



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

Applies to both practices and games.

ATTIRE

1. The provided NYS jersey or approved uniform must be always worn. No exceptions!
2. No hats/ball caps. Jewelry that can be removed must be removed (exceptions: religious and/or medical medallions. New piercings must be covered with athletic tape or a bandage.

COURT

3. The playing area is half the court. * Full court will be played if 8ft rims are not available cross court.
4. The height of the basket will be approximately 8 feet.

TEAM

5. Players must be listed on the official season roster to be eligible to play. There will be roster check-ins.
6. The home team is listed on the schedule first and will provide game ball.
7. The game will be played 5-on-5, or 4-on-4 depending on team size. *You MAY share players if one team has more than the other.
8. Each team will have a maximum of 10 players on their roster.
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 size 5.
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**. *This will be called liberally while the refs try to remind the players to be sure to dribble.
18. After each basket, the opposing team will inbound the ball.
19. If the ball goes out-of-bounds, the opposing team will inbound the ball.
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 is man-to-man only.
23. No zone or double-teaming.
24. Stealing the ball while controlled by the offensive player is not allowed.
25. No slapping or reaching in at the ball.
26. No lane violations will be called.
27. No individual fouls will be counted.
28. No score will be kept.
29. No forfeits!