

Zion Hill Free Will Baptist Church
3064 Zion Hill Road, Millwood, Georgia 31552
NIKAO SPORTS INFORMATION SHEET
Children's Basketball League

Why are we doing this? *We want the children in Millwood, Manor, and the surrounding community to have an opportunity to participate in competitive sports in a safe, fun, civil, and Christian environment.*

When will games be played? *Most games will be played on Saturday, but occasionally games may be held on a weeknight, most likely Thursday. Coaches will also hold pre-season practices at least once per week. Other in-season practices may be held as needed.*

Who will we be playing? *We will be playing similar teams from area churches, as well as recreation departments who agree to play by our rules. If we have enough teams, we may also be able to play some in-house games.*

Where will games be played? *Some games will be played here, and some will be played at our competitor's venues. There will be no entrance fee for spectators at Zion Hill, but other venues may require entrance fees.*

How many games will be played? *That depends on how many teams are formed and how many competitors we face, but probably at least 6-8 games per season. The season game schedule will likely run from the first of January 2014 through the end of February 2014.*

How will the teams be formed? *It depends on how many players in each age bracket register to play. The age brackets are 5-6, 7-8, 9-10, and 11-12. The teams may also be coed, especially at the younger age brackets. Players may also "play up" or "play down", depending on their age and skill. A player's age as of January 1, 2014 will be used as a guide.*

What does the registration fee cover? *The registration fee of \$25 will cover a jersey, a pair of shorts, and an end of season participation trophy for each player. Checks should be made out to "Zion Hill Youth Account". No child will be turned away because of inability to pay. If you need help with the registration fee, please talk to the Nikao Sports Program Director.*

What in the world does "NIKAO" mean? *It's a Greek word which means to overcome or gain the victory. For instance, it is used in Romans 8:37 where the Bible says that followers of Christ are "more than conquerors through Him that loved us". If you've ever heard of little company named "Nike", that's a similar Greek word which means "conquest".*

BASIC GAME RULES

RULE #1 in EVERY BRACKET... All coaches, players, and spectators will maintain a positive and Christ-like attitude at all times!

5 & 6 year old bracket:

1. Coach may be on court with players.
2. Defense must stay inside lane.
3. Six (6) minute quarters with running clock.
4. Play will stop/hold-up in between possessions to allow teams to set-up.
5. Goal height will be 8.5 feet; Foul Shot Line will be 12 feet.
6. At the end of the game, each team will line up and shake hands.

7 & 8 year old bracket:

1. Defense from half-court, except for the last minute of the 2nd and 4th quarters, and then you may use full court press.
2. No fast break on shots, but fast break on steals is permissible.
3. Coin flip to start the game. No jump ball.
4. Six (6) minute quarters with running clock except for foul shots, time outs, injuries, and last two (2) minutes of 2nd and 4th quarters.
5. Goal height will be 8.5 feet; Foul Shot Line will be 12 feet.
6. Mercy rule: If one team leads by >15 points, defense must back inside of 3-point line and may not press until the lead <15 points. When lead is >15 points, the clock will not stop except for time outs.
7. At the end of the game, each team will line up and shake hands.

9 & 10 year old bracket:

1. Defense from half-court, except for the two (2) minutes of the 2nd and 4th quarters, and then you may use full court press.
2. Fast breaks allowed.
3. Jump ball to start the game.
4. Six (6) minute quarters with running clock except for foul shots, time outs, injuries, and last two (2) minutes of 2nd and 4th quarters.
5. Goal height will be 8.5 feet; Foul Shot Line will be 15 feet.
6. Mercy rule: If one team leads by >15 points, defense must back inside of 3-point line and may not press until the lead <15 points. When lead is >15 points, the clock will not stop except for time outs.
7. At the end of the game, each team will line up and shake hands.

11 & 12 year old bracket:

1. No limitations on defense, except under the Mercy Rule.
2. Fast breaks allowed.
3. Jump ball to start the game.
4. Eight (8) minute quarters with running clock except for foul shots, time outs, injuries, and last two (2) minutes of 2nd and 4th quarters.
5. Goal height will be 10 feet; Foul Shot Line will be 15 feet.
6. Mercy rule: If one team leads by >15 points, defense must back to half court and may not full court press until the lead <15 points. When lead is >15 points, the clock will not stop except for time outs.
7. At the end of the game, each team will line up and shake hands.