

Little Dribblers (Pk-K) Basketball Rules

Standard basketball rules and conduct will apply for all grade levels

Goal: The goal of the Millsap youth athletic program Little Dribblers is to provide a positive and fun learning experience for all participants. Emphasis is placed on learning the fundamental skills, basic rules of the game, and good sportsmanship while stressing equal participation for all. The Lil' Dribblers program will feature 30 minutes of skills and drills lead by coaches, and 30 minutes of game time. There will not be practices held outside of the Saturday play time.

Objectives: 1. Provide development of motor skills. 2. Build character in each individual by stressing sportsmanship and fair play. 3. Build healthy minds and bodies through physical activities.

Gym/Equipment Specifications

1) Goal Height: 6 feet; Court- Half-court with two goals;

2) Ball Size: Rookie (25.5)

3) Uniforms: Uniforms shall consist of a jersey, a t-shirt, and gym shorts. Shoes must be non-marking or white-soled basketball shoes. The home team will wear the WHITE. The team that is listed 1st on the schedule will be designated the HOME team. Earrings, metal jewelry, hair clips, or any other body adornment shall not be allowed. Earrings may not be bandaged over.

4) Number of Players: A team will play with 5 players on the court. A team must have a minimum of 3 players to start or continue a game. 3.

5) Length of Game: A game will consist of 4, 6-minute quarters with a running clock. A one minute break will be allowed at quarters and a two minute break at half time. Coaches will need to assign a person to run the "flip" scoreboard for each game.

6) Substitutions: At the 3 minute mark of each quarter, there will be an automatic substitution. Each player must play a minimum of 2 quarters per game. We recommend using a rotation to ensure equal playing time.

7) Time Outs: In addition to the automatic time outs, each team will be allowed 1 time out per half. Time outs will last 1 minute.

8) Violations: All offensive players will be allowed 5 seconds in the lane. Traveling will only be called when the participant runs with the ball. Double dribble will not be called.

9) Fouls: All fouls will result in a turnover. Players will not shoot free throws. Defensive fouls will result in the team on offense playing the ball in out of bounds. Offensive fouls will result in the team on defense receiving the ball.

10) Offense: Full Court Press: Full Court pressing is not allowed at any point in Lil' Dribblers basketball.

Fast Breaks: Fast breaks are not allowed. The offense needs to let the defense get set before the ball is brought down.

11) Defense: Defensive players must stay inside the designated defensive line marked on the court.

12) Tie Game: If the score is tied at the end of regulation, the game will end in a tie.

13) Use of school gyms- Please be aware that the Millsap Youth Association is not affiliated with Millsap Independent School District. Bearing that in mind, the school and its property need to be treated with the utmost respect. Be mindful to pick up trash and basically leave things better than you found them. This applies to game days as well as any and all practice days. Failure to do so may forfeit any future involvement the MYA has with MISD. Thank you in advance for your help with this requirement.