



## Instructional Basketball Rules

**Purpose:** Providing a Christian, Gospel sharing environment in which to play and learn the fundamentals of the game of basketball.

**Team Size:** Teams will consist of 8-9 players. The structure of the league will be 5 v 5.

**Age:** Players must be 5 years old by 8/1/2010 and no older than 6 by 8/1/2015. Players must be in Pre-Kindergarten or Kindergarten. A player may not be in 1<sup>st</sup> grade.

**Court Dimensions:** Games will be played on 8 foot goals playing full length on the side courts.

**Ball Size:** 27.5

### Schedule

Friday evenings

6:00 PM – 6:35 PM: Practice

6:35PM – 6:40 PM: Devotions - coaches and players gather at the center of the court

6:40 PM – 7:15 PM: Game - two 15 minute halves + 5 minute halftime

**Logistics:** Practices should be on the court which is scheduled for the game. Coaches should assist getting their team's players to mid-court for devotion by the Grace Evan staff person. Coaches should respond immediately to the horn to readily assemble players for the devotion. With a running clock, actual playing time during a game will be dictated by how quickly and efficiently the coach is able to organize his/her players.

After the devotion and prayer, the home team will be granted the ball at half-court. Thereafter, alternating possession on jump balls will be observed and will dictate possession for the ensuing quarters.

**Length of Games and Clock:** A 30 minute game will consist of 6-minute quarters with a 1-minute break between quarters and a 5-minute halftime. The clock will run consistently after it is started at the beginning of the quarter except in the case of injury or a time out.

**Time Outs:** Each team will have 1 time out per half for the primary purpose of substituting.

**Playing Time:** Coaches are expected to make a good faith effort to allow each player to play at least 50% of a game.

**Coaches/Referees:** Games will be self-officiated by the coaches. One coach per team will be allowed on the court to facilitate and referee the game. Other coaches (2 maximum) should be seated on the team's bench.

**Rule Exceptions:** Walking and double-dribbling will be corrected but will not result in a turnover. The offending team will retain possession after the coach has adequately explained the violation.

**Defense:** Teams must play man-to-man defense behind the free-throw line extended. No pressing will be allowed at any time. No double-teaming will be allowed except in the lane. It is highly recommended that coaches take the time to match their players up with the man they will be guarding in dead-ball situations. If the game is obviously one-sided, the winning team should play defense within the lane only.

**Game Score:** Score will not be kept.