

CARY PARKS, RECREATION & CULTURAL RESOURCES DEPARTMENT

## Rules Summary 5-6 & 7-8 Instructional Leagues

*This does not include all of the rules for leagues.  
Please review the rules in the notebook at the scorer's table when necessary. Thank you.*

LEAGUE	BALL SIZE (In Inches)	GOAL HEIGHT (In Feet)	MINS (Per Quarter)	MID QUARTER BREAK (For Subs)	FREE THROW LINE (In Feet)	DEFENSE ALLOWED	Jump Ball Start	BACKCOURT DEFENSE ALLOWED	3 PT. FIELD GOAL	OVERTIME	Score Kept	Standings Kept
Coed 5-6	Compact 28.5"	8'	7 min	At 3 min 30 sec	N/A	Man-to-Man Only No Double Team	NO	NO	NO	NO	NO	NO
Girls 7-8	Compact 28.5"	9'	7 min	At 3 min 30 sec	12'	Man-to-Man Only No Double Team	NO	NO	NO	NO	NO	NO
Boys 7-8	Compact 28.5"	9'	7 min	At 3 min 30 sec	12'	Man-to-Man Only No Double Team	NO	NO	NO	NO	NO	NO

**FIRST HALF OF SEASON (Learning):**

Through Early January

- Official should be lenient, with lots of instruction
- Out of bounds are more of a guideline
- Fouls should very rarely be called
- Rarely should there a change of possession due to mistakes
- Most everything should be a “teaching moment”
- No Free throws for any league
- No “3-Second” Lane Violation for all leagues
- 1 pass required in the front court unless fast break

**SECOND HALF OF SEASON (Applying):**

Early January through February

- Officials should gradually enforce more rules, but still instructional
- Out of bounds should result in a change of possession for better players
- Fouls may be called on higher skilled players, but still lenient with less skilled players
- Change of possession due to player skill level should still be rare
- Higher expectation of rules for all players, but still very lenient with less skilled players.
- 1 pass required in the front court unless fast break
- Free Throws for 7-8 Leagues only from **12 foot line**
- “5-Second” lane violation in effect for 7-8 league only

## Points of Emphasis

### Start of game:

- **No jump ball** to start the game. Home Team is listed first on the schedule and will have first possession at half court.

### Substitutions & Timeouts:

- Substitution breaks will be 1 minute.
- Each team has 3 timeouts per game (1 minute time outs).

### Free Throws:

- Coed 5-6 does not shoot free throws.
- Boys 7-8 and Girls 7-8 will shoot from 12' (**2<sup>nd</sup> half of the season only**).
  - On free throws, players will occupy below the first blocks on free throw setup

### 5-Second Lane Violation

- “**5-Second**” is in effect for the 7-8 league in the 2<sup>nd</sup> half of the season only.
- Lane-Violations will not be enforced in COED 5-6.

### Fouls:

Fouls should be called very rarely.

### Stealing:

No Stealing except on passes or blocked shot.

### No Double-Team Allowed:

- Man-to-man defense is require
- Help-defense is allowed but players should quickly switch on back on defense.
  - Example:
    - There is a screen and both defenders are briefly covering the same person.
    - A good dribbler beats their defender and another defender steps in to prevent an easy layup.
  - Official still have discretion on double-team violations.

### 1-Pass or Fast Break

- 1-pass is required in the front court
  - Exception: Fast Break
    - Fast Breaks should be limited for highly skilled players.
  - Penalty: Loss of possession.

### No Jewelry

- Including earrings, bracelets, rings, watches, metal hairpins, etc., may not be worn during practices or games. Exception: Medical Alert jewelry.