



Game Rules

5-6th Grade



- ❖ **Coaches are to remain in the bench area at all times and off the court and sidelines.**
- ❖ The 5-6th Division will use 10ft. baskets
- ❖ Game will start with a jump ball. All jump balls and the beginning of each quarter will be determined by the alternating possession arrow

Game ball

- ❖ Women's 28.5 basketball

Court size

- ❖ Regulation sized court

Clock

- ❖ 4 – eight minute quarters (8 segments)
- ❖ The clock will stop at 4 minutes for the first 3 quarters for substitutions. The last 4 minutes of the 4th quarter will be free subs.
- ❖ Clock will run continuously except:
 - The last 2 (two) minutes of each half
 - Shooting fouls; the clock will start when the ball is entered for the 2nd free throw
 - Timeouts or player injury

Substitution Policy

- ❖ Every player must play a minimum of 3 segments with the exception of:
 - Injury sustained during a game
 - A player has received 5 personal fouls
 - Behavioral issue

Defense

- ❖ Only man-to-man defense is permitted (except during pressing, see below). Players must be in the proximity of the person they are guarding. Help defense is allowable in the paint area. Once the initial defender has recovered, the helping defender must retreat to their initial defender. No trapping or double teaming.
- ❖ No pressing is permitted **until the last 4 minutes of the fourth quarter**; teams may not press if they are up by 10 or more points

Free Throws, Violations and Penalties

- ❖ 5 Fouls per player
- ❖ Shots will be taken from regulation foul line
- ❖ Foul shots will be awarded for the following situations:
 - 2 shots for being fouled in the act of shooting
 - 7 team fouls per half (player will shoot one & one)
 - 10 team fouls per half (shooting 2 shots)
 - Players may move on release of ball

Timeouts

- ❖ Each team will receive 2 (30 second) timeouts per half
- ❖ Timeouts may not be carried over from the first half

Overtime

- ❖ Game will be played until there is a winner
- ❖ Overtime is 2 minutes in length. One additional time-out will be awarded per team. Timeouts do not carry over from each overtime period
- ❖ Any player is eligible to play in overtime except for those players with 5 personal fouls
- ❖ Overtime will start with a jump ball
- ❖ Clock will run continuously except for the last minute, shooting fouls, timeouts and injury

Ejections

- ❖ Any ejection for any reason will result in a 1 game suspension
- ❖ 2 ejections in a season player will be suspended for rest of season
- ❖ 2 technicals in a game player will be ejected from the game and suspended from teams next game
- ❖ 3 technicals in a season and player will be suspended for rest of season

Player Eligibility

- ❖ Players must play in their grade level league
- ❖ A player may not participate in any travel or interscholastic sports (including CYO) during the time period he/she plays in this league
- ❖ Players must be registered with a Recreation Department and the registration fee must be paid before they are placed on a roster
- ❖ Players may only play on one team. Rosters are designated by each Recreation Department via draft.