

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 (clock only stops for substitutions, timeouts, & free throws or if a referee calls official time stop for injury)
- 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 few weeks, 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 three, traveling and double dribble violations will be called and result in loss of ball possession to the opposing team.
- Coaches have 2 timeouts per game. There may only be 2 coaches/team on bench. One head coach may assist kindergarten players on the court (may not interfere with actual gameplay).
- **THERE WILL BE NO OVERTIMES IN ROCKIN' ROOKIES LEAGUE.** Games can end in a tie.
- 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, **IMPORTANT: no pressing or 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.
- The players current school grade DURING SCHOOL YEAR determines placement.
- 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.

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 (clock only stops for substitutions, timeouts, & freethrows or if a referee calls official time stop for injury).
- 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 few weeks, 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 three, traveling and double dribble violations will be called and result in loss of ball possession to the opposing team.
- Coaches have 2 timeouts per game. There may only be 2 coaches/team on bench. Head coach may stand but may not be out on the court beyond coaches box.
- **THERE WILL BE NO OVERTIMES IN ROCKIN' ROOKIES LEAGUE.**
Games can end in a tie.
- 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, **IMPORTANT: no pressing or 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.
- The players current school grade DURING SCHOOL YEAR determines placement
- 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.