

Proehlfic BASKETBALL

K – 1 LEAGUE RULES

MISSION STATEMENT:

The emphasis of the Proehlfic Park Basketball Program is to help children grow socially, emotionally and physically through the vehicle of basketball. The nurturing toward enjoyment of the game, development of skills, good sportsmanship habits and cooperative team play is the focus.

The Proehlfic Park Basketball Program shall play under NCHSAA rules governing basketball, with the following modifications:

1.0 GAMES

- 1.1. The games shall consist of four (4) six (6) minute quarters. The game clock shall run continuously and stop only on shooting fouls and time outs.
- 1.2. The K-1 League shall use 8-foot goals.
- 1.3. The K-1 League shall use the 8-foot foul line, or closest line measured from the goal. After the shot is taken, the player may land on or inside the foul line during the follow-through.
- 1.4. It is the goal of this program to have each player shoot at least twice during the game. Coaches shall monitor shots taken and take reasonable steps to ensure this goal is met.
- 1.5. Regular play shall commence with a center jump at mid court. Alternating possession shall be utilized thereafter throughout the game via the possession arrow located at the scorer's table. However, the referee will have final ruling regarding possessions.
- 1.6. Prior to the start of the 1st and 3rd quarter, each player shall be given one (1) foul shot from the designated foul line. Made shots shall be counted as one (1) point towards the team's score, with each team shooting the same number of shots. Note: These foul shots do NOT count toward the goal of each player shooting twice during the game.
- 1.7. No jewelry, wristware or hard hair ornaments shall be worn during play. Also, no players with casts or splints shall be allowed to play.
- 1.8. In the event of a tie at the end of regulation play, one (1) additional 2-minute overtime period shall be played. Player's that have played 3 quarters during regulation time are permitted to play in the overtime period. All time outs shall carry forward into the overtime period, and one (1) additional time out is given per team. In the event of a tie at the end of the 2-minute overtime period, the game will be recorded as a tie.
- 1.9. Because the K-1 players are learning the game, fouls are typically not called during the game. However, intentional or flagrant fouls that endanger the safety of the other players will be called by the referee. The first foul of this nature will result in a warning to the player and the second foul will result in disqualification from the remainder of the game. Coaches should actively monitor their team during the game to encourage proper play.

2.0 DEFENSE

- 2.1. Inside the box forming the normal "lane", designated by the 15-foot foul line, the black lines from the foul line to the baseline and the baseline. Players may reach out aggressively for the ball and defend any play in the box, but must keep their feet inside the box. Players may go after any loose ball wherever it goes, even outside the box. Offensive screens (picks) are not permitted.
- 2.2. When a clear possession occurs, the opposing team must return to their defensive area.

3.0 OFFENSE

- 3.1. Offensive teams should make constant movement toward the basket, trying to advance the ball or score. However, teams in violation are not penalized in this level of play.

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- 3.2. Lane violations shall not be called.
- 3.3. The 10-second rule for bringing the ball across the half court line does not apply.
- 3.4. Each player on the team should have an opportunity to bring the ball down the court at least twice during a game.

4.0 COACHES

- 4.1. Time Outs: 1st Half 2
 2nd Half 3
- 4.2. Coaches or players may call time outs. However, the referee must recognize the time out prior to play stopping. The scorer's table does not recognize time outs.
- 4.3. One (1) coach per team is permitted on the floor during play.
- 4.4. Players who endanger the safety of other players are ineligible for play. Such cases shall be documented by coaches and submitted to the League Director for disposition.
- 4.5. No team may practice more than 1.5 hours per week. Practice week starts on Sunday. All practices must occur in the Proehlfic gym. Under no circumstances are practices permitted in another facility or location. All practices must take place between the hours of 5:30pm - 9:30pm M-F and 1:00-until end of last practice on Sunday.
- 4.6. Coaches shall actively prevent games from becoming a blowout.
- 4.7. Coaches shall not rank their players in K-1 League. However, coaches are encouraged to spread their talent evenly among each quarter, basically forming two (2) squads playing two (2) quarters.
- 4.8. If a coach receives two (2) technical fouls total for the season or is ejected from any single game, the coach shall be suspended from games and practices for 2 weeks. Each subsequent technical foul or ejection thereafter shall result in 2-week suspensions per occurrence.

5.0 SUBSTITUTION

- 5.1. There is little discretionary substitution by coaches. Each player must play a minimum of six (6) minutes or one (1) full quarter. It is a goal of the K-1 league to have all kids play at least two (2) quarters every game.
- 5.2. No player may play more than two (2) quarters, unless a team has less than ten (10) players present. If there are less than 10 players present, a player can play a maximum of 3 quarters.
- 5.3. Fewer than 7 players present at game time constitute a forfeit. The game will still be played but will NOT count in the standings (if standings are kept for the league).

GOOD LUCK! – And remember, this is for the kids, not for the coaches or parents!