

## U6 Based Rule Adaptions

The U6 rule adaptations were created to easily introduce the game of basketball at the younger age division.

### Equipment and Court Specifications:

**Size of Ball:** U6: Size 4 (25.5-inch circumference).

**Height of Basket:** U6: 6 feet.

### Game Structure:

**Game Length:** Two halves, each lasting 15 minutes, with a running clock.

**Half Time:** 2-minute break.

**Game Structure:** 3 vs. 3. Each team is granted no more than 3 players on the court at a time.

**Extra Period(s):** Not applicable.

**Scoring:** No official score is kept on gameday or online for the U6 division.

**Timeouts:** Each team is granted one 60 second timeout per half, they do not carry over. Only teams with possession of the ball will be granted timeouts.

**Start of Game:** The away team will commence the game with possession of the ball at half court. The home team will begin with possession after half time.

**Sideline Personnel:** All players and coaches must be in the team bench area. No coaches on the court. Maximum of (2) two coaches allowed in team area. Only the head coach may address officials during clock stoppages.

**Playing Time:** Fair playing time is ensured, with each participant receiving a minimum of 50% of the game time.

**Clock Stoppage:** The game clock will only be paused for injuries, timeouts, and official timeouts.

**Substitutions:** Substitutions may be made during any out-of-bounds play, after a foul is called, between foul shots, or following a made basket, with the referee's permission.

**Bonus:** N/A

**Fouls:** No player on offense or defense should initiate any physical contact. This includes no hand checks, illegal hand use, or holding. These fouls will be called at the discretion of the official.



## **Defense:**

### **Greeley Rec Wristband Rules:**

Player to Player Defense rules apply in addition to players wearing colored wrist bands to help players remember their guarding assignments. No double teams are allowed.

**Basics:** At the commencement of each match, each head coach will receive 6 wristbands (2 of each color to match the opposing team) from the Court Supervisor.

Coaches are required to return all wristbands to the Court Supervisor at the conclusion of the match.

**Substitutions:** All players must don the appropriate color wristband on their wrist before approaching the official's table for a substitution.

Substitutes are only allowed to replace a teammate wearing the same color wristband. During gameplay, players are obligated to reset and guard the offensive player wearing a wristband of matching color following each change of possession. Players must always wear wristbands during play.

**Arm length Rule:** All defensive players must maintain an arms length distance between themselves and their offensive player.

**Stealing:** Attempting to steal the ball from an offensive player is not permissible at any time. Stealing, as called by the official's judgment, will result in a personal violation, with no warning for the first infraction. If a defensive player steals from the offensive player dribbling, play will be stopped to reset the possession. Players may steal or intercept during a pass, defined as an offensive player voluntarily giving up possession of the ball by throwing it to a teammate, or if the ball is loose.

**Pressing Defense:** Pressing defense is not allowed. This means no full or half-court press defense. When a defensive team gains control of the ball from a rebound or a stolen pass in their backcourt, the opposing team must establish their defense behind the 3-point arc or at the basket in their own backcourt.

Pressing defense called by the judgment of the official will result in a warning, and play will be halted to position the defense correctly before the inbound pass.

**Inbounding Passes:** Inbound passers are not allowed to be guarded by the defense.

## **Offense:**

**Backcourt Timeline:** There is no backcourt timeline for the offensive team, although it is recommended that they take no longer than 10 seconds to cross half court with the ball.

**Backcourt Violation:** Dribbling or passing the ball into the backcourt after crossing the midcourt line into the frontcourt will be called and award the other team with possession.



**Lane Violations:** No specific time limits are imposed for offensive lane violations, but it is suggested that players do not spend more than 5 seconds continuously within the shooting lane.

**5 Seconds Closely Guarded:** There is no specific time frame for an offensive player to pass or shoot the ball when closely guarded, although it is recommended that they pass or shoot within 5 seconds of being closely guarded.

**Inbounding Passes:** There will be no 5 second inbound violation, but it is suggested that the offensive player inbounds the ball within 5 seconds. The defense is not allowed to guard the inbounding passer.

**Scoring:** No official score will be kept on gamedays or online for U6 age divisions.

**Picks/Screens:** Picks and screens are not allowed. This is to avoid player contact and allow players to focus on defensive fundamentals and dribbling skills.

**Rule of Three:** With the development of young players in mind, each possession each player on offense will be granted three opportunities to correct the following violations before the call is made by the official. These violations include double dribbling and traveling.

**Double Dribbling:** Double dribbling will not be called if players use two hands to dribble, coaches should still emphasize the importance of dribbling with one hand. Players cannot recommence dribbling after coming to a halt with both feet.

**Traveling:** Players will be granted 2 steps to stop while picking up their dribble.

**Free throws:** Offensive players will not be awarded free throws. The offended offensive player of a shooting foul will instead inbound the ball at the nearest inbound spot of where the foul occurred.