

Kindergarten Division Rules

(Updated 11/16/2025)

GAME SETUP. Play will be 4 on 4 with 7-foot to 8-foot goals pending the gym. All games will be played with a 27.0" or 27.5" basketball (27" is preferred, they just seem hard to find). Teams must have 4 players to begin play. Games consist of a 20 -minute practice session followed by a shortened 20-minute game.

The home team should wear dark color jerseys and visitors should wear light.

Game Ball: The home team should provide the game ball unless the coaches otherwise agree.

SCORE KEEPING. No score keeping is allowed.

REFEREES. There will be no paid referees for Kindergarten. The on-court coaches should diligently encourage their players to follow the defensive rules.

WRISTBANDS: Each team will receive a set of 4 wristbands, each a different color. Players should be paired with opponents who are wearing the same color wristband.

TIMING. Games consist of two 10-minute halves (continuous clock) with play stopped every 5 minutes on dead balls to allow for substitutions. There is no need for time outs except for injury or other emergencies. There are no half-times. Play should resume immediately following substitutions between halves. Games should be ended prior to the end of the designated hour of play, regardless of whether the current game is completed.

PLAYING TIME. All players must play an equal amount of "half-periods." If the number of players on a team does not allow for equal playing time, one or more players may be required to play one half-period more than the player with the least amount of half-periods played. A player may not play two half-periods more than another player on the same team. Playing time shall be distributed as follows:

Playing Time at Game is based on the number of team players present at the game

4 Players	4 Players play 3 half-periods each
5 Players	2 Player plays 3 half-periods each
	3 Players play 2 half-periods each
6 Players	6 Players play 2 half-periods each

FRONT-COURT DEFENSE. Defenders must play man-to-man defense. Each player must wear a colored wristband to help identify his or her player to cover. Coaches should make every effort to allow players of equal playing levels and/or height to guard each other.

Defenders must be able to touch the offensive player with the matching wrist band at all times when the offensive player is inside the front court. Defenders cannot "switch" to another player, even if that player is unguarded. Double-teaming is not allowed. All defensive violations will result in the stoppage of play and the ball being returned to the offense at the point where the violation occurred. Once the ball has been returned to the offense, play should resume as normal. Repeated abuse of defensive rules by a coach should be reported to the coordinator and may result in that coach being suspended for one or more games.

DEFENSE RESTRICTIONS. In order to avoid overly physical games, and to teach players proper defensive position, the following restrictions are placed on defensive play: 1) Defenders may not steal the ball from an offensive player who is dribbling or holding the ball. 2) Blocked shots are allowed, but only when the defender is between the offensive player and the basket (no blocks from behind or the side), the defender's feet are on the ground and both the defender's arms are held high above their head. 3) Defenders may not steal a pass or a handoff. All defensive violations will result in the stoppage of play and the ball being returned to the offense at the point where the violation occurred. Once the ball has been returned to the offense, play should resume as normal.

OFFENSE: There will be a 3-touch rule this season. Each player must touch the ball in the front court before a shot is allowed (players must pass the ball to their teammates). If a shot is taken before the 3-touch rule is met, the ball will be returned to the offense at the top of the key. If it happens twice consecutively, the ball will be given to the defense to begin play. The 3 touch rules only applies after made baskets or player rotations. Fast breaks are allowed after a rebound.

Coaches should allow all players to bring the ball up the court and are encouraged to rotate such after each made basket.

FOULS & FREE THROWS. While a player may not foul out, fouls will be enforced. Intentional screens or picks are not allowed. Free throws are not awarded for any fouls called. Instead, the team who was fouled is awarded the ball out of bounds. All effort should be made to keep the players in control. Players should be taught not to reach around or over the back of other players. Coaches should stop the game and instruct their players if they feel the player is not in control or fouling repeatedly. A coach should sit a player who continues to commit fouls that are excessive in nature or in number. Flagrant intentional fouls will result in the player not being allowed to play the remainder of the game.

BACK COURT DEFENSE. Teams must use front-court defense only (center line to goal) for the entire game. If no center line is marked, coaches should instruct defensive players to back-up beyond the halfway mark before picking up their player. The coaches on the court should call out for the defensive players to back up on defense if they are guarding in the back-court. Teams must advance the ball past mid-court in approximately 10 seconds. While the 10-second rule is not strictly enforced, offensive players may not wait in back-court to set up their offense or to stall the clock. If a player stops short of the mid-court line for more than 5 seconds, the coaches should instruct the player to advance past the line. Once a team has crossed over half-court, players should not dribble into back-court. However, if a loose ball or errant pass goes into the back-court and is recovered by the offensive team, a back-court violation will not be called.

TRAVELING & DOUBLE-DRIBBLING. Double-dribbling and traveling will be loosely enforced. In such cases, the player should be brought back to the point where he/she started and instructed to dribble correctly or to pass the ball.

Progression Rule: During the 1st 3 weeks of the season, the ball will be returned if control of the ball is lost. During the remainder of the season, a lost ball can be recovered by ANY player.

3-SECOND & 5-SECOND VIOLATIONS. 3-Seconds in the paint, 5-Seconds to in-bound the ball, and 5-Seconds "closely guarded" rules will not be enforced.

OUT OF BOUNDS. Wherever out-of-bounds lines are marked, it will be enforced. When a player or the ball is clearly out of bounds, play should be stopped and the ball awarded to the other team. Where no out-of-bounds lines are marked, the wall, bleachers, or nearest object should be considered out of bounds and whistles blown quickly with player safety at the forefront of such decisions.

ALTERNATING POSSESSION. The home team will have the first possession of the game. Possession will alternate after tie-ups and at the start of the second half, but not at half-period substitution times. After half-period play stoppage, the ball should be returned to the team who possessed the ball when time was called for substitutions.

ISOLATION PLAYS. Plays intended to isolate offensive players so that players may attempt to "beat" their defender and make a move to the goal without being challenged by other defenders will not be allowed. Coaches violating the intent of this rule will be subject to discipline by the LTYA Basketball Board.

POST SEASON TOURNAMENTS. There are no end-of-season tournaments for this grade level.

GYM ETIQUETTE. Non-marking sneakers are required at all practices and games. Food and drink (including water bottles) of any kind are not allowed in the school/gyms. Post game snacks are encouraged but are not allowed inside the schools. All players and coaches should be at the gym 10 minutes before game time. Players and siblings should not play in or roam around the school hallways or bathrooms. All LTISD school equipment should be left as is and not sat or climbed upon. Siblings or players from other teams will not be allowed on the court during other teams' games (this includes during half time and time outs). Players should each bring a basketball (marked with their name and phone number) to clinics, games for use in the pre-game practice session; however, balls should be returned to parents for the game portion of the hour. Parents, coaches, and players should respect LTISD-appointed gym monitors and obey any instructions given by them.

COACHING CONDUCT. Coaches are the foundation of our league. Players and parents rely on coaches to give each child a positive, learning experience. Coaching is a privilege that can be revoked at any time. Coaches must abide by the Code of Conduct agreed to during registration. Specifically, coaches should refrain from yelling at or openly criticizing a player, referee, coach or parent. Coaches should strive to enforce the "spirit" of the rules instead of stretching rules to their limits. Any misconduct by coaches should be reported to the grade coordinator and will be reviewed by the LTYA Basketball Board. Misconduct may result in suspension and/or loss of coaching privileges across LTYA sports.

BENCHES. One head coach and one assistant coach are allowed on the bench. No non-coaching parents are allowed to sit on or be near the team benches unless there is an injury.

PARENTAL CONDUCT: Parents should refrain from yelling at or openly criticizing a player, referee, or coach. Any misconduct by parents should be reported to the grade coordinator, basketball commissioner, or LTYA office, and will be reviewed by the LTYA Basketball Board or designated ethics committee. Misconduct may result in a warning or suspension as permitted by LTYA.

You have taken on the responsibility as a BASKETBALL TEACHER. You are accepting the position under the following terms: "Coach to Coach" not "Coach to Win." Kindergarten through second grade basketball in the LTYA is solely to learn the fundamentals of the game and to create an encouraging, fun learning experience.