

Roseville Youth Basketball Association

Little Hoopers Rules 2025-2026

Practice and Game Structure

- Teams will have 75-minute time slots each week, combining practice time and games in the same time slot. The final 5 minutes is for transitioning to the next time slot.
- Weeks #1-4 will focus on teaching rules and basic skills. Coaches will decide whether their teams play any full court games during these weeks.
- Full court, **5-on-5 games will begin by Week #5.**
- Once 5-on-5 games begin, skills and drills will be held for the first 30 minutes of the time slot. Full court games will be held for the final 40 minutes of the time slot.
- Games will consist of eight, 5-minute periods with players switching each period. Coaches need to keep time.
- At the start of each period, the 5 players from both teams line up across from each other to know who they are guarding.
- All players on the same team must receive equal amounts of playing time during games.
- The Little Hoopers program focus is on development and learning the game. Therefore, official game scores are not kept.

Offensive Rules

- Over and back, traveling, and double dribbling violations should be whistled dead:
 - 1) Coaches will instruct the players on what the violation was.
 - 2) The offending team will inbound the ball from the back-court end line or start with the ball at the top of the key.
- Out of bounds should be whistled dead. The opposing team will inbound the ball from the back-court end line or the sidecourt at the spot of the ball going out of bounds.
- If a player with the ball is “dead” (unable to dribble or pass) for more than five seconds, the play should be whistled dead:
 - 1) Coaches will instruct the players on what the violation was.
 - 2) The offending team will start with the ball back at the top of the key.
- Fast breaks are permitted.
- Coaches should try to have different players bring the ball up the court each possession.

Defensive Rules

- Players may not steal the ball. However, intercepting passes is allowed.
- All players must play person-to-person defense, only. When a defensive player is inside the 3-point line, they should not sag more than about 3 feet off their assigned player.
- Double teaming is not allowed. However, help defense is allowed if an offensive player beats their defender and is driving to the basket.
- A defensive player can only guard their assigned player unless there is a fast break. On a fast break, anyone can guard the players who are fast-breaking.
- On change of possession, the defensive team must fall back to midcourt. No full-court pressing is allowed.

Personal Fouls

- Personal fouls will be whistled dead:
 - 1) Coaches will instruct the players on what the violation was.
 - 2) The team that was fouled will start with the ball back at the top of the key.