

## **Kindergarten Coed Basketball – Philosophy and Rules 2023**

Philosophy: This league is established to encourage the participants to learn the basic skills of basketball, and in the process, have a positive, fun-filled experience. Therefore, the coaches and parents are encouraged to be positive and supportive at all times. Great sportsmanship is expected from all.

### Equipment:

- 27.5 basketball will be used for all practices and games.
- Baskets will be set at 8 feet.
- Wristbands will be worn during games to aid in man-to-man defense.

### Rules:

1. League rules will follow the High School Federation rules, except where amended on this rule sheet.
2. The first twenty (20) minutes of the scheduled time will be used by coaches for practice.
3. All players will play at least one half of each game (10 minutes).
4. Timeouts will not be allowed in this league.
5. One official will be provided. One coach from each team is welcome to be on the court assisting with officiating and helping the participants.
6. Score will not be kept in this league.
7. Games will consist of four (4) five-minute quarters with a running clock. Time will be given to allow for substitutions at the 2 minute 30 second mark. This IS NOT a timeout. Breaks between quarters will be one-minute and half time will be two (2) minutes. Possession rule is in effect at the beginning of each period.
8. No backcourt pressure is allowed. The defense must allow the offensive player to cross the half court line and approach the top of the key area before defending.
9. Double dribbles and traveling will be called when the violation, in the judgment of the official, is near the scoring basket or is of a gross enough nature that instruction must be given to the offending player. The first half of the season, the official will call the violation and give the ball back to the team that had possession. The second half of the season, the violation will result in a turnover – giving the ball to the opposing team.
10. Foul shots will not be taken on shooting fouls. The offensive team will get the ball back out of bounds.

11. Teams must play man-to-man defense and cannot play defense above the top of the key.  
There will not be any double or triple teaming.
12. Defensive players should not steal the ball from the offensive player on the dribble.  
Defensive players should be encouraged to allow them to dribble and to only steal on the pass or when a team does not have possession of the ball.
13. If your team decides to bring treats, they need to be individually wrapped and store bought.  
These need to be passed out, outside of the gym.