

Kindergarten League

PLAY: 4 on 4 crosscourt.

BASKET HEIGHT: 6 Feet

CLOCK: 8 minute quarters. Running clock except at mid-quarter substitution and during foul shots

BASKETBALL SIZE: Youth Size Ball

TIME OUTS: 2 per half

FOUL SHOTS: Short Foul Line. Each player will shoot 2 foul shots at the half.

SUBSTITUTIONS: Substitutions can be made at mid-quarter and quarter breaks only. All players must play at least half of the game and each player must sit out the equivalent of one quarter unless less than 6 players on team (no player should sit out more than 1 quarter before every player has sat out a quarter). **Please have your players on the court and ready to go quickly, as these are not timeouts, but designed to ensure the children will know who they are guarding.**

PRESSING: Pressing is NOT allowed. Defense has to drop back to the key to allow the other team to bring the ball up.

DEFENSE: Defense – Man to Man & Zone, and entails working with the kids to keep their hands up. There is no stealing. We are trying to give the kids an opportunity to move the ball around and score.

SCOREBOARD: The scoreboard is used for time only. We do not keep score at the Kindergarten Level so that the kids are more focused on the game and not always looking at the scoreboard.

COACHES ON THE COURT: Each team may only have 1 coach on the court at a time. The fewer amounts of people directing a child on a court makes it easier for the children to follow instructions.

All Leagues Will Adhere to the Following Rules:

- ✓ All players who have braces on their teeth must wear mouth guards in order to play in any MJCCA basketball game.
- ✓ Uniforms that get blood on them must be taken off. Please bring extra t-shirts to the games to avoid being asked not to play due to blood being on your game shirt.
- ✓ If a coach does not substitute correctly, his/her team risks a forfeit. If a player shows up late to a game the coach may use that time towards the player's playing time.
- ✓ Forfeiture time is five minutes after the scheduled start time even if the preceding game runs past the scheduled start time.
- ✓ Home team will wear the white side of the uniforms & the Visiting team will wear the black side of the uniform.