Pre-K Hoops Rules

- Dribbling (right-handed; left-handed; "trying" not to look at the ball)
- Set Shot
- Defensive Position
- Zone and Man-to-Man Defense
- Rebounding
- Proper Bounce Passes
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Hoop Height	• 6 feet
Ball Size	• 25" -26" lightweight
Court Size	Half court
Length of Game	 (4) – 7 minute periods with running clock. 5 minute halftime. 2 minutes between periods. Basket assignment changes at the half.
Score	• Score is not kept.
No. of Players on the Court	• 4 v. 4
No. of Coaches on the Court	 1 coach from each team Provide play guidance Act as referees
No. of Coaches on the Bench	 1 - 2 coaches Keep order on the bench. Monitor players' game time for equity. Handle player substitutions.
Game Participation/Playing Time	 All children should have equal playing time. Strong and weak players should be mixed. Starting teams should be tracked and should be rotated. Children should have an opportunity to play all positions.

	 All children should get a chance to bring the ball up the court for offense each game. Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way. Coaches should correct any "ball hogging"
Start of Game	 Jump ball in center of court. For other quarter starts, alternate possession of the ball.
Offense	 The team on offense will bring the ball down the court unchallenged. Once the offensive team has reached the basket area, they should pass the ball at least 2–3 times before a player takes a shot.
Defense	 Zone Defense- Team on defense plays a "dot" zone defense near the basket. Each player's defensive area is marked by a dot on the floor. The dots should be placed an appropriate distance from the basket to allow the offensive team the opportunity to move the ball around and have the middle of the lane free. The dots should not be placed within the backboard area. The dots should be consistent for both teams. The defensive player should go to their assigned dot to play defense, and they should remain on their dot to play defense. Stealing the Ball— The defense cannot steal the ball during the dribble. However, they can steal a pass near the basket zone. Once the ball is shot, all defensive players should try for the rebound. Once a defensive player gains control of the ball from a rebound or stolen pass, they should pass it out to another player. The team now on defense should go down court to their dots. There are no "fast breaks".

Violations Out-of-Bounds	 Double-Dribbling, Traveling, and Fouls – Play should not be stopped for minor violations. The on-court coaches should comment, as it occurs, to instruct all players about the violation. For gross violations, play should be stopped, and the coaches should explain the violation. Foul Shots – No foul shots are taken. The team that got fouled throws the ball in at midcourt to allow both offense and defense to be set up.
Out-01-Bounds	 Dribbling/Edge of Court Play – If a player steps out of bounds while dribbling or holding the ball near the edge of the court, do not call out of bounds. Loose Ball/Play Around Basket – If a loose ball goes out of bounds, or if there is a close play around the basket which could get dangerous, out of bounds should be called. Possession would transfer from the team which last touched the ball or stepped out of bounds to the opposing team.
Jump Balls	There will be no jump balls after the start of the game.
Player Substitution	 Four New Players – We recommend substituting whole squads to minimize the number of subs during the game. When your team is on offense, new players can come on the court to set up on defense at their dots. When the offensive possession ends, the offensive players will leave the court. Teams should allow the defense to set up when they have new players on the court. Less than four players - If the numbers do not allow for mass substitutions then you may sub less than a whole squad.
End of Game	Players and coaches must line up after the game for a handshake.
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Kindergarten Hoops Rules

- Dribbling (right-handed; left-handed; "trying" not to look at the ball; protecting the dribble)
- Set Shot
- Defensive Position (hands up)
- Rebounding
- Proper Bounce Passes
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Hoop Height	• 6.5 feet
Ball Size	• 27" lightweight
Court Size	Half court
Length of Game	 (4) – 10 minute periods with running clock. 5 minute halftime. 2 minutes between periods. Basket assignment changes at the half.
Score	Score is not kept.
No. of Players on the Court	• 4 v. 4
No. of Coaches on the Court	1 coach from each teamProvide play guidanceAct as referees
No. of Coaches on the Bench	 1 – 2 coaches Keep order on the bench. Monitor players' game time for equity. Handle player substitutions.
Game Participation/Playing Time	 All children should have equal playing time. Strong and weak players should be mixed. Starting teams should be tracked and should be rotated. Children should have an opportunity to play all positions.

Start of Game	 All children should get a chance to bring the ball up the court for offense each game. Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way. Coaches should correct any "ball hogging" Jump ball in center of court.
	 For other quarter starts, alternate possession of the ball.
Offense	 The team on offense will bring the ball down the court unchallenged. Once the offensive team has reached the basket area, they should pass the ball at least 2–3 times before a player takes a shot.
Defense	 Zone Defense- Team on defense plays a "dot" zone defense near the basket. Each player's defensive area is marked by a dot on the floor. The dots should be placed an appropriate distance from the basket to allow the offensive team the opportunity to move the ball around and have the middle of the lane free. The dots should not be placed within the backboard area. The dots should be consistent for both teams. The defensive player should go to their assigned dot to play defense, and they should remain on their dot to play defense. Stealing the Ball- The defense cannot steal the ball during the dribble. However, they can steal a pass near the basket zone. Once the ball is shot, all defensive players should try for the rebound. Once a defensive player gains control of the ball from a rebound or stolen pass, they should pass it out to another player. The team now on defense should go down court to their dots. There are no "fast breaks".

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	End of Game	

1st Grade Hoops Rules

- Dribbling (right-handed; left-handed; "trying" not to look at the ball; protecting the dribble)
- Ball Handling
- Set Shot & Layup
- Defensive Position (hands up)
- Zone Defense
- Rebounding
- Proper Passes (Bounce and Chest)
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Hoop Height	• 7 feet
Ball Size	• 27" lightweight
Court Size	Half court
Length of Game	• (4) – 10 minute periods with running clock.
	• 5 minute halftime.
	• 2 minutes between periods.
	Basket assignment changes at the half.
Score	 Score is not kept.
No. of Players on the Court	• 4 v. 4 or 5 v. 5 depending on the number of kids present and mutual agreement by the coaches
No. of Coaches on the Court	• 1 coach from each team
	 Provide play guidance
	• Act as referees
No. of Coaches on the Bench	• 1 − 2 coaches
	• Keep order on the bench.
	 Monitor players' game time for equity.
	Handle player substitutions.
Game Participation/Playing Time	 All children should have equal playing time.
	 Strong and weak players should be mixed.
	 Starting teams should be tracked and should be rotated.

	 Children should have an opportunity to play all positions. All children should get a chance to bring the ball up the court for offense each game. Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way. Coaches should correct any "ball hogging"
Start of Game	 Jump ball in center of court. For other quarter starts, alternate possession of the ball.
Offense	 The team on offense will bring the ball down the court unchallenged. Once the offensive team has reached the basket area, they should pass the ball at least 2–3 times before a player takes a shot.
Defense	 Zone Defense- Team on defense plays a "dot" zone defense near the basket. Each player's defensive area is marked by a dot on the floor. The dots should be placed an appropriate distance from the basket to allow the offensive team the opportunity to move the ball around and have the middle of the lane free. The dots should not be placed within the backboard area. The dots should be consistent for both teams. The defensive player should go to their assigned dot to play defense, and they about defense are their dot to play.
	should remain on their dot to play defense. • Stealing the Ball– The defense cannot steal the ball during the dribble. However, they can steal a pass near the basket zone. • Once the ball is shot, all defensive players should try for the rebound. • Once a defensive player gains control of the ball from a rebound or stolen pass, they should pass it out to another player.

	The team now on defense should go
	down court to their dots.
	• There are no "fast breaks".
Violations	Double-Dribbling, Traveling, and
Violations	Fouls – Play should not be stopped for
	minor violations. The on-court coaches
	should comment, as it occurs, to instruct
	all players about the violation. For
	gross violations, play should be stopped,
	and the coaches should explain the
	violation.
	• Foul Shots – No foul shots are taken.
	The team that got fouled throws the ball
	in at midcourt to allow both offense and
	defense to be set up.
Out-of-Bounds	Dribbling/Edge of Court Play – If a
	player steps out of bounds while
	dribbling or holding the ball near the
	edge of the court, do not call out of
	bounds.
	 Loose Ball/Play Around Basket – If a
	loose ball goes out of bounds, or if there
	is a close play around the basket which
	could get dangerous, out of bounds
	should be called. Possession would
	transfer from the team which last
	touched the ball or stepped out of
	bounds to the opposing team.
Jump Balls	There will be no jump balls after the
	start of the game.
	 Possession of the ball should alternate
	with each jump ball.
Player Substitution	 Player substitutions should be limited to
	mid-quarter, and between quarters.
	 The defensive team may substitute
	players during transition from offense to
	defense. The players should go to the
	defensive side of the court and wait for
	defensive side of the court and wait for the offensive team to bring the ball
End of Game	the offensive team to bring the ball

2nd Grade Hoops Rules

- Dribbling (right-handed; left-handed; crossovers)
- Ball Handling
- Pivoting
- Set Shot & Layup
- Defensive Position
- Zone Defense
- Rebounding
- Proper Passes
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Hoop Height	• 8 feet
Ball Size	• CB6/Youth
Court Size	Half court
Length of Game	 (4) – 10 minute periods with running clock.
	• 5 minute halftime.
	• 2 minutes between periods.
	 Basket assignment changes at the half.
Score	 Score is not kept.
No. of Players on the Court	• 5 v. 5 depending on the number of kids present and mutual agreement by the coaches
No. of Coaches on the Court	• 1 coach from each team
	 Provide play guidance
	 Act as referees
No. of Coaches on the Bench	• 1 – 2 coaches
	 Keep order on the bench.
	 Monitor players' game time for equity.
	 Handle player substitutions.
Game Participation/Playing Time	 All children should have equal playing time.
	 Strong and weak players should be mixed.
	 Starting teams should be tracked and should be rotated.

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	 Children should have an opportunity to
	play all positions.
	All children should get a chance to bring the ball up the court for offense each
	game.
	 Passing and teamwork should be
	encouraged, and coaches should ensure
	that each child has passes thrown their way.
	 Coaches should correct any "ball
	hogging"
Start of Game	 Jump ball in center of court.
	 For other quarter starts, alternate
	possession of the ball.
Offense	• The team on offense will bring the ball
	down the court unchallenged.
	 Once the offensive team has crossed
	half court, perimeter passing and bounce
	passes to the post should be encouraged.
	No fast breaks
Defense	 Zone Defense- Team on defense plays a
	"dot" zone defense near the basket.
	Each player's defensive area is marked
	by a dot on the floor. The dots should be
	placed an appropriate distance from the
	basket to allow the offensive team the
	opportunity to move the ball around and
	have the middle of the lane free. The
	dots should not be placed within the
	backboard area. The dots should be
	consistent for both teams.
	The defensive player should go to their
	assigned dot to play defense, and they
	should remain on their dot to play
	defense.
	Stealing the Ball– The defense cannot
	steal the ball during the dribble.
	However, they can steal a pass near the
	basket zone.
	• Once the ball is shot, all defensive
	players should try for the rebound.
	Once a defensive player gains control of
	the ball from a rebound or stolen pass,
	they should pass it out to another player.

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	End of Game	Players and coaches must line up after
		the game for a handshake.

3rd Grade Hoops Rules

- Dribbling (right-handed; left-handed; cross-over)
- Ball Handling
- Pivoting
- Set Shot & Lay-Up
- Defensive Position
- Zone and Man-to-Man Defense
- Rebounding
- Proper Passing
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Hoop Height	• 9 ft
Ball Size	• CB6/Youth
Court Size	Full court
Length of Game	 (4) – 10 minute periods with running clock. 5 minute halftime. 2 minutes between periods. Basket assignment changes at the half. Teams are permitted one 30 second time out per game. NOTE: During the last 1 minute of the game, the clock will be stopped for all fouls. All fouls will be treated as shooting files with 2 free throws being attempted by the player who was fouled.
Score	 Score is kept. The score should never show one team winning by more than 10 points.
No. of Players on the Court	• 5 vs. 5
Referees	 Referees will be provided. If there are no volunteers to referee a specific game, each coach should solicit and identify a volunteer for the game.
No. of Coaches on the Court	• For the first four games, one coach from each team may coach from the floor.

	With the fifth game, the coaches should
	coach from the bench. The coach on the
	floor should not use the floor position to
No. of Cooches on the Donah	disagree with the referees.
No. of Coaches on the Bench	• 1 – 2 coaches
	Provide play guidance. **Table 1.1.** *
	Keep order on the bench.
	Monitor players' game time for equity.
	Handle player substitutions.
Game Participation/Playing Time	 All children should have equal playing time.
	 Strong and weak players should be mixed.
	 Starting teams should be tracked and should be rotated.
	 Children should have an opportunity to play all positions.
	All children should get a chance to bring the ball up the court for offense each game.
	Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way.
	 Coaches should correct any "ball hogging".
	 Coaches should correct if boys don't pass to girls or if a player passes to the same person.
Start of Game	Jump ball in center of court.
	• For other quarter starts, alternate possession of the ball.
Completion of Game (Last 1 Minute)	 During the last 1 minute of the game, the clock will be stopped for all fouls. All fouls will be treated as shooting files with 2 free throws being attempted by the player who was fouled.
Offense	The team on offense will bring the ball down the court unchallenged until they reach half court.
	 Perimeter passing and down low bounce passes should be encouraged.
	 "Fast breaks" are not allowed. The offensive team must wait until after a defending player has entered the three

	point area before they can drive to the basket.
Defense	 Type – For the first three games, zone defense will be played. Beginning with the fourth game, zone or man-to-man may be played. There will be no full court press. The defense can pick up the offensive players after half court or the top of the key. The defensive team can pick up the opponent anywhere on their half. Coaches and referees should ensure that there are no flagrant mismatches. Over-the-top or around-the-body arms on defense should be discouraged. Stealing the Ball – The defense can only steal the ball during the dribble inside the three-point line. The defense can steal a pass after the ball crosses half court. Once a defensive player gains control of the ball from a rebound or dribble, they must pass it out to another player before the team can shoot the ball. Once a team is ahead by 15 points they
	must remain inside their 3pt line to play defense.
Violations	 Double-Dribbling, Traveling, and Fouls – For the first two games, play should not be stopped for minor violations. The on-court referee should comment as it occurs to instruct all players about the violation. For gross violations, play should be stopped, and the referee should explain the violation. Possession will be transferred. With the third game, play should be stopped for each violation, and the violation should be explained. Possession of the ball will be transferred at mid-court. Foul Shots – Foul shots will be taken for shooting fouls. There is no tracking of individual fouls. If a child continues to commit flagrant fouls, the referee will instruct the child

	 or have the coach remove the child from play. The coach will instruct the child on rules concerning fouling. A "five second" violation will be called, and the possession of the ball will transfer.
Out-of-Bounds	 Possession will transfer from the team which last touched the ball or stepped out of bounds to the opposing team. The team gaining possession will throw in the ball where the ball went out of bounds.
Jump Balls	 There will be no jump balls after the start of the game. Possession of the ball should alternate with each jump ball situation.
Player Substitution	Players may be substituted during a stop in play. However, please note that the clock will not be stopped
End of Game	Players and coaches must line up after the game for a handshake.

4th, 5th, & 6th Grade Hoops Rules

- Dribbling (right-handed; left-handed; cross-over)
- Ball Handling
- Pivoting
- Set Shot & Lay-Up
- Defensive Position
- Zone and Man-to-Man Defense
- Rebounding
- Proper Passing
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

Hoop Height	• 10 ft
Ball Size	• Womens (28.5")
Court Size	• Full court
Length of Game	 (4) – 10 minute periods with running clock. 5 minute halftime. 2 minutes between periods. Basket assignment changes at the half. Teams are permitted one 30 second time out per game. NOTE: During the last 1 minute of the game, the clock will be stopped for all fouls. All fouls will be treated as shooting files with 2 free throws being attempted by the player who was fouled.
Score	 Score is kept. The score should never show one team winning by more than 10 points.
No. of Players on the Court	• 5 vs. 5
Referees	 Referees will be provided. If there are no volunteers to referee a specific game, each coach should solicit and identify a volunteer for the game.
No. of Coaches on the Bench	 1 – 2 coaches Provide play guidance.

	Keep order on the bench.
	 Monitor players' game time for equity.
	 Handle player substitutions.
Game Participation/Playing Time	A11 1'11 1 111 1 1 1 '
Game I articipation/I laying Time	time.
	 Strong and weak players should be mixed.
	 Starting teams should be tracked and should be rotated.
	 Children should have an opportunity to play all positions.
	 All children should get a chance to bring the ball up the court for offense each
	 Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way.
	 Coaches should correct any "ball hogging".
	 Coaches should correct if boys don't pass to girls or if a player passes to the same person.
Start of Game	Jump ball in center of court.
	• For other quarter starts, alternate possession of the ball.
Completion of Game (Last 1	During the last 1 minute of the game,
Minute)	the clock will be stopped for all fouls. All fouls will be treated as shooting files with 2 free throws being attempted by the player who was fouled.
Offense	 The team on offense will bring the ball down the court unchallenged until they reach half court. Pressing at half court is permitted.
	 Perimeter passing and down low bounce passes should be encouraged.
	 "Fast breaks" are not allowed. The offensive team must wait until after a
	defending player has entered the three point area before they can drive to the basket.
Defense	Type – For the first three games, zone defense will be played. Beginning with

	the fourth game, zone or man-to-man may be played. There will be no full court press. The defense can pick up the offensive players after half court or the top of the key. Half court press is permitted. Coaches and referees should ensure that there are no flagrant mismatches. Over-the-top or around-the-body arms on defense should be discouraged. Stealing the Ball – The defense can only steal the ball after the ball crosses half court. Once a team is ahead by 15 points they must remain inside their 3pt line to play defense.
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Jump Balls	There will be no jump balls after the
	start of the game.
	 Possession of the ball should alternate
	with each jump ball situation.
Player Substitution	 Players may be substituted during a stop
	in play. However, please note that the
	clock will not be stopped
End of Game	 Players and coaches must line up after
	the game for a handshake.