

SOLID ROCK

BASKETBALL

KINDERGARTEN RULES

Unless otherwise specified within these rules, Solid Rock Basketball adheres to the National Federation of State High School Associations (NFHS, nfhs.com) Basketball Rules Book.

RULES:

- Youth basketball size 27.5, 8 ft. goal height, 4 on 4 court play, 4x7 minute quarters with running clock.
- Substitution will occur every 3 1/2 minutes with a clock stoppage by the referee. This is not a timeout, simply the time to substitute players. This is the only time substitutions may occur unless there is an injury.
- First three weeks (during Dec.) traveling and double dribble violations will result in game stoppage and explanation of the rule by coach and/or referee. Team will maintain possession of the basketball. After week two, traveling and double dribble violations will be called and result in loss of ball possession to opposing team.
- Coaches have 2 timeouts per game.
- Overtime is 3 minutes or until there is a basket scored (sudden death winner).
- Free throws on shooting fouls only. Clock will stop on free throws. Players cannot enter the lane on free throws until the ball is released.
- No defense outside the 3-point line, no pressing, no double teams.
- Stalling in the game is not allowed. On offense, teams must be making a clear effort to score.
- All man to man defense, no zone defense, players must guard matching color.
- Scoring (on the scoreboard and in the results) will not be tallied beyond a 20 point differential in the Rockin' Rookies league. Should a tie-breaker be necessary, we will use the official scorebook.
- If any coach, player or fan is ejected or asked to leave the gym, they will not be allowed to participate in their teams next scheduled game. Failure to adhere will result in expulsion of the team from the league.
- The players current school grade DURING SCHOOL YEAR determines placement (summer league will be grade just completed).

SOLID ROCK

BASKETBALL

1ST & 2ND GRADE RULES

Unless otherwise specified within these rules, Solid Rock Basketball adheres to the National Federation of State High School Associations (NFHS, nfhs.com) Basketball Rules Book.

RULES:

- Youth basketball size 27.5, 9 ft. goal height, 5 on 5 court play, 4x8 minute quarters with running clock.
- Substitution will occur every 4 minutes with a clock stoppage by the referee. This is not a timeout, simply the time to substitute players. This is the only time substitutions may occur unless there is an injury.
- First three weeks (during Dec.) traveling and double dribble violations will result in game stoppage and explanation of the rule by coach and/or referee. Team will maintain possession of the basketball. After week two, traveling and double dribble violations will be called and result in loss of ball possession to opposing team.
- Coaches have 2 timeouts per game.
- Overtime is 3 minutes or until there is a basket scored (sudden death winner).
- Free throws on shooting fouls only. Clock will stop on free throws. Players cannot enter the lane on free throws until the ball is released.
- No defense outside the 3-point line, no pressing, no double teams.
- Stalling in the game is not allowed. On offense, teams must be making a clear effort to score.
- All man to man defense, no zone defense.
- Scoring (on the scoreboard and in the results) will not be tallied beyond a 20 point differential in the Rockin' Rookies league. Should a tie-breaker be necessary, we will use the official scorebook.
- If any coach, player or fan is ejected or asked to leave the gym, they will not be allowed to participate in their teams next scheduled game. Failure to adhere will result in expulsion of the team from the league.
- The players current school grade DURING SCHOOL YEAR determines placement (summer league will be grade just completed).