



Fern Creek Optimist 4 & Under League Rules



1. **Game Ball:** 22 inches, or size 3
2. **Game Time:** 6 minute quarters with a running clock
3. **Goal Height:** 6.5 foot add-on goals
4. **Practice Time:** 20 minutes prior to game time
5. **Half Time:** 3 minutes
 - 5.1. Players shoot 2 free throws which counts toward their team's score
 - 5.2. Teams cannot score more points at half time than possible attempts by the opposing team.
6. **Free Throws:** Shot from the bottom of the circle (or red line) & no violations
7. **Defense:**
 - 7.1. Players should keep one foot on the color circles on the ground
 - 7.2. No fast breaks
 - 7.3. You may not steal the ball from the person dribbling
 - 7.4. You can steal a passed ball