



Thompson Rivers Park and Recreation District

4U Basketball Rules

1) Officials

Each team is required to use one of their coaches to officiate the game. (Officials must be at least 18 years old.) This is a good opportunity to use parent(s) to officiate or monitor children not on the court playing.

2) Teams

Only five players from each team will be on the court at a time. The remaining children not on the court should be seated with their team.

3) Measurements

- A. Ball Size – Size 3
- B. Free Throw Line – 10 Feet
- C. Little Tikes Hoops will be used for this league

4) Fouls

Individual fouls will not be kept track of, but players may be warned about rough play.

5) Schedule

- A. 20 minutes of practice ½ court
- B. 10 minutes bathroom/drink break
- C. 30 minutes of game time (two 12 minute halves running clock)

6) Defense

- A. Once the defending team (team A) has recovered the ball (whether from a defensive rebound or an intercepted pass,) the team now on defense (team B) must go past half court and set up on defense and cannot touch the ball until the ball has crossed half court.
- B. A player may not steal the ball from the player who is in control of the ball. However, a defensive player may intercept a pass from an offensive player.

- C. There will be no full or half court press allowed.
- D. No fast breaks.

7) Playing Time

Each player must participate in every half and at least half of the game.