

K-1st Grade Rules

Game Format:	Kindergarten: 3 v 3 1st Grade: 4 v 4
Goal Height:	8ft
Ball Size:	K – Rookie/1 st - Junior
Court Size:	Cross Court
Format:	60 minutes – Half practice half game. Game will be 24-30 minutes.
Clock:	Running Time
Substitutions:	Open subs, typically after players have 2-3 offensive opportunities
Scoring:	No Scoring will be kept
Pressing:	No Pressing. When defense rebounds, opposing team falls back past half court. Blow whistle, stop play if needed.
Defense:	NO zone defense. Players will play man to man. At the start of play following substitution, players will meet at half court and match up to the person they are guarding. NO DOUBLE TEAMS.
Stealing:	NO stealing the dribble. Players may steal a pass. **If players ties up by trying to steal ball, it will be a dead ball, and goes back to offense.
Jump Ball:	Will occur to start the game. Alternate possessions thereafter.
Free Throws:	Will not be attempted.
Violations:	Stop play, correct, give ball back to offense <ul style="list-style-type: none">• Stealing Dribble• Travel• Double Dribble• Intentional Double Teaming a Player• Stalling – Discretion of coaches• Personal Fouls – pushing, holding, tripping charging, etc.



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Officiating: Coach acts as official during the game. The role of officiating is to focus on keeping the games fair, instructional, safe, and fun for participants. Calls will be made on a discretionary basis of the coaches.

Practice/Game: Format of the league is to progress from practice into game format. During weeks 1-2, teams will focus on introduction to the game, meeting their teammates, and having fun! Teams will start with short scrimmages and progress to longer game play as weeks go on.

Important Notes

- If a team is lacking players on game day, we will ask to move players from opposing team to “even up” playing field.
- MPPR reserves the right to modify or change rules during season.