South Suburban Pre-K Basketball Rules

The Pre-K league is designed to teach positions, passing, ball handling, defense, and shooting. Instructors and parents must realize that the purpose is to instruct, encourage, teach and have fun with the children.

I. PLAYING TIME & SUBSTITUTIONS:
   a. Games will be four (4) quarters, four (4) minute running clock.
   b. All individuals are required an **EQUAL AMOUNT OF PLAYING TIME PER GAME.**
   c. Teams will substitute after each quarter. A substitution plan will be available to all instructors. Instructors may follow this plan, or substitute players at the designated times.

# of Players	Minimum Amount of Playing Time	# of Players	Minimum Amount of Playing Time
7	12 minutes	9	9 minutes
8	10 minutes	10	8 minutes

   d. An instructor is not required to play a player an equal amount of playing time for the following reasons:
      i. Player is sick, injured or coming off an injury
      ii. Parents' request
   e. An adult must be present (in the team bench area) during every game

II. PRACTICES:
   a. Teams will have 20-25 minutes prior to each game to practice. Practice should focus on ball handling, passing, and defense with some shooting. Shooting should <u>not</u> be the primary focus of the practice.

III. UNIFORMS:
   a. All players must be in a South Suburban jersey to participate in league games. **NO JEWELRY OF ANY KIND WILL BE PREMITTED (INCLUDING EARRINGS).**
   b. No casts of any kind will be permitted (soft cast, covered hard cast or otherwise).

IV. GAME/PRACTICE LOCATIONS:
   a. Games/Practices will be played every Saturday at the following locations:
      i. Session 1, January 4th-25th: Goodson Recreation Center, 6315 South University Boulevard, 80121
      ii. Session 2, February 1st-22nd: Lone Tree Recreation Center, 10249 Ridgegate Circle, 80124

V. WEATHER HOTLINE: **FOR GAMES ONLY!**   303-219-1150
   a. In case of inclement weather, or crisis situations, no decision will be made on the status of the games until at least 1 (one) hour before the first game. There may be days when a decision may not be made until game time due to late breaking situations.
   b. South Suburban has a weather hotline for all gyms. GAMES ONLY!! If there is no mention of basketball on the weather line, games will be played as scheduled.

VI. RULES:
   a. Games will be 5 on 5 or 4 on 4 played on a short court
   b. Basketball Size: 22" circumference or 7" diameter or size 3 ball (mini size)
   c. Basket Height: 6-foot baskets

d. Scoring: Scores will not be displayed
e. Officiating:
    i. Instructors will be the referees on the court. Instructors should also instruct/teach during the game as much as possible WITHOUT slowing down the pace of the game.
    ii. Double dribbling, traveling, and stepping out of bounds shall be called by the instructors and an explanation given. Instructors should be very lenient on calls as these are typically 1st time players.
    iii. Please work with the kids on violations. Do not allow excessive double dribbling, traveling, etc. The main goal is to teach these kids the fundamentals of basketball.
f. A coin flip will determine which team will start the game by taking the ball out from their opponent's baseline. The alternating possession rule will be in effect thereafter.
g. Games will be four (4) four (4) minute running quarters. There will be one (1) minute in between quarters and a two (2) minute halftime.
h. Fouls: Foul totals will not be recorded but will be called
i. Free Throws: No free throws will be shot. The team that was fouled will take the ball out of bounds.
j. Defense:
    i. Teams must play man-to man defense. Zone defense will not be allowed.
        1. Colored wristbands will be provided to assist players in identifying whom they are guarding.
        2. Double-teams will not be allowed
    ii. Stealing will not be allowed when the offensive player is dribbling, or holding the ball (unless the ball is directly thrown to an opposing player).
k. Once the offensive team loses possession, coaches move players from offense to defense and vice versa.