERY PLAYER GETS EQUAL PLAY TIME EVERY GAME!!** Substitutions should occur appx. every 4 minutes of clock running time (segment sheet attached). The following chart lists the minimum and maximum number of segments to be played:

PLAYERS	MINIMUM SEGMENTS	MAXIMUM SEGMENTS
6	6	7
7	5	6
8	5	5
9	4	5
10	4	4

Referee will stop play if:

- Player is blatantly running with the ball. Ref will stop player and let him/her begin again.
- Ball out of bounds. Play resumes by Ref taking the ball out of bounds giving ball to appropriate team.
- Jump balls? Ref will give ball to appropriate team (alternating team possession).

- 5 minutes for team warm ups. 3-minute half-time break. 30 second breaks in between periods 1 & 2 and periods 3 & 4.
- Each of the 4 quarters will be 8 minutes running clock. Clock will be stopped for injuries or instruction time only (approved by the Ref). Clock will be stopped for player substitutions appx at 4mins. each period.
- Each team will get two 1-minute time outs per game.
- One overtime period of two (2) minutes will be allowed. If the score remains tied, the game will be declared a tie game.

2. Defense

- Play zone defense only (**NO MAN-TO-MAN COVERAGE**)
- No full court pressing. No double teaming or trapping.
- Once the defensive team gets clear possession of a rebound, the opposing team must allow them control and drop back past half court back into player's defensive zones. **Hands up defense. Defense can only pick up the offensive player inside the 3-point arc. Defenders may only steal the ball on a pass and only inside the 3-point arc. The ball cannot be stolen off the dribble or out of the hands of player.** Encourage passing around the key. Beginner players need to learn this skill, we don't want to inhibit instruction time by having the ball ripped out of "beginner player's" hands every time they have the ball.

3. **Fast break Rules**

- Keep fast breaks to a minimum, doing so will allow the game to slow down & offensive players to set up and run taught plays.

4. **Equipment and Scoring**

- ALL JEWELRY MUST BE REMOVED BEFORE PRACTICES AND GAMES TO PREVENT INJURIES
- 1st-4th graders use 27.5" junior size basketballs.
- A first aid kit is available in the downstairs office if one is not out on scorekeeper table. Ice packs are located in small white frig in the office as well.
- No 3-point shots are scored as 3 points. 2-point shots only.
- If score becomes very one-sided by half time, you can reset the scoreboard to "0" if both coaches agree.
- Players must have the same colored shirts or jerseys. (Pinnies are available in the office if needed.)

5. **Coaches Rules and Bench Conduct**

- Safety always comes first.
- Coaches must have starting players "game ready" prior to the end of the five minute warm-up period.
- Only team players and a maximum of two (2) coaches are allowed on a team bench. All players on the bench must be seated throughout the game.
- Coaches are responsible for team and parental behavior. Coaches, parents, players, and spectators should focus on the spirit of the league. Unsportsmanlike conduct **WILL NOT BE TOLERATED**, especially if directed toward game officials or participants. (**March Madness Code of Conduct attached.**)

6. **Gym Rules**

- No black-rubber soled tennis shoes.
- All water bottles and drinks must be kept on the bench. **MAKE SURE YOUR PLAYERS LEAVE WITH WHAT THEY CAME WITH! Remind parents to use Sharpie & mark their child's ball with last name.**
- No food or drinks on court.
- **TEAM PRACTICES**: Should consist of team drills that focus on basic fundamentals – dribbling, passing, rebounding, shooting, foot work, moving without ball, running a few basic plays, etc. You can scrimmage the last 15 minutes of practice IF you think that benefits your team. **Please do not scrimmage the entire practice time.**
- Clear bench area of all trash for the next team and put anything left behind in the lost and found located at the bottom of the east end stairwell. Clean up after your weekly team practices, as well.

OCC March Madness Basketball - Code of Conduct

The following list serves as a Code of Conduct for **coaches, players, parents and fans.**

Coaches:

- The coach will not criticize players in front of spectators. Use a positive approach when coaching.
- The coach will accept the decisions of officials.
- The coach will not criticize the officials, the opposing team, the coaches, fans or parents through language or gesture.
- The coach will emphasize that good athletes are good students, and both are physically and mentally alert.
- The coach will strive to make every basketball activity serve as a training ground for life and as a basis for good mental and physical health.
- The coach will emphasize that winning a game is the result of teamwork.
- The coach shall not use abusive or profane language in front of anyone connected with the game.
- The coach will refrain from “running up” the score against an opponent.
- The coach shall not be under the influence of alcohol or illegal drugs.
- The coach will set an example in personal conduct at all times.
- The coach will treat each player, opposing coach, parent and referee with respect and dignity.
- The coach will learn the strengths and weakness of his/her players in order to place them into situations where each has a maximum opportunity to achieve success.
- The coach will protect the health and safety of his/her players by insisting that all of the activities under his/her control be conducted for their psychological and physiological welfare, rather than the interests of adults.

Players:

- Have fun!
- Be a good sport (win or lose), be honest, fair and always show good sportsmanship to all coaches, players, referees and fans.
- Learn the value of commitment to the team.
- Put personal goals aside for the betterment of the team.
- Show courtesy and respect to teammates, opponents and coaches.
- Realize that athletic contests, including practice sessions, are educational experiences and opportunities.
- Players will not engage in unsportsmanlike conduct.
- Players will not engage in rude behavior.
- Treat everyone, including coaches, parents, players and referees, with respect, regardless of race, creed, color, nationality or gender.

Parents/Fans:

- Give constructive criticism during a private moment, never in front of other parents, players, referees, spectators, etc.
- Support your coach and refrain from excessive “sideline coaching” from the stands.
- Do not use profanity.
- Abide by a doctor’s decision in all matters of players health and injuries and physical ability to play.
- Accept the decisions of referees on the court as being fair and called to the best ability of the referee. Parents must stay off the court and remain under control in order to set a good example for players and other spectators.
- Do not criticize an opposing team, its players, fans, coaches or team by words or gestures.
- Support the coaches, players and referees and help teach the value of commitment to the teams, sportsmanship, ethical conduct and fair play.
- Inappropriate behavior is cause for immediate ejection from the stands. Repeat offenses will result in being barred from future games and league sponsored activities.
- Parents will not encourage their child or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participants, referees or any other attendee.