



## **Kindergarten Basketball Rules**

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact the AD at the Club.

### **Playing Time:**

- Each player must play equal time per game.
- Each player should start at least one game.

### **Practices:**

- Practices will take place 30 minutes before game time.
  - Ex.) If you are scheduled for a 9:00 AM game, then you will practice from 9:00-9:30 and play your game from 9:30-10:00 AM.

### **General:**

This is an instructional basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, Jr. NBA and USA basketball rules will apply.

### **Coaches:**

Coaches are expected to referee their own games with one coach from each team being on the court at all times to give instruction. Coaches must respect each other's calls at all times during the game. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

### **Quarters:**

- 4 quarters of 7 minutes in length
- Clock will not stop, except for injuries and time outs
- 1 minute between quarters and 2 minutes between halves

### **Timeouts:**

- 1 per half

**Rules:**

- No score will be kept during the game
- No ten second rule
- No free throws
- Basket height will be 8ft for Kindergarten
- Basketball size will be a 27.5" ball for Kindergarten
- Personal fouls will not be recorded; however, the coach should stop the game momentarily to teach/correct the entire team if the same foul persists.
- Player substitutions happen every five minutes (twice a quarter).
- Using a timeout when a team does not have any timeouts will result in a loss of possession. The 2nd violation is a technical foul.

**Defenses:**

- No zone defense of any kind will be allowed.
- Double-teaming will be allowed only in the paint area.
- Each player must actively guard his opposing player. We use matching wrist bands to help the kids remember whom to guard.
- No pressing at any time
- The offensive team, after losing possession, must retreat to the center line before picking up his/her player on defense.
- No steals off the dribble
- Blocks are only allowed if the player does not jump

There will be no games/practices on days when Boone County is under a weather emergency. If school is closed on Friday, call the Club for an update of the schedule or check our website [www.bgcboone.org](http://www.bgcboone.org) If a game is canceled, we will make an effort to reschedule.



## **1-2 Grade Basketball Rules**

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact the AD at the Club.

### **Playing Time:**

- Each player must play equal time per game.
- Each player should start at least one game.

### **Practices:**

- Teams will have one 45-minute practice a week.

### **General:**

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### **Coaches:**

Coaches are expected to referee their own games with one coach from each team being on the court at all times to give instruction. Coaches must respect each other's calls at all times during the game. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

### **Quarters:**

- 4 quarters of 7 minutes in length
- Clock will not stop, except for injuries and time outs
- 1 minute between quarters and 2 minutes between halves

### **Timeouts:**

- 1 per half

### **Rules:**

- No score will be kept during the game
- No ten second rule
- No free throws
- Personal fouls will not be recorded; however, the coach should stop the game momentarily to teach/correct the entire team if the same foul persists.
- Player substitutions happen every five minutes (twice a quarter).
- Using a timeout when a team does not have any timeouts will result in a loss of possession. The 2nd violation is a technical foul.

**Defenses:**

- No zone defense of any kind will be allowed.
- Double-teaming will be allowed only in the paint area.
- Each player must actively guard his opposing player. We use matching wrist bands to help the kids remember whom to guard.
- No pressing at any time
- The offensive team, after losing possession, must retreat to the center line before picking up his/her player on defense.
- No steals off the dribble
- Blocks are only allowed if the player does not jump

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### **3-4 Grade Basketball Rules**

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact the AD at the Club.

#### **Playing Time:**

- Equal playing time should be given to all players during the season.
  - (10 kids; all play four, five-minute sessions)
  - (9 kids; four play five, five-minute sessions; five play four, four-minute sessions)
  - (8 kids; all play five, four-minute sessions)
- All players should start games multiple times

#### **Practices:**

- All practice schedules must be cleared with the Athletic Director.
- Practices should not last more than one hour

#### **General:**

This is an instructional basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, Jr. NBA and USA basketball rules will apply.

#### **Coaches:**

We use volunteer basketball coaches. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

#### **Quarters:**

- 4 quarters of 10 minutes in length
- Clock will only stop for timeouts and injuries, as well as on every dead ball during the last two minutes of the game
- 1 minute between quarters and 2 minutes between halves
- Overtime will be 2 minutes, 1 minute, and sudden death

### **Timeouts:**

- 2 per half
  - One minute each
- 1 for overtime
  - One minute
- Timeouts do not carry over

### **Rules:**

- Bonus free throws go into effect on the 7th team foul of each half.
  - Two shot fouls on the 10th team foul per half
  - Two shot fouls for deliberate fouls at any point in the game
- Lane violations are five seconds
- Ten-second rule applies
- Free throw line is 14 feet
- Basket height is 9 feet
- Basketball size is 28.5"
- Each player is allowed five personal fouls
- Player substitutions happen every five minutes (twice a quarter).
- Using a timeout when a team does not have any timeouts will result in a loss of possession. The 2nd violation is a technical foul.

### **Defenses:**

- No zone defense of any kind will be allowed.
- Double-teaming will be allowed only in the paint area.
- Each player must actively guard his opposing player.
- Steals are allowed on passes only
- No pressing
  - Pressing only allowed in the last minute of the second and fourth quarters
- The offensive team, after losing possession, must retreat to the center line before picking up his/her player on defense

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## **5-6 Grade Basketball Rules**

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact the AD at the Club.

### **Playing Time:**

- Equal playing time should be given to all players during the season.
  - (10 kids; all play four, five-minute sessions)
  - (9 kids; four play five, five-minute sessions; five play four, four-minute sessions)
  - (8 kids; all play five, four-minute sessions)
- All players should start games multiple times

### **Practices:**

- All practice schedules must be cleared with the Athletic Director.
- Practices should not last more than one hour

### **General:**

This is an instructional basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, Jr. NBA and USA basketball rules will apply.

### **Coaches:**

We use volunteer basketball coaches. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

### **Quarters:**

- 4 quarters of 10 minutes in length
- Clock will only stop for timeouts and injuries, as well as on every dead ball during the last two minutes of the game
- 1 minute between quarters and 2 minutes between halves
- Overtime will be 2 minutes, 1 minute, and sudden death

**Timeouts:**

- 2 per half
  - One minute each
- 1 for overtime
  - One minute
- Timeouts do not carry over

**Rules:**

- Bonus free throws go into effect on the 7th team foul of each half.
  - Two shot fouls on the 10th team foul per half
  - Two shot fouls for deliberate fouls at any point in the game
- Ten-second rule applies
- Free throw line is 15 feet
- Basket height is 10 feet
- Basketball size is 28.5"
- Each player is allowed five personal fouls
- Player substitutions happen every five minutes (twice a quarter).
- Using a timeout when a team does not have any timeouts will result in a loss of possession. The 2nd violation is a technical foul.

**Defenses:**

- Half court is man-to-man defense only
- No steals off the dribble
- Teams may press only in the last minute of the second and fourth quarters

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## **7-8 Grade Basketball Rules**

These are the rules of the league that will be upheld during the season, so please read and understand, if you have any questions, please contact the AD at the Club.

### **Playing Time:**

- Equal playing time should be given to all players during the season.
  - (10 kids; all play four, five-minute sessions)
  - (9 kids; four play five, five-minute sessions; five play four, four-minute sessions)
  - (8 kids; all play five, four-minute sessions)
- All players should start games multiple times
- With the exception of injury, departure, or ejection, any team that does not honor this rule will be docked ten points at the end of the game
- Free substitutions at any dead ball

### **Practices:**

- All practice schedules must be cleared with the Athletic Director.

### **General:**

This is an instructional basketball league with focus being on teaching the game of basketball to all participants. Except as indicated below, Jr. NBA and USA basketball rules will apply.

### **Coaches:**

We use volunteer basketball coaches. Any coach or parent displaying unsportsmanlike conduct will be given a warning the first time, and a technical the second occurrence. If the problem persists, the coach or parent will be asked to leave the facility. A coach receiving one technical will not be allowed to coach the team the remainder of the game. Any coach found displaying unsportsmanlike conduct will not be allowed to coach, following the season and in the future at the Boys and Girls Club.

### **Quarters:**

- 4 quarters of 10 minutes in length
- Clock will only stop for timeouts and injuries, as well as on every dead ball during the last two minutes of the game
- 1 minute between quarters and 2 minutes between halves

- Overtime will be 2 minutes, 1 minute, and sudden death

**Timeouts:**

- 3 full timeouts per game
  - One minute each
- 1 timeout in overtime
  - One minute
- Timeouts do not carry over

**Rules:**

- Bonus free throws go into effect on the 7th team foul of each half.
  - Two shot fouls on the 10th team foul per half
  - Two shot fouls for deliberate fouls and technical fouls called
- Lane violations are 3 seconds
- Ten-second rule applies
- Free throw line is 15 feet
- Basketball size is 29.5”
- Each player is allowed five personal fouls
- Player substitutions happen every five minutes (twice a quarter).
- Using a timeout when a team does not have any timeouts will result in a loss of possession. The 2nd violation is a technical foul.

**Defenses:**

- Half court is man-to-man defense only
- No zone defense

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