

RULE	PRE-K (4/5 YEAR OLDS)	KINDERGARTEN	1ST GRADE
COURT	Hoop Height-6 Feet Cross Court	Hoop Height-8 Feet Cross Court	Hoop Height-8 Feet Cross Court
BALL SIZE	Youth 27.5"		
GAME TIME	2-12 Minute Halves	2-16 Minute Halves	2-16 Minute Halves
GAME FORMAT	Running Clock The clock will stop for injuries, timeouts, and to allow refs time to explain a rule to the players. 4 minute Half-Time 2-1 min. Time Outs per game		
SUBSTITUTIONS AND PLAYING TIME	Playing time must be equal. The clock will stop every 4 minutes for subs. Substitution time is not an additional timeout. To help players become better athletes, we recommend that every player be given the opportunity to play every position.		
SCORE	Score will not be kept in this league. Young athletes at this age should not focus on the score but rather the developmental skills being taught.		
POSSESSION/ JUMP BALLS	Possession will be determined by a jump at the beginning of the game. Jump balls will alternate possession thereafter.		
COACHES	Coaches are allowed to be on the court to encourage and instruct players. Coaches and officials will work together during the game to ensure fair play. Feel free to stop the game and explain the rules and situations to players as necessary.		
FREE THROWS	Free Throws will not be shot. The ball will be taken out of bounds when a foul is called. Individual fouls may be called, but will not be recorded. Players cannot foul out.		
VIOLATIONS	Double dribble and traveling violations are called at the officials' discretion. Players at this age should be taught and held to these basic basketball rules. Backcourt and lane violations will not be called.		
DEFENSE	<ul style="list-style-type: none"> • All teams must play man to man defense. • All players will receive a colored wristband to help them identify whom they are guarding on the other team. Coaches and officials will help match up players based on size and skill level. • Defensive players must stay within arm's reach of the player they are guarding. Avoid players swarming to the ball. • No double teaming, pressing, trapping, or stealing. Players should follow the rule of "hands up, hands out" while on defense-no reaching. • Stealing the ball off a dribble, or while a player is holding it is not allowed. Players can steal the ball off a pass. • Shot blocking is not allowed. Players are to extend their arms straight up while an opposing player is shooting. <p>Full court press is not allowed. Please have defense pull back behind the 3 point arc to give players an opportunity to cross half court and find success.</p>		