



SUPER HOOPERS BASKETBALL RULES

K-2nd Grade

I. Youth Sports Policy

The policy of Indianola Parks and Recreation is to strive to give every young person an opportunity to participate in Parks and Recreation Department sponsored youth sports programs. The opportunity to participate is to be available to all children, regardless of ability level. The youth sports programs shall provide an opportunity for youth to learn fundamental athletic skills, teamwork and sportsmanship. Maximum time of participation and an enjoyable experience by all youth shall be stressed.

II. Playing Time & Player Supervision

- A. It will be the coaches' responsibility to see that all players on their team obey all league rules. The coaches' responsibility extends to include keeping discipline and control of their team during any practice sessions and games. **All players must be accompanied by a coach at all practices and games.**
- B. All games must be played as scheduled. The Parks and Recreation Department reserves the right to reschedule games when there are facility conflicts and/or weather postponements.
- C. For liability reasons, no players can be added to any team unless they are added by the Parks and Recreation Department.
- D. The building supervisor or employee of Indianola Parks and Recreation Department has the right to require any coach, player or spectator to leave the building due to unsportsmanlike conduct.

III. League Rules

- A. Iowa High School Athletic Association rules and regulations will apply in all games except for the following deviations: Coaches may stop games at any point to explain points of emphasis or to get players lined up in correct positioning. These games are meant to be free flowing and not to be stopped for every single violation. We know that at this age level there is going to be traveling, double dribbling and other violations as participants learn the game of basketball. This is an informative program and meant to truly enhance fundamentals of basketball.
 - 1. Each team will compete with five (5) players. Each team must have at least four (4) players to begin a game.
 - 2. Ball Size: 25.5" (Rookie, Size 4)
 - 3. Height of the Basket: 8 feet
 - 4. The coaches will be the officials and will control the time of the game.

5. Playing time will consist of four (4) quarters of six (6) minutes each with one (1) minute intermissions after the first and third quarters and three (3) minutes between halves.
*Games will begin no later than 15 minutes after the scheduled time. This allows for 15 minutes of practice and warm up time.
6. Each coach is required to rotate your players. With 3 minutes remaining in each quarter a whistle will be blown by the coaches and players will be rotated.
7. The clock will run continuously, and only stop for injuries.
8. Teams are allowed four (4) 30-second time-outs per game.
9. **No** full-court pressure, zone defense, double teaming.
10. Defensive player must be within **3 to 5 feet** of their man.
11. No fast breaks – make sure the defense has time to retreat before advancing the ball on offense.
12. Ball Handler Pressure: You are not allowed to steal the ball while a player is holding or dribbling the ball. The defense is allowed to pick up loose balls and step in front of a pass to steal it.

GOOD SPORTSMANSHIP IS AN ABSOLUTE NECESSITY. Any player or coach or parent who does not demonstrate this will be asked to leave.

IV. Practices

- A. Players should not enter a practice site without the supervision of their coach. All players must leave the practice site when the coach leaves. Coaches – you are responsible for the actions of your team, so keep them close to you at all times.
- B. When entering, using and leaving a practice site, please be respectful of the property. This includes changing into gym shoes and picking up any litter left by the team.

V. Cancellations – Rescheduling

- A. Cancellation information can be found on TextCaster, <https://tinyurl.com/y5e389lp>. Please encourage yourself and other team members to join the appropriate group.

VI. Miscellaneous

- A. The Indianola Parks and Recreation Department and all employees of the above will assume no responsibility for accidents or injury to any player or spectator.
- B. All players and spectators are asked to wipe their feet as they enter the Indianola Wellness Campus. NO food or drink allowed in the gyms.