



Basketball Rules Grades K-1

SYAA's Mission: SYAA exists to provide sports opportunities open to all youth that emphasize sportsmanship, fair play, a team concept, volunteer coaching and coordination, and introduction to sport.

The rules at this age are very difficult to enforce on a consistent and equitable basis, due to the wide range of skill levels and coaches serving as officials. Coaches and parents must realize that the purpose is to instruct and teach the children, not to have a perfectly officiated game.

General Rules:

1. Coaches are required to facilitate/participate a team practice/warm-up before the start of each game. The length of that practice/warm-up will be determined by the supervising SYAA board member.
2. Equal play time is required.
3. The baskets will be at 8 feet.
4. Games will consist of 2 equal halves with a running clock. There will be a short half time break.
5. There will be 4-5 players on the court per team during the game. Coaches should agree to this before the start of the game.
6. A jump ball will start every game, with alternating possessions thereafter.
7. There will be no time violations or free throws. The ball will be awarded, out of bounds, to the team fouled.
8. There will be no steals when the offensive player is dribbling or holding the ball. However, passes may be stolen. No blocked shots will be permitted. The ball will be awarded, out of bounds, back to the offensive team on an infraction.
9. A junior sized ball will be used and games will be played full court.
10. Teams are *encouraged* to make 2 passes before taking a shot.

Defense:

1. There will be no fast breaking, and the defense must get back after the opposing team secures the rebound.
2. Double teaming is not allowed. Defenders must stay on their assigned player.
3. Man-to-man defense is the only form of defense that is allowed.
4. The offensive player must be allowed to get both feet in the front court before being defended.
5. If the ball changes hands, the offensive team cannot be defended in their own back court.

Miscellaneous:

1. One (60) second time-out is allowed per half. Coaches call the time-out.
2. POINTS WILL NOT BE SCORED.
3. Each team should have one coach or assistant coach on the floor during the play to officiate. Officiating is to be instructive and with explanations given on infractions to the players. A SYAA Board member will be present with any questions that may arise.
4. If a player blatantly travels or double dribbles twice during the same player's possession, a turnover *may* result and the explanation to the offending player should be given.