

**IRONDALE BASKETBALL ASSOCIATION**  
**LITTLE KNIGHTS RULES**

**Policy:** Minnesota State High School League rules governing play shall be followed as closely as possible. There are several exceptions and modifications noted in the following Sections. Little Mustangs is designed to be introductory, non-competitive program that lets kids explore their interest in basketball. The purpose is to introduce the basic skills of shooting, passing dribbling and team play. **There is no score kept at the Little Knights level.**

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**BASKETS ARE SET AT 8 FEET FOR LITTLE MUSTANGS**

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**Section I. REFEREES**

Referees are high school students who have been selected and trained by the Mounds View Basketball Association (MVBA). They are empowered by the MVBA to interpret and enforce the rules. They are the final authority at the game.

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**Section II. CONDUCT OF SPECTATORS, PARENTS, PLAYERS, AND COACHES**

The MVBA believes strongly that we are not only developing better basketball players but also better people. In that regard, as parents, coaches and players we must all show respect for our teammates, officials, and the parents, players and coaches of the teams we are competing against.

At and during games, referees have the authority to declare a "victory by forfeit" for the unruly or abusive behavior of a spectator, parent, player or coach. Before a forfeiture is declared, the referee will follow these procedures:

**Step 1:** Warn the offender(s). The referee will advise the coach to warn his/her players, parents or spectators of the unacceptable behavior. The referee will identify, to the coach, the offensive behavior.

**Step 2:** Assess a bench technical foul. The referee will identify, to the coach, the offensive behavior.

**Step 3:** If the behavior continues, the referee will declare a forfeit.

Coaches are not allowed on the court unless invited by the referee to attend to an injured player, to be advised of a rule interpretation or to set the offense/defense at the beginning of a period.

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### **Section III. PLAYING TIME**

Coaches will ensure that all players receive **equal playing time as much as possible**, including situations where a team has an uneven number of players. There should generally not be a situation where players play more than one additional period compared to their teammates. Referees will monitor for compliance.

When making substitutions, every effort should be made to rotate all players such that players do not consistently play in consecutive periods. Substitutions should not be made during the middle of a period other than in case of an injury.

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### **Section IV. PERIODS OF PLAY**

Games will be played as follows:

- Four-on-four players;
- 8 - four minute periods (running time);
- After period four there is halftime. The players will break for skills. The skills will consist of:
  - A dribble relay,
  - Pass and catch, and
  - A defensive shuffle.
  - After the holiday break the players will also add lay ups and short shots to the skills break.
  - Should your team have an uneven number of players for the skills contests, coaches should vary the extra turn player throughout the season.
  - The purpose of this skills break to improve individual skills of each player and to ensure that all coaches are

**Little Knights is fun and should be an introduction to basketball rules and skills.** Coaches should stress skills in practice.

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### **HALF-TIME DRILLS**

#### **DRIBBLE RELAY:**

- Players line up along the base line facing the far end of the court.
- On the signal of the referee, the first player will dribble to the mid court line and back to the base line and down to the far base line and back.
- Each time the player changes direction, they must change their dribbling hand without picking up the ball.
- The ball IS THEN handed to the next player in line.
- Each player participates once, unless there is an uneven number.
- If a player loses control OF THEIR DRIBBLE, the player must return to the point at which they lost control and continue at that point.

### **PASS AND CATCH SKILLS:**

- Players line up across from each other on their respective free throw lanes.
- On the signal of the referee, the first player passes across the lane to the first player on the other side.
- Passing continues across the lane in sequential order for one minute.
- The total number of passes made and caught for each team, determines the winner. Players must maintain one foot behind the lane line at all times.

### **DEFENSIVE SHUFFLE SKILLS:**

- Players line up at the base of the free throw line and assume good defensive position.
- On the referee's signal, players shuffle from the base line to the free throw line and back twice.

### **LAY-UP SKILLS:**

- Players shoot one lay up from each side of the basket. Team members line up to the right then the left of the free throw line.
- The first player dribbles in and shoots a layup. The PLAYER OR THE COACH rebounds the shot and passes it to the next player in line.

### **SHORT SHOTS SKILLS:**

- Each player will attempt 2 shots, one from each side of the free throw lane.

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## **Section V. DEFENSES**

**A man-to-man defense is the only defense allowed.** Man-to-man defense means guarding within approximate arms-length. No zone defenses are permitted.

**Double-teaming is not permitted.** A double-team is defined as when, at the discretion of the referee, two defenders guard an offensive player for a period of time longer than it would reasonably take to execute a switch.

- If the referee believes a double-team situation has occurred the offending team will be called for "illegal defense" and the player will be reminded to stay on their own player.

**PRESSING:** Pressing will not be permitted.

### **Stealing and Screening:**

- We want to build confidence as well as teach good defense.
- Emphasis will be on individual confidence and improvement. No stealing will be permitted off the dribble.
- If a whistle is blown for a violation, we will change possession of the ball to the other team.

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## **Section VI. FOULS**

Referees are instructed to call fouls using their best judgment. However, not many fouls are called at this level. Because the emphasis is on instruction the referees are to explain their calls to the players.

- A foul is committed when, in the judgment of the official, physical contact is made which creates an advantage in an aggressive way.
- Any contact with an offensive player by a defensive player attempting to steal the ball is a personal foul.
- Penalties for fouls will be the ball out of bounds to the offended team.
- Intentional, technical, or flagrant fouls will not be tolerated. Referees will inform the coach of any intentional or flagrant fouls. If offensive behavior continues, referees reserve the right to have the coach to remove the offending player.

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## **Section VII. TIMEOUTS**

Each team will permitted one (1) time out per half. These are non-cumulative and are one (1) minute in duration. The clock will stop for a time out. Substitutions cannot be made during a time out other than in the case of an injury, in which case the referee will call an injury time out.

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## **Section VIII. SPECIAL RULES**

- There is no score kept.
- Basket Height shall be eight (8) feet.
- When a defensive player controls a rebound, the team that was on the offense must fall back past half court.
- Once the ball is crossed mid-court no one player can control the ball for more than 7 seconds at a time. If they do, the referee will call a 7 second violation and the ball will be turned over to the opposing team.