

## **South Hadley Kindergarten Basketball Rules and guidelines 2026**

**Program goal:** The goal of kindergarten basketball is to teach the players team concepts, rules, individual skills and knowledge of the game. Games are played to help the players apply the techniques taught in practice and to have **FUN!** Scores and standings will not be kept. Anybody that feels the need to win or can't promote a fun, positive environment should not be involved in this program.

### **Gym Rules:**

- o Food and drink other than water are not allowed in the gym. This includes coffee by all spectators.
- o Players should bring a change of shoes when coming to play in the game. The ground is often wet outside, and it ruins the gym floor.
- o Non-players must stay off the game floor when they enter the gym.
- o Running in the halls or entering the gym storage room is not permitted. Help us keep the schools clean! Please remind families to keep their non-players under proper supervision.
- o The team bench area will be opposite of the fans. Please try to sit across from the gym away from the bench when possible.
- o People should leave through the appropriate doors. The fire exit doors need to remain closed unless there is a fire!

### **Conduct:**

- o All players, coaches, and fans must follow the "code of ethics"
- o Fans are not permitted to coach the players from the sideline; coaches should do the coaching.
- o Good sportsmanship must be always displayed.

### **Game Rules:**

- o **Each player should receive equal playing time/participation in each game.** Coaches should substitute freely and keep kids involved in the games.
- o The first 15 minutes of the scheduled game are for warm-up, drills, and practice. This time is very valuable and should be used appropriately.
- o The games will be played for the next 45 minutes.
- o Games will consist of eight (8), four-minute periods. Substitutions will be made after every period. Teams may sub at other times due to injury, behavior, excessive fouling, etc... Please wait for officials to beckon the substitutes onto the court.
- o There will be a five-minute halftime after the first four (4) periods are complete.
- o There will be a jump ball to start the game and then the team will rotate who gets the ball for subsequent periods.
- o The game will be played with a running clock. The clock will only stop for substitutions, injuries, and organization of free throws (clock will begin once a player is ready to shoot).

- o Game play will be 4 vs. 4.
- o There are no official timeouts; however, coaches can stop playing to give instructions or to organize the offense. One coach per team is permitted to be on the game floor. The others must remain in the bench area and supervise those players.
- o Free throws will be shot from a distance that the player can reach. The goal is to provide each player with the opportunity to score. All players can rebound the ball once it touches the rim.
- o Defense
  - o Teams will play a zone defense, and players must remain in the 3 second lane. Players should keep their arms straight up in the air; however, they are permitted to pick up a loose ball on the floor.
  - o They are not allowed to steal the ball from the offensive player with the ball nor can they steal a pass.
  - o Players will be aligned with two at the top of the key (guards) and two on the blocks (forwards).
- o Games are played at 8 feet (hoop all the way down) with 27.0 basketballs.
- o Fouls are not recorded in the book and players cannot foul out. If a foul is called on a player, the coach/official must explain the foul to the player. Any player that commits an unnecessary hard foul must be removed from the game and instructed for what they did wrong.
- o All held balls (jump ball/alternating possession) will go to the defensive team.