

Basketball Instructional League Rules (Little Hoopsters)

1. **Players**
 - Each player must play equal time in every game

2. **Games**
 - Each team will play 6 games. The first 25 minutes is practice followed by a 30 minute game. Each game must start on time.
 - Games will be played 5 on 5. A team may borrow players from the opponent
 - Games will begin with the home team throwing the ball in from out of bounds. Thereafter, possession arrow will alternate on “tie-ups” and quarters.
 - Games are four, 6 minute quarters. Clock will stop only on time outs.
 - Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over.
 - There will be 1 minute between quarters, and 2 minutes at the half.
 - Substitutions may be made at quarter breaks and timeouts only.
 - Score will not be kept. No league standings will be kept.
 - There will be one referee for each game. Foothills will supervise and one coach/volunteer from each team is required to be on the court to instruct the children during the game.
 - Players will use a mini-size ball. Basket height will be 6 feet.
 - **NO FOOD/DRINK ALLOWED IN GYMS** (exception is Water)

2. **Defensive Regulations**
 - Teams will play man – to – man defense. Each player will wear a colored wristband, and players are expected to guard the player with the same color.
 - No backcourt press. (The defense cannot defend in the backcourt.)
 - No double-teaming is allowed.
 - Double teaming is the intentional and persistent guarding of one offensive player by two defensive players.
 - In the 3-4 year division, switching will **not** be allowed.
 - A "switch" is when a defensive player switches the offensive player they are defending, while still maintaining man-to-man defense.
 - There will be **no stealing** of the ball while an offense player is dribbling.

3. **Offensive Regulations**
 - **No** lane violation will be called
 - **No** backcourt violations will be called.
 - **No** 5 second violations will be called.

4. **Violations**
 - Fouls will not be tracked, and no foul shots will be taken. If a foul occurs, the opposing team will be awarded the ball out of bounds.

Minor infractions will be called leniently. However, as the season progresses, violations should be called more frequently, based upon the child’s a

Basketball Instructional League Rules (4-5 Years)

1. **Players**
 - Each player must play equal time in every game

2. **Games**
 - Each team will play 7 games. Each game must start on time
 - Games will be played 5 on 5. A team may borrow players from the opponent
 - Games will begin with the home team throwing the ball in from out of bounds. Thereafter, possession arrow will alternate on “tie-ups” and quarters.
 - Games are four, 8 minute quarters. Clock will stop only on time outs.
 - Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over.
 - There will be 1 minute between quarters, and 3 minutes at the half.
 - Substitutions may be made at quarter breaks and timeouts only.
 - Score will not be kept. No league standings will be kept.
 - Players will use a Junior size (size 5) ball. Basket height will be 8 feet.
 - **NO FOOD/DRINK ALLOWED IN GYMS (exception is Water)**

4. **Defensive Regulations**
 - Teams will play man – to – man defense. Each player will wear a colored wristband, and players are expected to guard the player with the same color.
 - No backcourt press. (The defense cannot defend in the backcourt.)
 - No double-teaming is allowed.
 - Double teaming is the intentional and persistent guarding of one offensive player by two defensive players.
 - In the 4-5 year division, switching will **not** be allowed.
 - A "switch" is when a defensive player switches the offensive player they are defending, while still maintaining man-to-man defense.
 - There will be **no stealing** of the ball while an offense player is dribbling.

5. **Offensive Regulations**
 - **No** lane violation will be called
 - **No** backcourt violations will be called.
 - **No** 5 second violations will be called.

4. **Violations**
 - Fouls will not be tracked, and no foul shots will be taken. If a foul occurs, the opposing team will be awarded the ball out of bounds.
 - Minor infractions will be called leniently. However, as the season progresses, violations should be called more frequently, based upon the child’s ability.

Any rules not specified here, will fall under the CHSAA (Colorado High School Athletic Association) rules.

Basketball Instructional League Rules (6-7 Years)

1. **Players**
 - Each player must play equal time in every game

2. **Games**
 - Each team will play 7 games. Games will be played 5 on 5. A team may borrow players from the opponent
 - This division will begin a jump-ball. Thereafter, possession arrow will alternate on “tie-ups” and quarters.
 - Games are four, 8 minute quarters. Clock will stop only on time outs.
 - Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over.
 - There will be 1 minute between quarters, and 3 minutes at the half.
 - Substitutions may be made at quarter breaks and timeouts only.
 - Score will not be kept. No league standings will be kept.
 - Referees will be provided. Coaches are NOT allowed on the court during play. They must remain in their designated area (team bench).
 - Players will use a junior-size ball (size 5). Basket height will be 8 feet.
 - **NO FOOD/DRINK ALLOWED IN GYMS (exception is Water)**

6. **Defensive Regulations**
 - Teams will play man – to – man defense. Each player will wear a colored wristband, and players are expected to guard the player with the same color.
 - No backcourt press. (The defense cannot defend in the backcourt.)
 - No double-teaming is allowed.
 - Double teaming is the intentional and persistent guarding of one offensive player by two defensive players.
 - In the 6-7 year division, switching will **not** be allowed.
 - A "switch" is when a defensive player switches the offensive player they are defending, while still maintaining man-to-man defense.
 - There will be **no stealing** of the ball while an offense player is dribbling.

7. **Offensive Regulations**
 - **No** lane violation will be called
 - Players have 10 seconds to inbound the ball
 - Players have 10 seconds to bring the ball across half-court
 - **No** 5 second violations will be called.

4. **Violations**
 - If a player or coach receives 2 technical fouls in a game, they will be ejected from the game and suspended for the next game, upon the Youth Sports

Coordinator's discretion. Any further inappropriate behavior may result in removal from the league

- Coaches are responsible for their players' behavior as well as the behavior of the fans. If the official deems the behavior or actions of a fan inappropriate, a technical foul may be assessed against the coach.

Any rules not specified here, will fall under the CHSAA (Colorado High School Athletic Association) rules.

Youth Basketball Rules

8-9 year Division

1. Players
 - Each player must play equal time in every game. If a team has more than 10 players, coaches must strive to provide equal time for all players present. A player will be allowed to participate in a game if the player has missed practice, however all players should be encouraged to attend all practices.
 - Each player must wear the Foothills team shirt, shirts must be tucked in. Non – marking athletic shoes should be worn.

2. Game
 - **NO FOOD/DRINK ALLOWED IN THE GYMS (Water is acceptable).**
 - Each game must start on time.
 - Games will be played 5 on 5. If a team is short players, players may be borrowed from the other team.
 - Games will begin with a jump ball. Thereafter, possession arrow will alternate on all “tie-ups” and quarters.
 - Four, 8 minute quarters will be played.
 - Clock will stop only on coach and official’s time outs. Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over.
 - There will be 1 minute between quarters, and 3 minutes at the half.
 - Substitutions may be made at quarter breaks, timeouts, and on dead balls.
 - **Score will be kept on a flipchart or scoreboard, as well as a score sheet. In the event the score has reached a 20-point differential, the displayed score will be turned to zero. Once the differential in score drops below 15 points, the score will once again be displayed on the scoreboard/flipchart.**
 - Each team is required to provide a volunteer to run the clock or manage the scorebook. No league standings will be kept.
 - No overtime will be played.
 - Boys divisions and girls division will use an official women’s ball (28.5).
 - Basket height will be 10 feet
 - Clock will stop on all free throws, if game is within ten points
 - In final minute of game the clock will stop on all dead ball situations.

3. Defensive Regulations
 - Teams will play man to man defense all players will wear colored wristbands to designate who they should guard.
 - No double-teaming is allowed.
 - Double teaming is the intentional and persistent guarding of one offensive player by two defensive players placing the offensive player at a disadvantage (i.e. trapping).
 - No backcourt press. (The defense cannot defend in the backcourt.)

4. Offensive Regulations

- A 5 second lane violation will be called.
 - A lane violation is when an offensive player remains in the lane for more than 5 seconds without an attempted shot by the offense, or unless the player in the key receives a pass. After an attempted shot, or receiving a pass, a new 5 second count will begin.
- Players have 5 seconds to inbound the ball.
- Five second violations will be called.
 - A five second violation is when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds.
- Players will have 10 seconds to bring the ball across half-court

5. Violations

- Each team is allowed 6 fouls. On the 7th team foul, the bonus situation takes effect. The 10th team foul will be double bonus.
- Each player is allowed 5 fouls per game. On the fifth foul, the player must sit out the remainder of the game.
- Free throw line will be 12 feet.
- If a player receives two technical fouls in a game, they will be ejected from the game and suspended from the next game. If a player received 3 technical fouls in a season, they will be suspended for one game and the parents and player must meet with the Sports Director before being permitted to play again. Four technical fouls in a season will result in removal from the league, and no refunds will be given.
- If a coach receives 2 technical fouls in a game, they will be ejected from the game and suspended for the next game, upon the Sports Director's discretion. Three technical fouls in a season will result in a minimum one game suspension. If a coach receives four technical fouls in a season, they will be removed from their coaching duties for the remainder of the season.
- Coaches are responsible for their players' behavior, as well as the behavior of the fans. If the official deems the behavior or actions of a fan inappropriate, a technical foul may be assessed against the coach.

Any rules not specified here, will fall under the CHSAA (Colorado High School Activity Association) rules.

Youth Basketball Rules

10-12 year Division

1. Players
 - Each player must play equal time in every game. If a team has more than 10 players, coaches must strive to provide equal time for all players present. A player will be allowed to participate in a game if the player has missed practice, however all players should be encouraged to attend all practices.
 - Each player must wear the Foothills team shirt. Shirts must be tucked in. Non – marking athletic shoes should be worn.

3. Game
 - **NO FOOD/DRINK ALLOWED IN THE GYMS (Water is acceptable).**
 - Each game must start on time.
 - Games will be played 5 on 5. If a team is short players, players may be borrowed from the other team.
 - Games will begin with a jump ball. Thereafter, possession arrow will alternate on all “tie-ups” and quarters.
 - Four, 9 minute quarters will be played.
 - Clock will stop only on coach and official’s time outs. Clock will stop in final two minutes of 4th quarter if game is within 10 points. Teams will be given 2 time outs per half, one minute in length. Time outs do not carry over.
 - There will be 1 minute between quarters, and 3 minutes at the half.
 - Substitutions may be made at quarter breaks, timeouts, and on dead balls. It is recommended that subs be made at the half way point of every quarter.
 - Score will be kept on a flipchart or scoreboard, as well as a score sheet. In the event the score has reached a 20-point differential, the displayed score will be turned to zero. Once the differential in score drops below 15 points, the score will once again be displayed on the scoreboard/flipchart.
 - Each team is required to provide a volunteer to run the clock or manage the scorebook. No league standings will be kept.
 - No overtime will be played.
 - Boys divisions and girls division will use an official women’s ball (28.5).
 - Basket height will be 10 feet
 - Clock will stop on free throws only if game is within 10 points.

3. Defensive Regulations
 - Teams may play man-to-man or zone defense, zone defenses permitted are 2-3 and 3-2.
 - No double-teaming is allowed outside of the paint, however teams may double team inside the paint.
 - Double teaming is the intentional and persistent guarding of one offensive player by two defensive players placing the offensive player at a disadvantage (i.e. trapping).

- No backcourt press. (The defense cannot defend in the backcourt.) Teams must get back once the rebounding team has possession

4. Offensive Regulations

- A 5 second lane violation will be called.
 - A lane violation is when an offensive player remains in the lane for more than 5 seconds without an attempted shot by the offense, or unless the player in the key receives a pass. After an attempted shot that hits any part of the basket, or receiving a pass, a new 5 second count will begin.
- Players have 5 seconds to inbound the ball.
- Five second violations will be called.
 - A five second violation is when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds.
- Players will have 10 seconds to bring the ball across half-court

5. Violations

- Each team is allowed 6 fouls. On the 7th team foul, the bonus situation takes effect. The 10th team foul will be double bonus.
- Each player is allowed 5 fouls per game. On the fifth foul, the player must sit out the remainder of the game.
- Free throw line will be 12 feet.
- If a player receives two technical fouls in a game, they will be ejected from the game and suspended from the next game. If a player received 3 technical fouls in a season, they will be suspended for one game and the parents and player must meet with the Sports Director before being permitted to play again. Four technical fouls in a season will result in removal from the league, and no refunds will be given.
- If a coach receives 2 technical fouls in a game, they will be ejected from the game and suspended for the next game, upon the Sports Director's discretion. Three technical fouls in a season will result in a minimum one game suspension. If a coach receives four technical fouls in a season, they will be removed from their coaching duties for the remainder of the season. Coaches are not allowed to be on the court during the game, **Foothills staff should not have to give any coach a technical foul please watch your behavior.**
- Coaches are responsible for their players' behavior, as well as the behavior of the fans. If the official deems the behavior or actions of a fan inappropriate, a technical foul may be assessed against the coach.

Any rules not specified here, will fall under the CHSAA (Colorado High School Activity Association) rules.