

Loveland Parks & Recreation
Itty Bitty Ballers (K-1)
Basketball Rules
2026 Spring

Basics

1. Number of Players: 5-on-5
2. Rim Height: 8 feet
3. Ball Size: Youth (27.5")

Uniform

1. Youth Athletic t-shirt
2. Tennis shoes (appropriate, non-marking soled)
3. No Jewelry

Time

1. Length of Game: Two 16-minute halves
2. Halftime: Three minutes
3. Running Clock
4. Substitutions: Mandatory substitution break every 4 minutes
5. Clock and horn used only
6. One parent from the home team is required to run the clock

Play

1. Start: Home team throw in from the side at mid-court
2. Time-outs: 1 per team per half (TO's do not carry over)
3. Score will not be kept
4. Free throws will not be shot
5. Fouls will not be tracked, but if a player is deemed over-aggressive they may be removed to sit
6. Three seconds will not be called
7. Over and back will not be called
8. Playing time is equal pay, equal play, all players must play at least half of the game

Defense

1. Man-to-man only, no zones, no double-teaming
2. May be played only below defensive top of the key (white line)
3. No stealing on the dribble, or when offensive player is holding ball or is attempting to pass or shoot (no tie up to cause jump ball), teach players not to reach in, but play with their feet
4. No full-court press

Remember, this is for the players!

Sportsmanship is always encouraged, as is cheering for good play for all players!