

## 2019 Fifth/Sixth Youth Basketball Rules

Objective: By setting forth specific rules of basketball game...

**Coaches** will be more effective at coaching a consistent and reliable set of skills to the players. Their success will be displayed in the player's skills, actions, and increased knowledge of the game.

**Players** will become more effective on the basketball court and learn the fundamental skills in a uniform way. Each players abilities will be enhanced through streamline coaching and players will have the skills needed to evolve into better players

**Parents** will have more knowledge of the game and an increased understanding of how their children will be coached and developed into better players. This will help them foster basketball skills in their children.

- Good sportsmanship is required among players, coaches, parents, and referees at all times
- Jerseys must be tucked in at all times
- Games will be played on 10 foot hoop. Women's 28.5 sized basketballs will be used.
- All players must play a minimum of 2 quarters per game. If a player arrives late for the game minimum quarter rule is not in effect for this player.
- Substitutions can be made at any time when play is dead.
- Possession will be determined prior to the start of game by jump ball. All jump balls will be determined by a possession arrow. Possession will be alternated at the start of each quarter.

## 2019 Fifth/Sixth Youth Basketball Rules

- Two (2) thirty second timeouts will be allotted each half per team. Timeouts will not carry over. One additional 30 second timeout allowed in overtime.
- All basketball violations will be enforced. No reaching fouls, double dribbling, traveling, illegal screens, offensive fouls, etc.
- Only one coach will be allowed to stand on the sideline. All other coaches must remain seated on the bench.
- **Stealing:** Is allowed. Any pass or inbound may be stolen. A defender may steal directly from the dribble however reaching fouls will be enforced.
- **Made basket:** Player from opposing team must pass the ball inbound from the baseline.
- **Offense:** All plays should be designed to include all players. Scoring will be 2 and 3 point shots. Three-point shots will be determined by marked line on courts. A 3 second key violation will be enforced. A 5 second offensive position rule will be enforced (discretionary). A 5 second inbound rule and a 10 second half court rule will also be enforced. During free throws the player must shoot from the free throw line. No crossing the line will be allowed until after the ball hits the rim. Coaches should incorporate offensive and inbound plays from basic plays to plays with more complex frameworks (offense with multiple options). Coaches should also begin to identify player positions on the court and molding players into those positions. A coach's child should not be the point guard in every possession of every game!
- **Defense:** Man to Man defense only; No zone defense allowed. Pressing will be allowed during the final 1 minutes of each quarter. Pressing however will not be allowed if the point margin exceeds 15 but will be permitted for the entire overtime period. Double teaming and trapping are allowed and should be taught appropriately. Although this

## 2019 Fifth/Sixth Youth Basketball Rules

defense will be permitted, the focus should be on teaching good man to man and help defense at all times!

- **Fouls:** Fouls will be called by the referee and should be made with discretion. There will be a 6 foul per player limit (the 6<sup>th</sup> foul will result in the player fouling out). If a team only has 5 players, the player who committed the 6<sup>th</sup> personal foul may continue to play, however, with all subsequent fouls from that individual resulting in an automatic point plus possession for the opposing team. After 7 team fouls One and One shooting will begin. After 10 team fouls an automatic two free throw shots will be awarded (double bonus). Shooting fouls will be assessed per regulation rules of 2 free throws if the shot is missed or one if the shot is made. Players may enter the key on free throws at the shooters release of ball, however shooter may not enter lane until ball hits rim. A lane violation for the offensive team will result in a turnover and a lane violation for the defensive team will result in an additional free throw. Technical fouls will be assessed for i.e. fighting, foul language, aggressive behaviors, and any other unsportsmanlike conducts. If a technical foul is called the opposing team shoot two free throws and then obtain ball possession.
- **Out of bounds:** All plays out of bounds are to be called. On the sidelines players will pass the ball in from the sideline. Underneath the basket will be an inbound from the baseline.
- **Mercy Rule:** If the scoring margin between the teams exceeds 30 points the scoreboard will be shut off, however, the game will continue with normal timing and scoring rules.
- 4 minute pre-game warm. Half time will consist of 3 minutes.
- Games will be played in quarters. Each game will be 4 quarters and 7 minutes each

## **2019 Fifth/Sixth Youth Basketball Rules**

- Game clock will stop while players are lining up for free throws and will resume as soon as the ball is handed to the shooter. Regulation timing will be used in the final 2 minutes of the second and fourth quarters and during overtime if required. Regulation timing will be utilized for out of bounds, free throws, and fouls during this time.
- Overtime period, if required, will be 2 minutes. As above, regulation timing will be used for all overtime periods. Each team will receive an additional timeout if overtime is required. If there is still a tie game after overtime it will result in sudden death. During this time the clock will be shut off and the first team to score a basket will win. Jump ball will decide possession. No time outs will be allowed during sudden death. Fouls called according to regulation.
- Tennis shoes are required. Absolutely no boots, cleats, Crocs, or sandals will be allowed for play. It is strongly recommended that gym shoes be brought into the gym and put on prior to the game.
- Concussion protocol to be followed. “When in Doubt Sit Them Out” policy shall be enforced.
- No watches, earrings, necklaces, plastic hair clips, beads, or other jewelry may be worn during the game
- No jeans or sweat pants permitted

**\*\*\* ALL RULES SUBJECT TO CHANGE \*\*\***

We are all from the same community and should strive for us to become better as ONE. Go

**EAGLES!!**