

IMPACT BASKETBALL RULES: GRADES PRE-K&K

The below rules have been designed to develop age and stage appropriate gameplay. These rules will help young players develop their fundamentals of the game while having fun in a Christ centered environment.

EQUIPMENT & COURT SPECIFICATIONS

Size of Ball - Boys and Girls size 6 (27.5")

Height of Basket - 7ft rims

Size of Court - Half of High School Regulation Court - Sideline to Sideline Baskets

GAME STRUCTURE

Location

Games will be held on Saturday mornings in The Centre's secondary gym (doors located inside The Centre Gym).

Game Length

Games will consist of four - 6 minute quarters, a running clock for the entirety of the game, and a 5 minute half time. The clock will only stop during an injury.

Overtime

If the score is equal at the end of regulation, the game will end in a tie.

Players on the Court

4v4, no more, no less.

*If one of the competing teams does not have enough players in attendance to play a game with the **minimum** required number of players, the opposing team **must** share players in order for the game to proceed. Each team must have an equal number of players on the court at all times.*

Keeping Score

Score **will not** be kept for this age group.

Timeouts

No timeouts

Start of Game Possession

- The home team will have the first possession of the ball in the 1st & 4th quarter.
- The away team will have the first possession of the ball in the 2nd & 3rd quarter

GAME TACTICS

Playing Time

Each player is expected to receive equal playing time on the court.

Set Defense

Only man-to-man defense with color coded wristbands.

Pressing Defense

Pressing is not allowed throughout the competition. Each team must play half court defense (inside the 3 pt line).

Double-Team/Crowding

Double-teaming/crowding is not allowed throughout the competition.

Stealing

No stealing throughout the competition.

RULES

The discretion of the rules is up to the referee assigned to the game in question. However, the implementation of penalty calls is as follows:

Double Dribble

Players are not allowed to dribble with both hands simultaneously or interrupt their dribble by holding the ball briefly in one or both hands. Double dribbling is very common at this age.

Penalty – *briefly stop play and teach the player. If the violation continues or is egregious-*
Turnover

Traveling

Players are not allowed to move one or both of their feet illegally while holding the ball. Traveling is very common at this age.

Penalty – *briefly stop play and teach the player. If the violation continues or is egregious-*
Turnover

Stealing from the dribbler or during a pass

Players are not allowed to steal at any time. This allows ball-handlers to develop dribbling and passing skills and confidence with the basketball

Penalty – *Stop play, return the ball to the original player and continue with play.*

Unsportsmanlike Conduct

Impact Sports strives to make a community that promotes a gaining of skills and knowledge about the game and an environment that is healthy supportive and Christ-like for everyone involved. Therefore, Impact Sports has a zero-tolerance policy for any unsportsmanlike conduct which includes but is not limited to:

- Harassment of players, coaches, referees or volunteers
- Foul Language
- Verbal abuse or taunting of an opponent
- Excessive celebration following a scoring play
- Feigning an injury

Penalty - Up to the discretion of the official based on the severity of offense.

DEFINITIONS

Man-to-Man Defense

- *Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball*
- *The defensive player must stay in their zone*
- *If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.*

Pressing Defense

Defensive guarding, either on or off the ball, within the backcourt

Double-Team/Crowding

Two or more defensive players guarding a single offensive player