

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **RULES OF PLAY ROOKIE BASKETBALL AGES 3 - 4**

All games begin with a prayer, sports pledge, Pledge of Allegiance or the National Anthem. This can be led by a referee, coach, parent or player.

### **General**

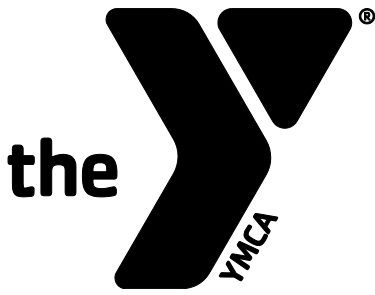
1. No score will be kept for ages 3 - 4.
2. During game play coaches are allowed on the court and will referee the game.
3. No player/league standards or player/league records will be kept.
4. Each game will begin with both teams and all coaches gathered at center court for opening prayer administered by a coach or player.
5. Games must be played 5 on-5 or **even sided**.
6. At the beginning of each quarter and substitution, the players will be lined up across from each other to designate for whom they will guard that quarter.
7. Games will consist of four, 10 minute quarters with substitutions at 5 minute mark utilizing a running clock. The clock only stops when a when a player is injured, during time outs, and substitutions.
8. Teams may only play man-to-man defense. There will be no defense played in the backcourt at any time.
9. Fouls will **NOT** be recorded. If a player commits a foul, the team that is fouled will be given the ball at midcourt to start a new possession.
10. There will be no free throws.
11. The rim height will be six feet.
12. Each team will be permitted two time-outs per half.
13. Players will get equal playing time throughout the game and given equal opportunities to start and end a game during the season. No one players should sit or play consecutive quarters.

### **Defensive Rules**

1. No zone defense of any type will be allowed at any time.
2. There will be no double-teaming no switching, and no help defense allowed at any time.
3. There is no stealing the ball while the offensive player has possession of the ball. The ball may only be stolen off of a pass attempt.
4. Defensive players may only begin defending their opponents after they have crossed the mid-court line.
5. On any infraction, other than the ball going out of bounds (i.e. double dribble, traveling, etc.), the ball will be given back to the offensive team.

### **Fan Conduct**

Any excessive criticism of coaches or players will not be tolerated. If criticism is deemed excessive by a coach, they will give a verbal warning to the fan to quiet down. If criticism is still present, the coach reserves the right to pause the game and alert the program director to escort the parent out.



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## **RULES OF PLAY ROOKIE BASKETBALL AGES 5 - 6**

All games begin with a prayer, sports pledge, Pledge of Allegiance or the National Anthem. This can be led by a referee, coach, parent or player.

### **General**

1. No score will be kept for ages 5 - 6.
2. During game play coaches are allowed on the court and will referee the game.
3. No player/league standards or player/league records will be kept.
4. Each game will begin with both teams and all coaches gathered at center court for opening prayer administered by a coach or player.
5. Games must be played 5-on-5 or **even sided**.
6. At the beginning of each quarter and substitution, the players will be lined up across from each other to designate for whom they will guard that quarter.
7. Games will consist of four, 10 minute quarters with substitutions at 5 minute mark utilizing a running clock. The clock only stops when a when a player is injured, during time outs, and substitutions.
8. Teams may only play man-to-man defense. There will be no defense played in the backcourt at any time.
9. Fouls will **NOT** be recorded. If a player commits a foul, the team that is fouled will be given the ball near the foul location to throw in. Throw ins will **NOT BE GUARDED**
10. There will be no free throws.
11. The rim height will be eight feet.
12. Each team will be permitted two time-outs per half.
13. Players will get equal playing time throughout the game and given equal opportunities to start and end a game during the season. No one players should sit or play consecutive quarters.

### **Defensive Rules**

1. No zone defense of any type will be allowed at any time.
2. There will be no double-teaming and no switching at any time.
3. A defensive player may "help" once the offensive player has crossed below the free throw line.
4. There is no stealing the ball while the offensive player has possession of the ball. The ball may only be stolen off of a pass attempt.
5. On any infraction, other than the ball going out of bounds (i.e. double dribble, traveling, etc.), the ball will be given back to the offensive team.
6. No player may accept an inbounds pass, drive the length of the court and score more than two consecutive times without passing in the frontcourt. After the second consecutive score, another player should bring the ball up the floor.

### **Fan Conduct**

Any excessive criticism of coaches or players will not be tolerated. If criticism is deemed excessive by a coach, they will give a verbal warning to the fan to quiet down. If criticism is still present, the coach reserves the right to pause the game and alert the program director to escort the parent out.