

# NORTH TEXAS YOUTH BASKETBALL ASSOCIATION

## K/1 BASKETBALL RULES

### 2023-2024 WINTER SEASON

Our K/1 youth program is designed to help our young players learn the fundamentals of basketball. We will leverage the guidelines below to help ensure each of our players has a good experience and gains a love of basketball for years to come.

- 1.** All coaches will be parent volunteers.
- 2.** Teams will have both Kinder and 1<sup>st</sup> graders and be compiled based on requests and experience.
  - 2.1.** Separate boys' and girls' teams and divisions will be created.
  - 2.2.** If there is not enough of one gender registered, teams can be co-ed and will be registered appropriately.
- 3.** League play will begin in January (first Saturday after students return to school) and end in early March.
  - 3.1.** Games will be 5v5 full court basketball (4v4 can be played if not enough players and coaches agree)
  - 3.2.** Each team will play eight (8) games during the season.
  - 3.3.** Size of ball used is 27.5".
  - 3.4.** Basket height will be 8' (feet).
  - 3.5.** All games will be held on Saturdays in Argyle and possibly other locations depending on # of teams.
- 4.** Each game will consist of four 8-minute quarters with a running clock.
  - 4.1.** Clock will be stopped every 4 minutes to allow for substitutions.
- 5.** Defense is man-to-man only; wristbands will be utilized.
  - 5.1.** Wristbands will be worn by each player to identify defensive assignments.
  - 5.2.** Wristband colors will be designated for specific skill levels so coaches can match players of similar skill/experience.
  - 5.3.** The defense must wait inside 3-point line before guarding opposing team.
  - 5.4.** No stealing when opposing player is dribbling the basketball.
- 6.** The game will start with the designated home team inbound the ball in the backcourt.
- 7.** There will be no free throws awarded. If a player is fouled in the act of shooting, the team will inbound the ball.
- 8.** Coaches (1 coach per basket) will be allowed under each basket to help coach/guide their players – they should not run up and down the side line to switch baskets or come onto the floor at any time during game play.
- 9.** An official will be on the floor to assist with game flow and help players understand the rules (travel, double dribble, etc.). Violations will be called to teach and instruct.
- 10.** Our officials will be high school athletes and should be treated with the appropriate level of respect from parents and coaches. Any coach or parent displaying inappropriate behavior (or language) will be asked to leave the gym and potentially suspended from coaching/attending future games.