

CARROLL PARKS AND REC

5TH AND 6TH BASKETBALL LEAGUE

GAME:

- (8) – 4 minute periods (4 periods = 1 half)
- (2) 30-second time outs per game
- Clock will run continuously.
- Twenty point rule - once a team reaches a 20 point lead their score will not be recorded again till the other teams gets the deficit to less than 20. (continuous clock with 20 point lead also)
- No overtime- All games tied at the end of regulation will end in a tie.
- Teams will be given a guaranteed 3 minutes to warm-up (please leave the court quickly after your game) **Games will start no later than 10 minutes past the hour**

DEFENSE:

- Person to Person defense (No zone defenses).
 - Defense can pick up the offense at the black line (we will define the line before games begin)
 - Defender cannot be lower than the three point line/top of the arc when offensive player is on opposite side of black line.
 - **Only in the KEY** is double-teaming and trapping allowed.
 - Switching when picked is encouraged.
- No Full court press or zone defense
- An illegal defense will be called if the defensive team breaks these rules after two warnings. (will be determined by the refs)

OFFENSE:

- Offenses should use motion and screen offenses.
- No clear out plays will be allowed.

FOULS:

- Each player gets 5
- 7 team fouls, shoot 1 & 1
- 10 team fouls, shoot 2
- Technical fouls, 2 shots and the ball
- Rough play fouls are a point of emphasis, intentional and/or flagrant
- 5 second lane violation not 3

(Otherwise we will follow the Iowa H.S. Athletic Assoc. rules)

SUBSTITUTIONS

- Are used to get everyone equal playing time **not** to make a mismatch and take advantage of it.
- Players are allowed to only play 2 consecutive 5 minutes periods (depending on roster size)
- Players may not sit out (unless injured) consecutive quarters of play.
- Players should be at the score table ready to go by the time the quarter ends so we can quickly get them in and out.
 - Coaches should get the players in the game and not worry about setting up strategy with them
- Before play at each substitution break the five players from each team will stand facing each other, so players know who to guard. (coaches try to let the players match up on their own)
- Substitution other than at the four minute mark will be used for only injuries or if a team has an odd number of players so we can get them in the game.

6 PERSON TEAM	1 ST / 3 RD / 5 TH / 7 TH PERIOD	2 ND / 4 TH / 6 TH / 8 TH PERIOD	7 PERSON TEAM	1 ST / 3 RD / 5 TH / 7 TH PERIOD	2 ND / 4 TH / 6 TH / 8 TH PERIOD
1 ST & 2 ND PERIOD	1, 2, 3, 4, 5	6, 1, 2, 3, 4	1 ST & 2 ND PERIOD	1, 2, 3, 4, 5	6, 7, 1, 2, 3
3 RD & 4 TH PERIOD	5, 6, 1, 2, 3	4, 5, 6, 1, 2	3 RD & 4 TH PERIOD	4, 5, 6, 7, 1	2, 3, 4, 5, 6
5 TH & 6 TH PERIOD	3, 4, 5, 6, 1	2, 3, 4, 5, 6	5 TH & 6 TH PERIOD	7, 1, 2, 3, 4	5, 6, 7, 1, 2
7 TH & 8 TH PERIOD	1, 2, 3, 4, 5	6, 1, 2, 3, 4	7 TH & 8 TH PERIOD	3, 4, 5, 6, 7	1, 2, 3, 4, 5
8 PERSON TEAM	1 ST / 3 RD / 5 TH / 7 TH PERIOD	2 ND / 4 TH / 6 TH / 8 TH PERIOD	9 PERSON TEAM	1 ST / 3 RD / 5 TH / 7 TH PERIOD	2 ND / 4 TH / 6 TH / 8 TH PERIOD
1 ST & 2 ND PERIOD	1, 2, 3, 4, 5	6, 7, 8, 1, 2	1 ST & 2 ND PERIOD	1, 2, 3, 4, 5	6, 7, 8, 9, 1
3 RD & 4 TH PERIOD	3, 4, 5, 6, 7	8, 1, 2, 3, 4	3 RD & 4 TH PERIOD	2, 3, 4, 5, 6	7, 8, 9, 1, 2
5 TH & 6 TH PERIOD	5, 6, 7, 8, 1	2, 3, 4, 5, 6	5 TH & 6 TH PERIOD	3, 4, 5, 6, 7	8, 9, 1, 2, 3
7 TH & 8 TH PERIOD	7, 8, 1, 2, 3	4, 5, 6, 7, 8	7 TH & 8 TH PERIOD	4, 5, 6, 7, 8	9, 1, 2, 3, 4

Remember... Let the players play, Let the coaches coach, Let the officials officiate, and let the spectators cheer.