

## **RULES: HLC's LITTLE TYKES BASKETBALL PROGRAM**

### **GUIDELINES**

1. 9 foot rims
2. junior size basketballs for 1 – 2 grade/ women's ball for 3 – 4 grade
3. roster should be 4 to 6 players
4. Please bring your own basketballs. Each player should have their own basketball during the skill work session.
5. Coaches should be on the court during the 3 on 3 and 4 on 4 games
6. 3 on 3 games will go for 25 minutes / 4 on 4 games will be 2 12 min halves

### **DEFENSES**

7. Only man to man defense
8. We will teach participants to match up
9. No double teaming

### **HALFTIME**

10. 3 minute halftimes
11. 5 minutes in between games

### **HLC's GOALS**

12. Our goal will be to give boys and girls a fun experience while they learn the basics of the game in a safe environment
13. We will not keep score, but focus on **team work** and good **sportsmanship**