

LET'S GO SPORTS

Little Ballers Basketball League Official Parent & Player Handbook Ages 3–5

Where Little Athletes Become Big Stars!

Welcome

Our league provides a fun, safe, instructional basketball experience where every child can build confidence, learn fundamental skills, and enjoy being part of a team.

League Philosophy

Our focus is player development over winning. Every child deserves equal playing time, positive coaching, and the opportunity to succeed.

League Highlights

- Ages 3–5
- Four 8-minute quarters (running clock)
- 3-minute halftime
- Saturday morning games
- Team practice before every game
- NBA-style player introductions
- Media Day
- All-Star Weekend
- End-of-season awards

Equipment

Basketball: Size 5 (27.5")

Goal Height: 5 feet

Uniform:

Each registered player will receive an official **Let's Go Sports NBA-style replica jersey**.

Players must provide:

- Black athletic shorts
- Athletic shoes (non-marking soles recommended)

For safety, jewelry should not be worn during practices or games.

Arrival Time

Players should arrive **45 minutes before their scheduled game time**.

This time will be used for:

- Team practice
- Dynamic warm-ups and stretching
- Basketball skill development
- Coach instruction and preparation

Hydration & Player Safety

Each player should bring a **clearly labeled water bottle** to every practice and game.

Coaches will provide scheduled water breaks throughout practices and games to help players stay hydrated and safe.

Coaches on the Court

Coaches are permitted on the court during games for instructional purposes to teach positioning, teamwork, and basketball fundamentals.

Playing Time

Every player will receive equal playing time regardless of skill level.

Official Game Rules

- Man-to-man defense only
- No zone defense
- No double teaming
- No full-court press
- Steals allowed on passes only
- Traveling will not be called
- Double dribble will not be called
- Players must attempt to dribble when attacking the basket
- No backcourt violations
- No three-second violations
- Jump balls use alternating possession

Fouls & Free Throws

- Free throws are awarded only for shooting fouls.
- Two free throws per shooting foul.
- Players may move closer to the basket if needed to encourage proper shooting form.

Timeouts

Each team receives two (2) timeouts per half. Unused timeouts do not carry over.

Scorekeeping

Scores will be kept. If either team gains a 10-point lead, the scoreboard will be turned off for the remainder of the game. The game will continue with an emphasis on learning, effort, and sportsmanship.

Parent Code of Conduct

- Encourage all players.
- Respect officials, coaches, and opponents.
- Allow coaches to coach.
- Display positive sportsmanship at all times.

Player Expectations

- Listen to coaches.
- Respect teammates and opponents.
- Try your best.
- Be a great teammate.
- Have fun!

Little Ballers Sportsmanship Pledge

Before each game, all players will recite the pledge together:

**I promise to try my best,
Play safe,
Respect my coaches, teammates, opponents, and officials,
Encourage others,
Play fair,
Have fun,
And always be a great teammate!**

League Motto

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