

Basketball Rules

Pre-K / Kindergarten League (Ages 4–6)

Participation & Substitution

- All players are expected to play approximately the same amount of time on the court.
- Teams will be capped at 10 players.

Equipment & Setup

- Goals will be set at 6.5–7 feet.
- A small-sized basketball will be used.
- Games will be played full court.
- Teams will have 10 minutes for warm-up/practice prior to each game.
- All games will begin with a prayer led by the Rec Chaplain.

Game Format

- The home team will start with the ball at half-court.
- Games will consist of four (4) 8-minute quarters with a running clock.
 - 1-minute break between quarters
 - 3-minute halftime
- The clock stops only for:
 - Time-outs
 - Free throws
 - Referee discretion
- Each team is allowed two (2) 60-second time-outs per half.
- The score will be kept (no individual player statistics).

- **One coach per team may walk the sideline to help keep the game moving.**
- **One referee from the Rec staff will be on the court to teach and make calls.**
- **Fouls will be called but not tracked for individual players.**
- **The free-throw line will be set at approximately 8 feet.**

Defense Rules

- **No double-teaming is allowed.**
- **Help defense is permitted only in the paint.**
- **No zone defense.**
- **Offensive players must be allowed to get both feet into the front court before being defended.**
- **No full-court pressing.**
- **No stealing off the dribble or on passes.**