

## **Kindergarten Co-Ed League Rules**

**PLAY:** 4 on 4 crosscourt

**BASKET HEIGHT:** 6 feet

**BASKETBALL SIZE:** standard youth (junior) size ball (27.5")

**CLOCK:** 8 minute quarters – running clock: except at 4-minute substitution mark

**TIMEOUTS:** 2 timeouts per half (note: unused timeouts do not carry over)

**FOUL-SHOTS:** Short Foul Line: players do not shoot free-throws on any fouls/violations; however, each player will shoot 2 free-throws at the half.

- **Note:** “Short Foul Line” refers to the smaller, 1-foot red line located 10 feet from the backboard.

### **SUBSTITUTIONS:**

- Substitutions must be made at the mid-quarter (4 minute) and end-of-quarter marks only (exception: in the event of a player injury).
- All players must play at least half of every game must sit out the equivalent of one quarter (exception: any time a team fields less than 6 players).
- No player should sit out more than one quarter before every player has sat out their quarter.
- Substitution processes should be swift and efficient – such periods are not to be utilized as timeouts and should not compromise the overall flow of the game.

**PRESSING:** At no time is pressing allowed by the defense. Defenses must retreat to their key to allow the opposing team the chance to bring the ball up-court uncontested.

**DEFENSE:** Defensive players must keep both feet in the key at all times<sup>1</sup>. Defensive teams may utilize Man-to-Man or Zone defensive schemes, but may not allow any player to leave the key. Defensive players may steal the ball or intercept a pass at any time, as long as they keep both feet inside the key.

**SCOREBOARD:** The scoreboard will be utilized for tracking both the time and score. Parent volunteers need to be requested by the coaches at the beginning of each game to operate.

- Scores will be cleared at the end of each half and reset to zero.
- In the event a team gains a 10+ point advantage, the prevailing team's score will not be updated following made baskets by the prevailing team until the difference falls back below the 10-point threshold.

**COACHES ON THE COURT:** Each team may have one (1) coach on the court at any time. Officials are not utilized in this league – therefore, coaches must take on both roles as coach and referee. **Note:** When acting as referee, coaches are not expected to strictly enforce fouls/violations or the administering of fouls. Rather, coaches should take the opportunity to stop play and instruct the player(s) and maintain a proper flow to the game.

<sup>1</sup> – defensive restrictions on maintaining 2 feet in the lane may be revisited at the season's midpoint – teams may want to progress at that point to allowing defensive players to defend with 1 foot out of the key.