

## **5<sup>TH</sup> & 6<sup>TH</sup> GRADE BOYS & GIRLS TRI-COUNTY BASKETBALL RULES**

**Age Requirements:** A maximum age of one year above grade level permitted providing player is currently in either 5th or 6th grade (7<sup>th</sup> graders are not permitted).

**Length of Games:** All games will consist of four 7 minute quarters with a 5-minute warm-up and a 5 minute halftime. Overtime will be played if there is gym time available; coaches can discuss this at the end of regulation. Overtime is 3 minutes long. No “running clocks” used.

**Timeouts:** Each team will have 4 one-minute timeouts per game. If there is overtime, each team will be permitted one timeout (regulation time outs do not carry over).

### **Game Rules:**

-Games must be played with a 28.5 ball

-Players must sit out the remainder of the game after committing their 5<sup>th</sup> foul.

-No full court pressing except the last two minutes of each half (it should be noted that at no point is trapping allowed. The same person to person defensive rules apply even in a full court situation)

\*Both teams may person to person press with the exception of a team with a 10 point or greater advantage.

\*\*A ball can be stolen in the back court on a break-away pass only (Entire game not just last two minutes of each half). A steal off the dribble shall be rewarded back to the team originally with possession (except last two minutes).

\*\*\*In a loose ball situation with no clear possession established either team is permitted in the backcourt. (This also applies to situations when on an out of bounds play the offensive team attempts to roll the ball in an effort to keep the clock from starting)

-Only person to person defense shall be allowed. **Zone defense is not permitted.**

**\*The league does not promote or encourage isolation offense as a tactic to circumvent the goals of the defensive rules.**

-Double screens are permitted.

-Double teaming is not allowed in the open court. Players are permitted to double team the **ball** inside the three point arch. In order to do so the offensive player must be established inside the arch (two feet and the ball). A team will receive one illegal defense warning per half, any other illegal defenses will result in a technical foul. (Two free throws and possession). **It is important to note these rules allow for help defense to be played as this is the appropriate technique to be taught. It does not allow for a defender to cover an area off the ball anticipating that the ball carrier will arrive at that location during the offensive set. This could be interpreted as a zone. It must be clear who they are defending when not directly double teaming or helping on the ball.**

-Only one “floor” coach is permitted during the game. Assistant Coaches must refrain from “coaching” players on the floor during game action.

-One and one is shot after a team has committed ten or more team fouls and only in the last two minutes of each half.

**-Players will be permitted to cross into the “paint” on the release of the ball by the shooter. The shooter as well as players outside the three point line must wait until the ball has struck the rim.**

-Games will begin with a jump ball; all other jump balls will result in altering possessions including the beginning of each quarter.

-All players should receive an equal amount of playing time (all players should spend time on the bench at some point during the game).

-Home team makes the decision on whether or not to cancel a game due to the weather. Traveling teams should be notified at least two hours prior to the game.

-Home teams are required to provide two officials for each game as well as scorekeepers. \*Please designate a parent to supervise scorekeepers if they are elementary/middle school age.

-All players are expected to carry playing shoes into the gym.

**-As a safety concern the league requires that prior to each game the playing surface is dry or dust mopped. The home team is responsible for this.**

**-We expect good sportsmanship from all players, coaches and fans.**

**-Large leads (15-20 points) offer an opportunity to work on other areas of the game (ex. Passing, moving your feet or switching on defense).**

**-The scoreboard is not shut off however it should never reflect a lead of greater than 20 points (adjust score accordingly).**

**-All rules and clarifications are designed for teaching of the game and safety purposes. It is important that league rules are firmly enforced.**

**-Coaches and Referees should meet prior to each game.**

**The leagues zero tolerance policy will be strictly enforced. Behaviors are subject to review by the Tri County Youth Basketball League Review Board.**

**Players and fans will follow the lead of the head coach. Positive coaching is a must. Negative comments towards players and officials will not be tolerated!**

### 3<sup>rd</sup> & 4<sup>th</sup> Grade Boys & Girls Tri-County Basketball Rules

**Age Requirements:** A maximum age of one year above grade level permitted providing player is currently in either 3<sup>rd</sup> or 4<sup>th</sup> grade.

**Length of Games:** All games will consist of four 7 minute quarters with a 5-minute warm-up and a 5 minute halftime. Overtime will be played if there is gym time available; coaches can discuss this at the end of regulation. Overtime is 3 minutes long. No “running clocks”

**-No full court defense-** Once ball is rebounded, the defense must retreat to half court.

\*A defender may steal a break away pass while in the process of retreating to half court.

\*\*Full court defense is permitted in the last minute of each half. Teams with a ten point or greater advantage may not press.

**-No double teaming-** Double-teaming inside the paint is allowed, however players can not trap a player away from the basket. Hash marks along paint are considered part of the paint.

-Double screens are permitted.

**-Zone Defense shall not be permitted-**Person to person defense shall be required.

\*\*A ball can be stolen in the back court on a break-away pass only (Entire game not just last minute of each half). A steal off the dribble shall be rewarded back to the team originally with possession (except last minute of each half).

\*\*\*In a loose ball situation with no clear possession established either team is permitted in the backcourt. (This also applies to situations when on an out of bounds play the offensive team attempts to roll the ball in an effort to keep the clock from starting)

\*\*\*\*No illegal defense technical fouls are shot at the 3<sup>rd</sup> & 4<sup>th</sup> level. Officials should stop play and award ball accordingly if a turnover resulted. A stoppage of play and reminder of defensive rules is also appropriate.

-Players will shoot foul shots on a shooting foul only with the exception of a one and one being shot in the last two minutes of each half when the opposing team has accumulated 10 team fouls.

-Foul shots should be shot from the last foul line hash mark, 18 inches in from regulation line. (a violation is not called on the shooter should they cross the line on the release of their shot)

**-Players will be permitted to cross into the “paint” on the release of the ball by the shooter. Players beyond the three point arch must wait until the ball hits the rim. The shooter shall be permitted a normal shooting motion allowing them to advance beyond the shooting line on the shot. They may not advance any further in an attempt on the rebound until the ball has hit the rim.**

-Players must sit out the remainder of the game after committing their 5<sup>th</sup> foul.

-Five seconds in the paint will be a violation. This will result in a change of possession.

-A ten second count is required to cross half court. Failure to do so in ten seconds will result in a change of possession. Backcourt shall **not** be called though a defender may cross half court to defend in the event the offensive player retreats into the backcourt.

-Five seconds to inbound the ball **should** be called.

-All players should get an equal amount of playing time (all players should spend time on the bench at some point during the game).

-Kids will play at 9 ft. baskets- This is not negotiable. If hoops can be lowered the league requires this. Not all towns have this option.

-Timeouts: Each team will have 4 one-minute timeouts per game. If there is overtime, each team will be permitted one timeout (regulation time outs do not carry over).

-Games must be played with 28.5 ball

-Players need to carry playing shoes into gymnasiums- This is extremely important on snowy and rainy days.

-Only one “floor” coach is permitted during the game. Assistant Coaches must refrain from “coaching” players on the floor during game action.

-Teach good sportsmanship- Kids are there to learn and also have fun. Don’t let winning become priority.

-Coaches need to contact players if practice or game has been cancelled- Home town needs to determine whether or not a game should be cancelled due to bad weather (at least one hour prior), then contact visiting town.

-Home teams are required to provide two officials for each game as well as scorekeepers.

\*Please designate a parent to supervise scorekeepers if they are elementary/middle school age.

**-As a safety concern the league requires that prior to each game the playing surface is dry or dust mopped. The home team is responsible for this.**

**-We expect good sportsmanship from all players, coaches and fans.**

**-Large leads (15-20 points) offer an opportunity to work on other areas of the game (ex. Passing, moving your feet or switching on defense).**

**-The scoreboard is not shut off however it should never reflect a lead of greater than 20 points (adjust score accordingly).**

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