

## **Friendsville Optimist Youth Basketball League**

### **K-2 Division Rules**

### **2026 Season**

- All players who attend practice must play.
- Defense must remain inside the 3-point line. Defenders **may not** swat or smack at the ball. No stealing the ball from the ballhandler.
- Upon a change in possession, the defense must get back down the court and set up inside the 3-point line. **No full-court defense!** Defenders must not pressure the ballhandler while they are bringing the basketball down court.
- Offensive players must be encouraged to dribble the ball. **When a player cradles the basketball and runs with it, their coach should stop play and bring them back outside the 3-point line and have them start again dribbling the ball.**
- While there is no official shot clock, coaches should encourage their players to shoot the ball within a reasonable amount of time.

#### **K-2 Game Details**

- Games are 40-minutes long with a running clock, composed of four (4) 10-minute periods.
- This division plays on the full court utilizing 8' 6" goals.
- **Score IS NOT kept!**
- The team listed on the game schedule as the Home team will get the ball first. The game begins with the Home team inbounding the basketball at half-court.
- Teams will shoot on the same goal for the duration of the game.
- At the 5-minute point of each quarter, a brief stoppage in play will be taken for purposes of substitution. During this time, the game clock will stop.
- A 1-minute pause will occur between the first and second quarter, as well as between the third and fourth quarters. This time is allotted to allow for water breaks and substitutions.
- Half-times will be 3-minutes in length.
- At the end of the game, coaches will line their teams up and high-five the opposing teams. **Good sportsmanship is a must!!**
- Each team is responsible for cleaning up their benches.
- On the final weekend of the season, participation metals will be awarded to each team at the conclusion of their game.

#### **Adverse Weather**

- If Blount County Schools close or are called off due to adverse weather, ALL practices for those days will be cancelled. Decisions will be made as to weekend

games. Eight games are scheduled but only 7 are guaranteed. One weekend cancelation will NOT result in make-up games.

- If more than one weekend is cancelled due to adverse weather, a make-up weekend will be played the first weekend in March.

Remember that this age division is intended to start teaching the basics of the game of basketball. This is for fun, and each child should be encouraged to participate and enjoy time with their teammates. Winning and losing are not a part of this division; this is why the score is not kept. It is far more important to celebrate the positives of the game (made shots, successful dribbling, running on the floor, and overall effort). Please keep in mind that this is many of the players' first time playing a sport and as such, the kids will be nervous. As the coach, you should encourage each child and help them along as the game goes on.