

K-2 Basketball Game Rules

8ft Basket Height - 4 on 4

Coach Pre Game. Before each game coaches should get together and decide how to conduct the game. Ask one another how the kids are doing with the basic rules such as running the ball without dribbling (Traveling) –or- dribbling and running with the ball out of bounds, if both teams are still working on these skills then maybe don't call it and have it be a turn over just keep reminding the kids to dribble and to stay in bounds. As the season progresses and both coaches agree to call these types of things then you can do so. Please take this game by game as some teams may be progressing faster than others

Coaches on the Floor during the game Coaching and Officiating the Game.

8 Minute Running Quarters. Please have someone other than the head coach keep time for the game, there will be four 8 minute running quarters with a stoppage at 4 minutes to change out wristbands, make substitutions and pair the opposing players up so they know who they are to defend. Example: before the game begins, pair the opposing players up with matching wristbands so they know who they are defending then make sure the players know the direction of their basket and begin the game with a tip off. At 4 minutes STOP the game and take about a minute to substitute players and match them up with the opposing team player that has the same color wristband. Give the ball back to the team who had possession when the game was stopped. Start the clock again, once the next four minutes is over then the Quarter is complete. Again take about one minute between that quarter and the next to make substitutions and match up the players.

Halftime will be 4 Minutes

Person to Person Defense Only (No Double Teaming the Player with the Ball)

No Full Court (You Cannot Play Defense on Your Basket End of the Court) (We suggest to have the kids begin playing defense below the 3 point line)

No Stealing the Ball off the dribble (If the ball gets taken from a player by another player just remind the player that stole the ball that there is no stealing and give it back to the player that the ball was taken from)

Fouls (the only fouls that should be called are fouls that are extreme and or dangerous to the players) Please don't call a foul for hugging, just remind them that they can't touch the other player. (If a foul is called while a player is shooting there will be NO Free Throws, it takes too much time to get the players lined up and the clock is running)

Each team gets one time out per half

The Most Important Rule for K-2 Basketball is to Have Fun!!