



Basketball Rules

1. Ball

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|-----------------------------------|--|
| Pre-k & K | Pee-Wee approximately 8 inches in diameter |
| 1 st – 3 rd | Junior Ball |
| 4 th & 5 th | Youth Ball (Women's NBA) |

2. Hoops

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|-----------------------------------|---|
| Pre-k & K | 7 foot (Practice with Fisher Price Hoops) |
| 1 st – 3 rd | 8 foot hoops |
| 4 th & 5 th | 10 foot hoops |

3. Referee

| | |
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| Pre-k – K | Assistant Coach officiates |
| 1 st – 3 rd | High School officials & Professional Officials |
| 4 th – 5 th | High School Student & Professional Officials |

4. Equipment

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|------------|--|
| Footwear ~ | Tennis shoes, basketball shoes. Must be Non-Marking |
| Uniform ~ | Players must wear full issued uniform. |
| Ball ~ | Each player must have their own ball with their name on it and must bring it with him/her to every practice. Do not bring balls to game day. |

5. Game times

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|-----------------------------------|--|
| Pre-k & K | 15 min running half. 2 min halftime |
| 1 st – 3 rd | 8 min running quarters. 1 min quarter break. 2 min halftime |
| 4 th & 5 th | 10 min running quarters. 1 min quarter break. 2 min halftime |

6. Substitutions

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|-----------------------------------|---|
| Pre-k & K | Running substitutions |
| 1 st – 3 rd | Quarters and half unless injury or excessively tired. |
| 4 th – 5 th | Notify official for substitution during your throw-in or time outs. |

7. Start of game

| | |
|-----------------------------------|-----------------------------|
| Pre-k & K | Coin toss |
| 1 st – 5 th | Jump ball at start of game. |

8. Defense

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| Pre – 3 rd | Zone. No man to man. No stealing on dribble. Half court defense |
| 4 th & 5 th | Zone first ½ . Man to man second ½ . Full court defense 2 min 4 th |





Basketball Rules

9. Clock

All grades: Running Clock

10. Time out

Pre-k – 3rd No time outs

4th & 5th Automatic 30 second time 2 min left of 4th quarter.

11. Fouls

Five personal fouls per player

a. 4th – 5th Shooting after 7 team fouls

b. Foul shots will be taken at the end of the 2nd & 4th quarters

12. Technical Foul

1 warning. 1 Technical Foul per player, coach, parent

Technical Foul sits a player on the bench for remainder of game.

If the official believes a player intentionally tried to cause harm to another child, or it appeared that the child's actions could have caused harm to another child either intentionally or unintentionally, said child will be removed from the game.

A parent receiving a technical must leave the premises immediately for game to resume or their child will be ejected.

13. Pre-k

a. Player can not run wild with the ball.

b. Player must appear to be thinking about or considering dribbling at some time during the game. Dribble need not ever actually happen.

c. No stealing

d. Hands up defense. Stand on or near marks.

e. One coach per team is allowed on the court during the game. Coach may not score even if he thinks he could.

Kindergarten

a. Same rules as Pre-k except that players must attempt to dribble. Player may not run more than 5 steps without dribbling at least once.

Dreadhead®





Basketball Rules

Additional rules

1. Five (5) seconds in lane on offense.
2. Talking back to the official or giving them a difficult time in any fashion by a player, coach, or even a parent, will result in an immediate technical foul giving one shot to the other team.
3. Coaching or inappropriate comments from a parent will result in a warning to the parent and a team technical giving one shot.
4. Players should learn how to great opposing players at start of game
5. Over and back is enforced. Ten (10) seconds will be allowed to take ball across half court line.
6. A player with the ball, who is closely guarded for five (5) seconds will be considered tied-up.
7. Change goals after half time from 1st grade up.
8. All teams 1st – 5th grade should play with 5 players on the court if possible, unless fouled out.
9. Pre-k & Kindergarten teams will play with no more than 4 on floor.
10. Defensive players must “clear” to the half court line immediately following a turnover.
11. 1st – 5th grade substitutes must be recognized by Referee to enter game.
12. Each player should sit out equally during the game.
13. Players **must wear full issued uniform**. T-shirt may be worn under jersey.
14. Each Coach **must wear their coaches shirt** on game day.
15. Proper non-scuffing basketball shoes MUST be worn at all times. (No black soles, turf shoes, or street shoes)





Basketball Rules

16. No player, parent, or child should be walking around the school. Stay in the gym please.
17. No player should be on the court except during his or her game time.
18. Fighting, Flagrant Fouls, Unsporting Conduct will result in player being ejected from the game and possibly from the league.
19. No Overtime. Tie games will end in a tie.
20. Coaches will lead their team in shaking hands with the opposing team at the end of each and every game.
- 21. Team must assign parent for clean up after all practices and games.**

Parents

- Recognize the value of you coaches. Do not coach from the stands.
- Do not allow your children to run loose.
- Do not tour the school. Do not let your children walk the halls.
- You should not be yelling instructions to your child during the game.
- Be supportive of both teams. Applaud all good plays.
- Remember that your child has joined a "team". His or her teammates are counting on your child to come to all practices and games.
- Be 15 min early to every game. Make pick ups on time
- **Never** give the official a hard time! Remember, we are trying to teach your child that every game since the beginning of time has had bad calls. It's what you do after the call that counts. Our children are listening and learning from what we do.
- **Uniforms-** Kids grow. Different companies make clothes different sizes. We know both of these facts. If your child's uniform doesn't fit, ask other parents if you can trade. By the time a reorder would arrive the season would be over. Uniforms are ordered and cut way ahead of time, hence the importance of signing up on time.
- **Shoes-** Check your child's shoes. Be sure they are basketball shoes and have a non-marking bottom or your child will not play.
- Take time to thank the official and your child's coach.
- If you have a concern during any game find Jim Taylor immediately.





Basketball Rules

Coach

- **Never allow your team to No-Show.**
- Coach from the side opposite parents. Do not coach on the court.
- Fun first. Skills second. Exercise third.
- If there is dangerous play or problems find Jim Taylor immediately.
- Mandatory Zone Defense
- Head Coaches are to wear their coach's shirts to all games.
- Teach your team how to win and how to lose before it happens. Reinforce it when it does.
- Discuss what it means to be on a "Team".
- Teach your players how to be good sports under all circumstances.
- Never tell the official how to do his job.
- Teams are not allowed to practice with or play against any person not with the Dreadhead Sports League.
- Do not change practice locations without written permission.
- Finish all games by both teams, lead by their coach, shaking hands.
- Thank you, Thank you, Thank you, Thank you for coaching.

Athletes

- You are representing your school and your class. Any player with failing grades or being disciplined by school will not participate.
- Bring your own ball, with your name on it, to every practice.
- Come to practices and games. Be on time!
- These are basketball games not recess. Do not run around.
- Play by the rules and work hard.
- No watches, necklaces, rings, earrings, hard casts, hats, or anything else officials deem inappropriate or dangerous by Dreadhead Sports.
- Respect the officials, your opponents, your teammates, and your coach.
- Shake hands with the opposing team after every game.
- Be a good sport & have fun!

**Rules and regulations are subject to change.
Any and all changes are to be made only by Dreadhead Sports
Dismissal of athlete from league can come only from the league director.**

