



# NATIONAL YOUTH SPORTS RULES BASKETBALL: 4-5 YEAR-OLDS

*Applies to both practices and games.*

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1. The size of the playing area is half court.
2. The height of the basket will be approximately eight feet.
3. The size of the basketball is a 27.0 inch or junior size.
4. No forfeits! The game will be played four on four or three on three depending on team size. Each team will have a maximum of eight players on their roster.
5. Anymore than eight players on a roster must be approved by league coordinator and head coach. Each child must play at least half of every game.
6. The game will consist of four, six minute quarters with a running clock except for timeouts. There will be two, thirty second timeouts per team per half. Half-time will last two minutes with one minute between quarters.
7. The provided NYS jersey must be worn at all times. No exceptions!
8. The home team is listed on the schedule first and will bring the ball in to start the game.
9. No score will be kept.
10. Player substitutions may only occur between quarters.
11. One coach from each team may be on the court during play to instruct players.
12. There will be no lane violations called and no individual fouls counted.
13. Defense is man to man only, no zone or double-teaming. Stealing of the ball while controlled by offensive player is not allowed. No slapping or reaching in at the ball.
14. Possession will alternate each quarter, jump-ball, or double foul.
15. Players may not run with the ball; dribbling must be emphasized.
16. After each basket the opposing team will inbound the ball from the top of the key.
17. If the ball goes out of bounds the opposing team will inbound the ball from the top of the key.
18. Any change of possession requires play to resume at the top of the key.
19. There is to be a free inbound pass from the top of the key to the free throw line. Defense must stay behind the free throw line for all inbound passes.