

NTRAINC.



2020 Basketball Rules

Level 1 K-1st Grade

IESA rules will be followed with the following exceptions:

Equal playing time is required for all players every game. The league director can request proof of each kids playing time at their discretion from the coach at any time. Coaches should have a system to keep track of playing time.

Teams will play 4 on 4 (players will use wristbands to identify the players they are to guard on the other team.

Each game will consist of eight 4 minute periods and we will stop the clock every 4 minutes for 30 seconds to allow substitutions.

There is no double teaming on players except in the paint. Man to man defense is the only type of defense allowed at this age.

If one team gets up more than 20 points the scorekeeper will stop putting points up on the scoreboard for the winning team however will still keep the correct score in the scorebook. This is to prevent kids from getting discouraged at this age.

Players must fall back to half court on changes of possession

Games will be played with the rims set at 7 feet and be played with a 28.5" size basketball.

A technical foul on a player will result in them being required to sit out the remainder of that game. Future punishment could be administered by the league director.

3 min of each halftime will be reserved for a half time shootout. Coaches will report the score (total made baskets) to official time keeper. The team with the most points at the end of the season will win trophies/medals.

Two teams tied at the end of regulation will result in a tie game and no overtime will be added. However during the tournament a 3 minute overtime period will be added to determine who moves on.

1st and 2nd place in the tournaments will receive trophies. All players in this age group will at least receive a participation medal.

Good sportsmanship is required by all coaches, players and fans.

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There is a zero tolerance rule in effect for all adults involved with this program including fans and parents of players. Sportsmanship is the first step in developing our young athletes for their future careers. Anyone or anything that seeks to hinder this development will be asked to leave the premises immediately and may not return.

Please call or email with any questions.

Craig Sellers, Basketball Director

Cell: 309-340-3813

Email: ntrabasketball@gmail.com