

Youth Basketball Winter League Rules

1. All teams will practice prior to their weekly games (1/2 court practice).
2. Games will run six 5-6 minute periods. Player substitutions will be made at each 5 minute period. Game time will be kept on the court with the coaches/officials.
3. Coaches will coach their team and designated officials will officiate the games.
4. If designated official gone, one of the coaches will officiate that day.
5. Back court guarding will not be allowed (no pressing).
6. Once defensive team gets the rebound in their end, other team has to drop back to ½ court.
7. Players cannot reach in to try and steal the ball (too much fouling or non-productive contact).
8. Not shooting free throws at this level.
9. Be aware and do not allow excessive contact (much of this at that age).
10. Players can intercept the ball on passes.
11. Players should be taught what double-dribble and traveling is.
12. Scores will not be kept (although the kids may do this).
13. Games are 4 v 4 or 5 v 5 small court games.
14. Coaches to do their best to get all kids equal playing time (rotate every couple of minutes).
15. **PLEASE SUPPORT AND ENCOURAGE ALL PLAYERS**
16. **MOST IMPORTANT – GAMES ARE FOR FUN**

(2 pass before you shoot rule may be implemented if needed)