

KANAKIA CHAMPIONSHIP

2022

INTERSCHOOL INDOOR SPORTS COMPETITION

Basketball Rules and Regulations



A. Equipment and court specifications:

1. The tournament will be played indoor on wooden flooring.
2. Size of the ball used in the tournament will be size 4.
3. Height of Basketball will be 8 feet from the floor.
4. Size of the court will be
5. Distance of free throw line is 14 feet.

RATIONALE

Distance of 3-Point Arc : Although the 3-point arc may exist on the floor, all baskets made beyond this arc only count as two points. Therefore, the distance of the line is not applicable for the tournament. The aim of eliminating the 3-point basket is to encourage players to shoot from within a developmentally-appropriate range.

Distance of Free-Throw Line : Players should take free throws 14 feet from the basket. This change will help the players to develop proper form and increase success.

Height of Basket : Utilizing a lower basket height will allow players to develop proper shooting form and increases the opportunity for shooting success.

Scoring : All field goals are worth two points to encourage children to shoot within a developmentally-appropriate range. This allows for proper mechanics and form. While these age segments may attempt a shot behind the 3-point arc, any field goal made behind the arc will only count as two points.

Size of Ball : A smaller basketball for the younger age segments will be used due to the size of a child's hand as well as their developing skill level. A smaller ball also allows for better control and success.

Size of Court : The court is contemplated to be a cross-court game on a full-sized basketball court. This dimension is more appropriate for younger children based on their relative size in space.

B. Game Structure

1. Game length will be four 8 – minutes periods.
2. Time between each period will be 1 minute.
3. Extra periods (s) 2 minutes.
4. Scoring:
 - a. Free throw: 1 point.
 - b. All field goals: 2 points.
 - c. No 3 – point field goals.

5. Timeouts :
 - a. Two 60 second timeouts permitted in the first half of play. Two 60 second timeouts permitted in the first half of play.
 - b. One 60 second timeout granted for each extra period.
 - c. Unused timeouts may not carry over to the next half or into extra periods.
6. Start of the game will be based on coin flip. Team awarded possession starts with throw-in at half court.

RATIONALE

Start of Game Possession: A coin flip will determine the team that will start with the ball to mitigate significant differences in height and coordination among players. Alternating possession rules will then ensue throughout the game.

Timeouts: Managing the way timeouts are called will allow for better game flow and decision-making by the player(s).

C. Game Tactics

1. Equal playing time will be allotted in each playing periods 1-4.
2. Only player to player defense will be allowed throughout tournament.
3. Double -team/ crowding is not allowed throughout the tournament.
4. Stealing from a dribbler is not allowed throughout the tournament.

RATIONALE

Double-Team/Crowding: Crowding the ball with multiple players (referred to as “double-teaming”) is not allowed due to skill and size discrepancies among children at these ages.

Playing Time: To ensure that all young children participating in the sport have an opportunity to experience the game, equal and fair playing time will be implemented.

Set Defense: The player-to-player requirement encourages physical activity and movement, and promotes the development of individual skill related to guarding a player both on and off the ball.

Stealing from the Dribbler: At ages 7-8, players are not allowed to steal the ball from an active dribbler. This allows ball-handlers to develop dribbling skills and confidence with the basketball.

D. Highlighted Game Play Rules

1. 10 seconds will be allotted for backcourt time line.
2. Shot Clock is not applicable for this tournament.
3. 5 seconds closely guarded will be only when the offensive player is holding the basketball.
4. Clock stoppage will be applicable on any dead ball only.
5. Length of time allotted for a free throw is 10 seconds.
6. Offense may have 3 players on the lane, including the shooter during the free throw.
7. Defense may have 3 players on the lane during the free throw.
8. Advancement of ball after a timeout is not applicable.

RATIONALE

Advancement of the Ball after a Timeout: The focus is on development over strategy. Therefore, there is no the ball will not automatically advance after a timeout.

