

# Bremen Parks & Recreation Department

## Basketball By-Laws and Rules for Tiny Tot



*Promoting Healthy & Enriching Lifestyles*

### Objectives

Basketball for 4-year-olds should be designed for the kids to have fun and learn the basic fundamentals of the game. Basketball should also teach kids teamwork and good sportsmanship. Kids at this age have a limited attention span, so games and practices need to have minimal rules to keep them engaged.

### Practices

We want the practices to be fun and exciting for the kids. We want each kid to have fun while at the same time working on fundamentals of the game like dribbling, passing, and shooting.

Encourage parents to join in on the fun and to help out as much as possible. When the parents play and take part in the activities with the kids, it keeps the kids more interested and kids as well as the parents love the time they get to spend with each other.

### Game Rules

- SCORE WILL NOT BE KEPT
- Will play four 6-minute running quarters. (If kids are losing interest you might want to cut it short.) Stop it every 4 minutes.
- Three (3) players will be in the game at a time – (3v3)
- Parents can assist their child. Keep the parents involved as much as possible.
- Keep it fun and exciting for the kids!!

### Offense:

- Each child will have the opportunity to bring the ball up the court. Rotate until everyone has had a chance, then continue the rotation.
- Each child should have an opportunity to shoot the ball as well. As an instructor please make sure that participants alternate shooting the ball.