

City of Kannapolis Parks & Recreation

2025 Youth Basketball League Instructional League (3-4) Rules and Regulations

The purpose of this program is to provide organized basketball instruction for boys and girls ages 3-4 by teaching the basic fundamentals, and by incorporating the values of teamwork and sportsmanship into a fun-filled and enjoyable experience.

1. Each Instructional League team will carry up to twelve (12) participants.
2. Teams will be selected at random.
3. Practices / games will be on Saturdays.
4. Scheduled "games" will be one (1) hour in length and will begin with 30 minutes of organized practice time immediately followed by "game like" play. On most occasions, games will be played in a 4-on-4 or 5-on-5 format depending on attendance. 3-on-3 half court games could be played depending on attendance.
5. Each team will occupy one half of the court during the first 30 minutes for practice.
6. Team coaches will work with their teams throughout the 30 minutes of practice time.
7. This practice time will be monitored by staff who will also assist with practice as needed.
8. The game like play will consist of four (4) 5 minute quarters to be organized and "officialated" by Parks and Recreation Department staff.
9. The game clock will run continuously and only stop for injury.
10. There will be no halftime, no timeouts and no substitutions (unless injury).
11. Staff will have control of the game and may stop the game at any time to teach or instruct participants.
12. One coach per team will be allowed on the court during game like play. Coaches are asked to help keep the game moving along and must not hinder play.
13. Goal height will be 6'.
14. Participants will use the intermediate sized 27.5 basketball.
15. Score will not be kept.
16. No jump balls, games will start with an in-bounds pass.
17. Defensive players cannot come outside the lane area.
18. Once defensive possession has been established after a missed shot, offensive players must go to their end of the court to play defense. No pressing or stealing is allowed.
19. Fouls and violations will be called and play stopped, but fouls will not be recorded.
20. Violations such as traveling and double dribbling will be called at the discretion of staff but will be more closely called as the season progresses.
21. All players must play a minimum of 2 quarters. The goal is for all players to get an equal amount of playing time.
22. Unsportsmanlike conduct from coaches or spectators will not be allowed. This is an instructional program designed for the children to learn and have fun.
23. ALL PLAYERS WILL HAVE FUN!