Kindergarten – 3rd grade Basketball

* Games will be 5v5.
* Equal playing time for kids will be expected.
* 10-minute practice/warm-up each night before games
* Games will be 4 8-minute quarters.
* At the beginning of each quarter, coaches should line players up at half court against the opponent’s player they are guarding.
* Rims are lowered.
* Basketball rules (traveling, double dribble, etc.) will be explained but not enforced.
* Teams must play man to man.
* No pressing
* No double teaming
* Jump balls will be rewarded to the defense.
* No timeouts- this allows for more playing time.
* Score will not be kept.
* Each court will have a game supervisor/official, but coaches are expected to help facilitate the game.