



## Winter League Rules & Regulations

Prek/K Girls & Boys Basketball

**The referee on the court will officiate and teach kids as the game is played. No coaches are allowed to walk the sideline or leave the bench area.**

**Ball Size/Goal Height:**

**PreK/K: Size 4 ball, 8 ft goals**

**Game Length:**

Each quarter will be 7 minutes long.

Running clock for the first 6 minutes, stopping only on time outs and injuries.

The last 1-minute of each quarter will stop and start as per High School Rules, at every whistle.

**Playing Time**

Playing time is at the discretion of the Head Coach

COACHES ARE ENCOURAGED TO PROVIDE EQUAL PLAYING TIME FOR ALL PLAYERS.

GAMES WILL BE PLAYED 3v3.

**Possession Rule**

At the beginning of the first quarter only, the referee will line the opposing players up to show them who each person is supposed to guard. The opening possession will be given to the home team. During each quarter, teams will alternate possession on all jump balls according to the possession arrow on the score table. In addition, the possession arrow will indicate which team in-bounds the ball at the beginning of all subsequent periods following the 1st.

### **Time Outs**

Each team will get 2 time-outs per half. Time-outs last 60 seconds

There will be one minute between each quarter.

There will be a five- minute half time.

There will be one time-out per overtime period

### **Overtime**

There will be one overtime period, lasting 1 minute. Clock will stop like a regulation game. After first overtime, game will go to sudden death free throws. Each player on the team must shoot before a player can go twice.

### **Back-Court Defense**

The over & back rule will not be enforced in these grades.

The rule will be modified as followed: If after the offensive team has crossed into front court with the ball, then chooses to return to the backcourt with the ball, they may be pursued by the defensive team. This rule stays in effect regardless of how long the ball has been in the frontcourt or what the score is. Once the ball has crossed the mid court line, if it goes backcourt there is NO 10 second count.

### **Defensive rules**

Each defensive player shall play man to man defense while the ball is in the offensive half of the court.

There is no double-teaming. If seen, the referee will stop and put the opposing player back on the correct player to guard.

### **Travel, Double Dribble**

There will not be a travel/double dribble rule enforced at this age level. This will be at the discretion of the referee, if they feel it is excessive and creates an advantage.

Coaches: In practices, teach dribbling, jump stopping and using the pivot-foot. If a player stops dribbling

then they should know that they can do the following:  
Pass, shoot, or use pivot-foot and then pass or shoot

### **Basket Height/Ball Size**

8 feet  
Size 4 Ball

### **League Standings**

Below is the outline to how league standings/tie-breakers are kept:

1. Win/Lose Record
2. Points Scored
3. Point Differential