**League Rules**

COACHES - Please keep in mind, this is a “FUN”damental league! Be engaged on the court, help players learn and develop. Encourage hard work, sportsmanship, and FUN!

**K-2nd Grade Rules**

8’ foot rim height

Teams will play 4 on 4

Man-to-man defense, NO ZONE

Steals are not permitted while dribbling; passes can be stolen during live play (dead-ball passes, in-bounds passes, etc. may not be stolen)

No press or double-teams

Games will consist of:

8-minute warm-up

Four 8-minute quarters, one 4-minute halftime

The clock will stop at the 4-minute mark for subs

No coaches timeouts except for injury

Kindergarten will NOT keep score

There will be no official free-throw attempts after fouls

Coaches will need to find parent volunteers to help run clock/scoreboard each game

FREE THROW RULE - At the end of the 1st and 3rd quarters, each player will have a chance to shoot a “free throw” (actual distance to hoop determined by age/coach’s discretion) to earn points for their team. Both teams should shoot an equal amount of free throws and each made basket is worth one point. (Rationale: every player will now have a chance to shoot/score, and players will have the opportunity to work on shooting free throws)

**3rd-4th Grade Rules**

9’ foot rim height

Teams will play 4-on-4

Man-to-man defense, NO ZONE

Steals are not permitted while dribbling; passes can be stolen during live play (dead-ball passes, in-bounds passes, etc. may not be stolen)

No press or double-teams

Games will consist of:

8-minute warm-up

Four 8-minute quarters, one 4-minute halftime

The clock will stop at the 4-minute mark for subs

No coaches timeouts except for injury

One free-throw attempt will be granted after all shooting fouls (1 made FT attempt = 2 points)

Coaches will need to find parent volunteers to help run the clock/scoreboard each game

Partnership with Wes Wilkinson as the lead instructor

Wes Wilkinson Bio

Wes is a former professional basketball player that played for the University of Nebraska 2002-06. During his 10 year professional career, Wes played in Belgium (7yr) France (2yr) and Turkey (1yr) and won a total of 6 Belgium national championships.  Wes was recently inducted into the Grand Island High School Hall of Fame in 2018.

After retiring from playing professionally in 2016, using his international basketball experiences and expertise, Wes has helped elevate the next generation of basketball players here in Nebraska by applying the ‘fundamentals first’ mentality that is so prevalent in Europe. This along with court spacing and passing, he brings a unique perspective of the game back to his home state of Nebraska.

It’s ‘more than a game’ is a common phrase that Wes takes to heart. The impact that basketball can have and the lessons learned can change the trajectory of a young person’s life. Taking this to heart, Wes values every interaction and opportunity to make a positive impact with the kids any chance he gets.

You can find out more about his basketball training, camps/clinics and events at WilkinsonHoops.com