



Team Sportsplex Winter League

Rules & Regulations

Division: PreK/K Boys & Girls

The **Winter League PreK/K Division** is designed to introduce young players to the fundamentals of basketball in a fun, instructional, and supportive environment. Games will be officiated with a focus on both **teaching and development**, while promoting fair play and teamwork.

General Guidelines

- Referees will both officiate and instruct players during games.
 - Coaches must remain seated on the bench and are not permitted to walk the sidelines or enter the court during live play.
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Ball Size & Goal Height

- **Ball Size:** Size 4
 - **Goal Height:** 8 feet
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Game Format

- **Players on Court:** Games are played **3-on-3**.
- **Quarter Length:** Four 8-minute quarters
- **Clock Operation:**
 - Running clock for the first 7 minutes of each quarter (stopping only for timeouts or injuries).
 - Final 1 minute of each quarter will follow standard high school timing rules, with the clock stopping at every whistle.
 - The clock will also stop for all free throws.

Free Throw Line

- **PreK/K:** 8ft basket | 8ft free throw line
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Playing Time

- Playing time is determined by the Head Coach.
 - Coaches are strongly encouraged to provide **equal opportunities** for all players.
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Admission

- **Spectators (ages 6+):** \$7 per person
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Possession Rule

- Opening possession is awarded to the home team.
 - At the start of the game, referees will line up opposing players to demonstrate defensive matchups.
 - After the opening tip, possession will alternate using the **possession arrow**.
 - The possession arrow will also determine inbounding at the start of each quarter after the first.
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Timeouts

- Two (2) timeouts per half (60 seconds each)
 - One (1) timeout per overtime period
 - Breaks: 1 minute between quarters | 5 minutes at halftime
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Overtime

- One (1) minute overtime period (clock stops as in regulation).
 - If still tied after overtime:
 - Game will be decided by **sudden death free throws**.
 - Each player must attempt a shot before any player may shoot twice.
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Backcourt Rule

- Over-and-back is not enforced in this division.
 - Modified rule: If a team crosses midcourt and then returns to the backcourt, the defense may pursue.
 - No 10-second backcourt count applies.
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Defensive Rules

- **Man-to-Man Defense Required.**
 - Double-teaming is not permitted. Referees will stop play and reset defensive assignments if necessary.
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Violations

- **Travelling & Double Dribble:** Not strictly enforced. Referees will allow flexibility unless violations are excessive and create an unfair advantage.
 - Coaches should emphasize proper fundamentals in practice, including:
 - Dribbling
 - Jump stopping
 - Pivot foot usage
 - Passing and shooting
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League Standings & Tie-Breakers

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