

**SOUTHEAST YMCA
Instructional (Pre K-Kindergarten) Basketball Rules**

1. Athletes First, Winning Second
2. Each team will have gym time for 1 hour each Saturday. The first 3 weeks should be dedicated almost entirely to team drills. Scrimmage time should be very limited during the first 3 weeks.
3. The site supervisor will act as the 'official' referee during games. The coaches will be on the court during games and will assist the REF in explaining all fouls to the players. Remember this is instructional. The REF shall keep time.
4. The participants should be taught the basic fundamentals of the game: passing, dribbling, shooting, & rebounding. No lane violations should be called in these age divisions.
5. **No fast breaks are allowed.** After obtaining the ball in their backcourt, the offense must allow the defense to set up before proceeding.
6. Teams must play man-to-man defense. No double teaming or pressing is allowed. This will be difficult to teach! Upon starting, line up player from both teams and explain to each child who they should be guarding.
7. Once a team obtains possession of the ball in its own backcourt (rebound, steal, etc.), it cannot be pressured by defensive team.
8. Defensive player should be taught to set-up no closer than the top of the key in their own backcourt to await the offensive team.
9. Proper dribbling should be taught during practices. During game situations, the coaches will decide together how "tight" to call these violations.
10. The goals will be 6 feet high.
11. A rookie size ball will be used for Pre-k and Kindergarten
12. Start the game/scrimmage with one team taking the ball out of bound, alternate possession thereafter.
13. Each player should get equal playing time and should get an opportunity to play each position.
14. Any player who sustains an injury in which bleeding occurs will promptly be removed from the game until the bleeding has stopped.

Please be respectful when handing out snacks and follow any gym rules that are in place.

**Team parents and coaches are required to pass out any post-game refreshments
outside the school facility.**

This will enable the next game to start on time and to ensure the facilities remain clean.

This is a requirement of the Forest Hills School District, and must be followed by ALL.

These requirements must be followed to ensure the continuous use of these facilities.

