

K-1 Sports Academy

4 – 7 Basketball Rules

1. The size of the playing area is full cross/court.
2. The height of the basket will be approximately eight feet.
3. The size of the basketball is a 27.0 inch or junior size.
4. No forfeits! The game will be played four on four or three on three depending on team size. Each team will have a maximum of eight players on their roster.
5. Any more than eight players on a roster must be approved by league coordinator and head coach. Each child must play at least half of every game.
6. The game will consist of four, six minute quarters with a running clock except for timeouts. There will be two, thirty second timeouts per team per half. Half-time will last two minutes with one minute between quarters.
7. The provided K-1 Sports Academy jersey must be worn at all times. No exceptions!
8. The home team is listed on the schedule first and will bring the ball in to start the game.
9. No score will be kept.
10. Player substitutions may only occur between quarters.
11. One coach from each team may be on the court during play to instruct players.
12. There will be no lane violations called and no individual fouls counted.
13. Defense is man to man only, no zone or double-teaming. Stealing of the ball while controlled by offensive player is not allowed. No slapping or reaching in at the ball.
14. Possession will alternate each quarter, jump-ball, or double foul.
15. Players may not run with the ball; dribbling must be emphasized.
16. After each basket the opposing team will inbound the ball.
17. Defense must stay behind the free throw line for all inbound passes.