



P-K Basketball Rules 2019

1. First 20 minutes will be spent working on skills and running simple drills.
2. Last 30 minutes play actual game against other team, 3 vs 3 substitute every 5 minutes, take a half time break at 15 minutes. (refs will stop play for rotation)
3. NO FULL COURT PRESS- After a team makes a basket or turns the ball over, the team must run to half court and wait for the offense to bring the ball up the floor.
4. No stealing the ball while it is being dribbled. Focus players on defense and ball control. No stealing passes.
5. Encourage players to locate the same color wrist band and just defend that player.
6. No fouls are called, but the game must be stopped and the coach will explain the situation.
7. No running score will be kept.
8. Encourage dribbling and passing.
9. Allow everyone equal playing time.
10. Leave all wrist bands and basketballs under the baskets at the end of each game so the next game can start on time.
11. All Junior size NS Recreation basketballs MUST remain in the gym, do not take home.
12. NO FOOD OR DRINK ALLOWED IN GYM! NO TEAM TREATS!!!! Drinking fountain breaks are encouraged.

