



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

*Applies to both practices and games.*

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## **ATTIRE**

1. The provided NYS jersey must be worn at all times. No exceptions!

## **COURT**

2. The playing area is half the court.
3. The height of the basket will be approximately 8 feet.

## **TEAM**

4. Players must be listed on the official season roster to be eligible to play.
5. The home team is listed on the schedule first and will bring the ball in to start the game.
6. The game will be played 4-on-4, or 3-on-3 depending on team size.
7. Each team will have a maximum of 8 players on their roster.
8. Any more than 8 players on a roster must be approved by the league coordinator and Head Coach.
9. Each player must play at least half of every game.
10. Player substitutions may only occur between quarters.
11. One coach from each team may be on the court during play to instruct players.

## **GAMEPLAY**

12. The size of the basketball is 27.5 inch, or junior size.
13. The game will consist of four 6-minute quarters with a running clock, except for timeouts.
14. There will be two 30-second timeouts per team per half.
15. Half-time will last 2-minutes with 1-minute between quarters.
16. Possession will alternate each quarter, jump-ball or double foul.
17. Players may not run with the ball. Dribbling must be emphasized.
18. After each basket, the opposing team will inbound the ball from the top of the key.
19. If the ball goes out-of-bounds, the opposing team will inbound the ball from the top of the key.
20. Any change of possession requires play to resume at the top of the key.
21. There is to be a free inbound pass from the top of the key to the free throw line.
22. Defense must stay behind the free throw line for all inbound passes.
23. Defense is man-to-man only.
24. No zone or double-teaming.
25. Stealing the ball while controlled by the offensive player is not allowed.
26. No slapping or reaching in at the ball.
27. No lane violations will be called.
28. No individual fouls will be counted.
29. No score will be kept.
30. No forfeits!