



Kindergarten

FTB League Rules and Regulations

The Kindergarten program is a positive reinforcement program. We want to teach the little ones about basketball and have FUN doing it. We keep it simple and stick to the basics, dribbling, shooting, defense. All done with a positive mind set.

General Rules IHSAA rules apply along with these exceptions:

- Basketball goals will be set to 8 feet
- Coaches will act as referees out on the court during game play. Use these moments to teach. The clock is only there to get them used to four quarters and how games are ran.
- A running clock is used
- Games will consist of four 7 minute quarters
- No score is kept, this is a team scrimmage style of play
- Games will start by inbounding the ball for the first four games, thereafter by a jump ball
- Each player will receive a colored wristband to assist in identifying whom they are guarding
- The 1st half hour will consist of practice with drills or stations. The 2nd half hour will be a scrimmage

Offensive Rules

- Teach the fundamentals and don't forget the FUN

Defensive Rules

- Teach man-to-man defense, no zones. Try keeping them within 5 feet of the player they are guarding. Key word, try.
- Teach them not to double team. They need to stay with their person. Remind them of their colored wristband.
- Blocking by only putting their arms straight up in the air
- No steals. We want them to get comfortable with handling the ball and not worrying about it being stolen away.

Miscellaneous

- Be supportive of your team. Remember we are role models and teaching the youth of FT good sportsmanship by our actions.
- Players should wear the team jersey to all games.
- No jewelry of any kind is allowed by players.
- Games must start on time. Please clear the floor of players and families so that the next teams can warm up.
- Players should remain on the bench during the game when not playing.
- Only water is permitted in the school for both players and families. No sports drinks are permitted. No food is permitted in the gym including after-game snacks. This is a condition for our use of the school facilities mandated by the school. This must be communicated with all families.
- Children/siblings must remain in the gym. Children are not permitted to wander the halls. This is another condition from FTCSC. We must adhere to their rules in order to practice in their gyms.