



Little League (Years 1 & 2) Playing Rules

Objectives of Little League:

1. To develop skills to enable children to enjoy future participation in the game of basketball at whatever level they choose to compete.
2. To learn skills – passing, dribbling, shooting, man to man defense (guarding a player not the ball).
3. Coaches/Referees – to teach coaching and refereeing skills. To learn the rules of basketball and have the confidence to use them.
4. All players are to receive equal playing time and it is designed to help players to enjoy playing the game of basketball.

Ball: Size 5. **Basketball Hoop Height:** 7ft (lowest height)

Court: Little League is played on half a basketball court.

Game Time: 22 minutes straight game. Team sheets must be filled in 10 minutes prior to start time. Please have your team ready to take the court.

Team Size: 4 players per team on the court at any one time. A maximum of 6 on a team is ideal.

Referees: One referee per team (i.e. two on the court at a time). The two referees can be from the same team if need be. Referees are to assist all players not just their own team.

Jump Ball: Game is started with a jump ball at halfway.

Substitutions: Rolling subs. A player can sub another player at any time of the game

Defense: Man to man only (players are to match up one on one). **NB:** One player can defend a player shooting the ball but **MUST** stand with arms and body straight up and down.

Defending: The ball **CANNOT** be taken from a stationary player. The ball may only be taken on the dribble as long as no contact occurs.

Held Ball: The ball may not be held for more than **5 seconds**.

Dribbling: After **3 dribbles** a player must pass the ball. This is to encourage team play.

Change of Possession: When the ball changes possession the ball must be dribbled or passed back over the three-point line before the team is allowed to try and score a basket.

Scored Basket: After a basket is scored play restarts with the ball passed in from the baseline and taken back over the three point line.

Free Throws: None during the game.

Points: 2 points for a field goal; one point for a free throw.

Completion of Game: At the end of the game **all** players will attempt a free throw from a spot in front of the basket. Each successful shot to be added to the team's total points.

HAVE FUN !