

Pre-K Hoops Rules

Skills Emphasize:

- 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” circumference 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	• 5 v 5
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	• One team will start the game by inbounding the ball under their basket. Teams will then alternate inbounding the ball for subsequent quarters.
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 shoot the ball. 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	• 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-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	• Teams should alternate possession for jump balls.
Player Substitution	• All 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.

Kindergarten Hoops Rules

Skills Emphasize:

- 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” circumference lightweight
Court Size	• Half court
Length of Game	• (4) – 8 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
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	• One team will start the game by inbounding the ball under their basket. Teams will then alternate inbounding the ball for subsequent quarters.
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 shoot the ball. 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	• 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-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	• Teams should alternate possession for jump balls.
Player Substitution	• All 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.

1st Grade Hoops Rules

Skills Emphasize:

- 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” circumference 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	• 5 v. 5
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	• One team will start the game by inbounding the ball under their basket. Teams will then alternate inbounding the ball for subsequent quarters.
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 shoot the ball. 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	• 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-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	• Teams should alternate possession for jump balls.
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 the offensive team to bring the ball down the court.
End of Game	• Players and coaches must line up after the game for a handshake.

2nd Grade Hoops Rules

Skills Emphasize:

- 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	• 27.5" circumference 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
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	• One team will start the game by inbounding the ball under their basket. Teams will then alternate inbounding the ball for subsequent quarters.
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 shoot the ball. 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	• 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-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	• Teams should alternate possession for jump balls.
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 the offensive team to bring the ball down the court.
End of Game	• Players and coaches must line up after the game for a handshake.

3rd & 4th Grade Hoops Rules

Skills Emphasize:

- 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)

Refer to the NFHS guidelines for any rules not specified below.

Hoop Height	• 8 ft
Ball Size	• 27.5" circumference 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 fouls with 2 free throws being attempted by the player who was fouled.
Score	• Score is kept. • Once a team goes up by 15 points the score will be turned off.
No. of Players on the Court	• 5 vs. 5
Referees	• Referees will be provided. Volunteers may be needed to operate the scoreboard..

No. of Coaches on the Court	• For the first game, one coach from each team may coach from the floor. With the second game on, the coaches should coach from the bench. The coach on the floor should not use the floor position to disagree with the referees.
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	• 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 fouls 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 is 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 and Travelling– During scrimmage week referees will call travels and double dribbles while instructing the players and giving possession back to the offending team. For the next week only egregious violations will be called (i.e. multiple double dribbles or travels). For the third week referees will call all double dribble and travels with possession taken away from the offending team. • 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. • Referees will warn players for a “five second” lane violation during the first three weeks. From the fourth week on “five second” lane violations will be called.
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. If players take too long or attempt to delay the game the referee will start a count to five seconds. If not inbounded possession will transfer.
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.

5th & 6th Grade Hoops Rules

Skills Emphasize:

- 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)

Refer to the NFHS guidelines for any rules not specified below.

Hoop Height	• 10 ft
Ball Size	• Womens (28.5" circumference)
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. • Once a team goes up by 15 points the score is turned off.
No. of Players on the Court	• 5 vs. 5
Referees	• Referees will be provided. Volunteers may be needed to operate the scoreboard.
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	• 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 fouls 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.
Violations	• Double-Dribbling and Travelling– During scrimmage week referees will call travels and double dribbles while instructing the players and giving possession back to the offending team. For the next week only egregious violations will be called (i.e. multiple double dribbles or travels). For the third week referees will call all double dribble and travels with possession taken away from the offending team. • 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. • Referees will warn players for a “five second” lane violation during the first three weeks. From the fourth week on “five second” lane violations will be called.
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. If players take too long or

	attempt to delay the game the referee will start a count to five seconds. If not inbounded possession will transfer.
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.