



Foothills Park and Recreation

Youth Basketball Rules: Little Hoopsters (3 and 4 years)

Foothills Park and Recreation Rules are intended to provide a program that encourages fun, personal excellence, and sportsmanship while preparing participants with a strong fundamental skills base.

Elastic Power: Foothills staff has complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. Their decision is final.

Any rules not specified here, will fall under the CHSAA rules.

Teams

Games will be played 4 on 4. All participants must be registered with Foothills Park and Recreation District in order to participate. Teams may borrow players or play down to 3 on 3 if needed.

No food or drink allowed in the gyms (Water is acceptable)

Playing Time

1. The first 25 minutes is practice followed by a 30-minute game.
 - a. Two 12 minute halves.
2. Substitutions may be made at timeouts and dead balls. Teams are encouraged to make substitutions at the 6 minute stopping point of each half.
3. Each participant must play equal time in every game.
4. Score will not be kept.

Court Size

1. Ridge Recreation Center – Full gym
2. Lilley Gulch Recreation Center – Half Gym
3. Little Hoopsters basket height is **6 feet**.

Equipment and Uniform

1. Basketball sizes:
 - a. Little Hoopsters – Mini Size
 - b. Ages 5 to 10 – 27.5 inch (Size 5)
 - c. Ages 11 to 12 – 28.5 inch (Women's)
 - d. Ages 13 and older - 29.5 inch (Men's)
2. Each player must wear the Foothills team shirt and must be tucked in. Non – marking athletic shoes should be worn.
3. Any protective equipment (braces, casts, etc.) must be approved by officials each game. No jewelry is allowed.



Officials

1 official may be provided if coaches need assistance.

Coaches and Spectators

1. Up to three coaches allowed on player bench per team. Spectators must sit in designated bleacher areas.
 - a. 1 coach per team is required to be on the court.

Players

1. Teams play 4 on 4. If a team is short, both teams may play with less players on the court or borrow players.
 - a. We do not forfeit games for teams that are short.

Beginning of Play

Games will begin with an inbound pass. Thereafter, possession arrow will alternate on all “tie-ups” and quarters.

Defensive Regulations

1. Teams are allowed to play man to man defense only.
 - a. Each player will wear a colored wristband, and players are expected to guard the player with the same color.
2. No zone defense. No double-teaming is allowed.
 - a. Double teaming is the intentional and persistent guarding of one offensive player by two defensive players placing the offensive player at a disadvantage (i.e. trapping).
3. No backcourt press (the defense cannot defend in the backcourt). Teams must get back once the rebounding team has possession.
4. There will be **no stealing** of the ball while an offensive player is dribbling or holding the ball.
5. No swatting of a shot is allowed. Defenders may only raise hands straight up in the air to block a shot.

Offensive Regulations

1. No lane violation will be called
2. No 5 second violations will be called.

Fouls

1. Fouls are not tracked.
2. All fouls called will be inbounded from the nearest sideline.
 - a. There are no free-throws.
3. Minor infractions will be called leniently. However, as the season progresses, violations should be called more frequently, based on the child’s ability.