



Winter Basketball 3-4-Year-Old Rules & Regulations

Session Play

- ❖ Teams will begin sessions on time with a 5-minute warm-up.
- ❖ Sessions will be on Saturdays ONLY
- ❖ Sessions will be conducted on a cross-court format
- ❖ Goals lowered to 6ft.
- ❖ Ball Size - 27.5 Intermediate
- ❖ Teams will have 2 (1-minute breaks) each session.
- ❖ Sessions will total **45 mins**: 20 min. halves with a 5-minute half (*Clock continuously each half*)

Session Rules

- ❖ All players will participate on court during sessions/drills
- ❖ **ONLY two** coaches per team will be allowed on the court to help with sessions.
- ❖ Free Throw line (the white line)
- ❖ Player Participation – Participation always depends on the number of players present. The goal is for all players to get equal session time no matter their ability.

The Athletic Office must clear all coaches, complete the Background Screening process and have a photo ID coaching badge to be eligible to coach a team. **Badges must be worn and visible at all times**. If a team does not have a coach with a proper ID badge, the session will continue with the assistant coach or the cleared head coach, if possible.

Updated November 2025