



# NATIONAL YOUTH SPORTS - SAN ANTONIO

## RULES- BASKETBALL 3-5 YEAR OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

<b>Objective</b>	The focus is on helping players learn the game and have fun at the same time. The rules have been modified to allow more play and having fun with the sport. We ask all coaches, parents, and officials to be positive and encourage players at all times.
<b>Safety</b>	All parents must sign the Covid-19 waiver. Parents should monitor the health of their child and if experiencing symptoms, do not participate in any sporting practice or games. Let NYS know of the presence of symptoms. Get tested for Covid-19 promptly and report results to the program. Social distancing (6ft apart) must be practiced as much as possible. Spectators should sit 6ft.apart while watching the game. Masks are required for all spectators, coaches, players, volunteers, and staff. Players, coaches, and staff in active play do not have to wear the masks. Masks must be worn when social distancing cannot be practiced. Equipment will be sanitized as needed. Limit sharing equipment as much as possible. Use hand sanitizer as much as necessary. No team drinks or snacks should be handed out to limit items coming from different households. Each child is responsible for his/her own drink. For a full list of safety protocols please refer to the <a href="#">Play Safe, Stay Safe-Hygiene Plan</a> .
<b>Sportsmanship</b>	Any unsportsmanship or bad behavior-foul language, disrespect of officials, players, or other coaches - may lead to ejection and/or suspension from the league. Any coach, parent or player ejected will be suspended from participating at their next scheduled game. Keep in mind that video cameras are always on at game sites.
<b>Uniforms</b>	Players wear NYS provided jersey and must be tucked in to participate in games. Proper gym shoes must be worn; soft basic headbands allowed. No jewelry for player safety (earrings must be covered with tape).
<b>Player Information</b>	10 players on team roster (any more must be approved by NYS) Game is played 5 on 5, can play 4 on 4 if not enough players available. Each child must play an equal amount in every game.
<b>Game Specs</b>	The size of the playing area is cross court. The basket rim height is approximately 7 - 8 feet. Basketball size is 9 inch or beginner size. No score is kept at this age; No tournament for this age group.
<b>Game Time</b>	Quarters - 4, six minute quarters with running clock (except timeouts) Time between quarters - 1 minute between quarters Timeouts - 2, thirty second timeouts per team per half Half-time - 2 minutes
<b>Game Play</b>	Home team is listed first on schedule and inbounds ball at half court to start the game. Ball possession alternates each quarter. Dribbling the ball is encouraged, so limited running with the ball. Player substitutions may occur between quarters, timeouts, or injury. No lane violations called or individual fouls counted.



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	Rough play may result in a technical foul (two free throws and possession of ball) Shooting fouls will result in free throws.
<b>Defense</b>	Defense is man to man only; no double teaming allowed. <b>No stealing, slapping, or reaching for the ball: No blocks - allow offensive player to shoot.</b>
<b>Coaching</b>	One coach from each team may be on the court to instruct players. One assistant coach from each team allowed on the side lines to assist players.
<b>Officiating</b>	One official on court - will instruct and encourage players; Officials will allow players to play. Officials to remain on the court during end of game player handshake.
<b>Parents</b>	NYS encourages all parents to get involved with their child's team, but please allow coaches to coach and officials to officiate. Please limit your coaching from the sidelines.