



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Youth Basketball Rules

5th & 6th Grade

1. Have fun! *"Kids first, winning second"*
2. All High School rules will be followed except when specified below.
3. Games will consist of four (4) eleven (11) minute quarters. Half time will be five (4) minutes. There will be a one (1) minute break every 5 ½ minutes for subs (clock stops). All other time is kept with a "running clock".
4. Each team has one (1) timeout for one (1) minute per half. A team is not allowed to call a timeout when there are two (2) minutes or less in the half, except for injury. The clock will not stop.
5. Games will begin when officials have checked line-ups and are ready.
6. A jump ball will determine first possession of the ball.
7. All players must play at least 22 minutes of the game (when possible). Teams can substitute every 5 ½ minutes.
8. Fast breaks are not allowed. Cherry-picking will not be tolerated and will result in a loss of possession.
9. **No defense is allowed until offense is past the half court line.** The offensive team has 10 seconds to bring the ball to the front court.
10. Man-to-man defense only. No double-teaming allowed, **except** when an offensive player enters the lane or key area with the ball. Then it is allowed to instruct your players to collapse and defend the offensive player against the shot. Purpose behind this rule is to allow any offensive player, at any skill level, to handle the ball outside the lane, without fear of a quicker, more dominant player from an opposing team leaving the player he/she is guarding & stealing the ball or totally dominating a game.
11. **Stealing the ball is allowed** once the offensive team has passed the half court line.
12. **Side and front picks are allowed (no back picks).** Player's feet must be planted and arms to their sides.
13. There are no three (3) second lane violations.
14. Fouls will not be tracked or accumulated. If a player continuously fouls, they may be sent off by the referee.
15. Alternating possession is in effect.
16. Stalling is not allowed.
17. Coaches must coach from the sideline. Please stay off the court of play

18. Tennis or basketball shoes must be worn on the court, no black soled shoes. All youth basketball players must wear their "YMCA" jersey. No jeans will be allowed. No jewelry.

19. No more than one (1) 60 minute practice per week.

20. The following standards will be followed for the games:

<u>Grade</u>	<u>Ball Size</u>	<u>Hoop Height</u>
5 th & 6 th	Intermediate Ball	10'