

2023 REC Way Basketball Rules: PreK

GOAL HEIGHTS

1. PreK: 7'
2. Heights can be adjusted when we begin playing if too high or too low for groups.

RULES

1. Play will be 4 on 4
2. Games will last approximately 30 minutes with a break halfway through.
3. Players will play equal amounts of time.
4. Man-to-man defense only.
5. Teams may not play defense until the ball has crossed the white volleyball line just past the half-line of the court.
6. No full court press.
7. No double teaming a player or the ball.
8. The red line will serve as out of bounds on the baselines.
9. Score will not be kept.
10. Teams will switch ends at halftime.
11. Players will be given a second chance to correct a walk or double dribble. A walk occurs when a player moves his/her feet without dribbling. A double dribble occurs when a player dribbles, picks up his/her dribble, and then dribbles again.
12. Coaches will act as officials. A coach from each team may be on the floor to help with instruction. A coach or parent helper will need to monitor the players on the bench.
13. **Coaches, players, and parents must show respect to our officials. They work hard to make calls that are age and skill level appropriate while being fair and honest.**

CLOCK RULES

30 minute scrimmage following a 30 minute practice. We will have a continuous clock, and can stop for breaks if coaches deem it necessary.

PREK LEAGUE GOALS (Play is 4 on 4)

1. Dribble without traveling
2. Play defense on the man not the ball. Play the man not the passing lane—play between man and basketball goal
 - a. Teaching example: Oreo cookie—chocolate is man—defense is the creamy, white filling in the center of the cookie—chocolate is the goal!
3. Pass the ball to other players
4. Transition from offense to defense and from defense to offense
5. Face the goal on offense—don't dribble with back to goal
6. No stealing
7. Recognizing out of bounds lines.

