

INSTRUCTIONAL YOUTH BASKETBALL

K – 2 LEAGUE RULES | HOLLADAY LIONS REC CENTER

Recreational basketball programs are designed to be fun and to help develop skills through principles of sportsmanship and fair play.

Rule interpretation and enforcement will be at the discretion of the recreation staff (officials, site supervisors, coordinators, directors, etc).

High school rules will govern play with the following modifications:

1. K – 2 leagues will use a junior size basketball (27.5") and will play on 8-ft. basketball hoops.
2. Weekly sessions will consist of 15 – 20 minutes of staff-led instruction followed by a scrimmage played in two 10-minute halves.
3. Every team member must play an equal amount of time.
4. There will be no score displayed or recorded.
5. Games will be started by the visiting team with an out-of-bounds throw-in.
6. Officials will instruct players to keep moving and not stand still when they are in the key.
7. Only person-to-person defense can be played. Double teaming is not permitted. Colored wristbands will be used to signify who guards whom.
8. No defense can be played until the ball crosses the designated press line. No full court press is allowed at any time. Setting of picks is not allowed.
9. Coaches may walk up and down the floor on the sidelines but cannot be on the court with their team.
10. Any coach receiving an unsportsmanlike technical foul will be required to sit down on the bench for the remainder of the game. If a coach receives two technical fouls in a single game, they will be ejected for the remainder of that game and the next game. A meeting with the program coordinator is required before that coach is eligible to return to the league (this includes practices and games). Three technical fouls accumulated during one season will result in being suspended from league play and possibly banned from volunteer coaching for a year.