

Pre-K (Monarchs) Hoops Rules

Skills to Introduce and Emphasize:

- Dribbling (right-handed, and then left-handed; “trying” not to look at the ball)
- Set Shot
- Defensive Position (hands up)
- Rebounding
- Proper Bounce Pass (for safety reasons, please avoid chest, over-the-head, and baseball passes)
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team)

Hoop Height	<ul style="list-style-type: none"> • 6 feet
Ball Size	<ul style="list-style-type: none"> • CB 5 (27”)
Court Size	<ul style="list-style-type: none"> • Half-court
Length of Game	<ul style="list-style-type: none"> • (4) – 7 minute periods with running clock • 5 minute halftime • 2 minutes between periods • Basket assignment does not change
Score	<ul style="list-style-type: none"> • Score is not kept
No. of Players on the Court	<ul style="list-style-type: none"> • 4 vs. 4
No. of Coaches on the Court	<ul style="list-style-type: none"> • 1 coach from each team • Provide play guidance • Act as referees
No. of Coaches on the Bench	<ul style="list-style-type: none"> • 1 – 2 coaches on the bench • Keep order on the bench • Monitor players game time for equity • Handle player substitutions with on-court coach
Game Participation/Playing Time	<ul style="list-style-type: none"> • All children should have equal playing time. • Strong and weak players should be mixed. • Starting teams should be tracked and should be rotated. • Children should have an opportunity to play all positions.

	<ul style="list-style-type: none"> • All children should get a chance to bring the ball up the court for offense each game. • Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way. • Coaches should correct any “ball hogging”.
Start of Game	<ul style="list-style-type: none"> • Jump ball in center of court. • For other quarter starts, alternate possession of the ball.
Offense	<ul style="list-style-type: none"> • The team on offense will bring the ball down the court unchallenged. • Once the offensive team has reached the basket area, they should pass the ball at least 2 – 3 times before a player takes a shot.
Defense	<ul style="list-style-type: none"> • Zone Defense - Team on defense plays a “dot” zone defense near the basket. Each player’s defensive area is marked by a dot on the floor. The dots should be placed an appropriate distance from the basket to allow the offensive team the opportunity to move the ball around and have the middle of the lane free. The dots should not be placed within the backboard area. The dots should be consistent for both teams. • The defensive player should go to their assigned dot to play defense, and they should remain on their dot to play defense. • Stealing the Ball – The defense cannot steal the ball during the dribble. However, they can steal a pass near the basket zone. • Once the ball is shot, all defensive players should try for the rebound. • Once a defensive player gains control of the ball from a rebound or stolen pass, they should pass it out to another player. The team now on defense should go down court to their dots. • There are no “fast breaks”.

Violations	<ul style="list-style-type: none"> • Double-Dribbling, traveling, and fouls – Play should not be stopped for minor violations. The on-court coaches should comment as it occurs to instruct all players about the violation. For gross violations, play should be stopped, and the coaches should explain the violation. • Foul Shots – No foul shots are taken. The team that got fouled throws in the ball at mid-court to allow both offensive and defensive teams to set up.
Out-of-Bounds	<ul style="list-style-type: none"> • Dribbling/Edge of Court Play – If a player steps out of bounds while dribbling or holding the ball near the court edge, do not call out-of-bounds. • Loose Ball/Play Around Basket – If a loose ball goes out of bound, or if there is close play around the basket which could get dangerous, out-of-bounds should be called. Possession would transfer from the team which last touched the ball or stepped out of bounds to the opposing team.
Jump Balls	<ul style="list-style-type: none"> • There will be no jump balls after the start of the game. • Possession of the ball should remain with the team who had possession of the ball at the time of the jump ball situation.
Player Substitution	<ul style="list-style-type: none"> • Four New Players – The players of both teams must go to the assigned dots, and the team on offense then brings down the ball. • Less than Four Players – The players staying in the game must go to the assigned dots, and the players exiting the game leave. The players entering the game must go the assigned dots, and the team on offense then brings down the ball. • Player substitutions should be limited to mid-quarter, and between quarters.
End of Game	<ul style="list-style-type: none"> • Players and coaches must line up after the game for a handshake.