

## 4-5s Rules and Guidelines:

In the 4-5s, our primary goal is to make sure the kids are safe and having fun. The guidelines below aim to keep the game flowing as much as possible.

- Teams have 25 minutes to practice and then will play the game. The game will be 4 on 4 and last for four 5-minute periods. The clock will run at all times except for injuries or if the ref stops the game to explain the rules to the kids.
- This year, the 4-5s are playing in the Auditorium. There will be no lines, with the team benches and parent seating serving as the boundaries. Refs should only stop the game for out of bounds if the ball goes beyond the rows of chairs.
- One coach is allowed on the court to help direct the players. The other coach(es) should be in the bench area with the substitutes.
- Players will wear colored wristbands and should defend the player on the other team with the matching color. Defenders are not allowed to steal the ball when a player is dribbling or holding the ball. If a dribbler loses the ball, a coach or ref should return the ball to them. Intercepting passes is allowed.
- Coaches and refs should verbally encourage players to dribble, but refs will not stop the game or call turnovers for traveling or double-dribbling.
- On any stoppage of play or after a made basket, the ref should hand the ball to a player and allow them to play (i.e. no inboundings). At the start of each period, the ball will be given to whichever team finished the previous period on defense.
- On a change of possession, the dribbler should wait until the other players are heading to the frontcourt before they can go forward. They do not have to wait for everyone to be in position.
- Try to minimize the amount of time players are on the floor trying to get a ball. If a player is on the ground in an exposed position, the ref should blow the whistle and pause the game so they can get up. On a loose ball, blow the whistle as soon as there is a clear recovery and tell the players where to go.
- The referee is the primary game administrator, but the coaches should be willing to step in and support the ref wherever needed.

To sum this all up, the two biggest keys are to stop the game when players are unsafe, and keep the game going in all other cases. The less time spent on telling the kids what to do and the more time spent on playing basketball, the more they will learn.