

5th & 6th Grade Boys League Rules

Leagues are governed by High School Rules. Additional rules are listed below.

1. No full court pressing with the exception of the **last two minutes of the 2nd & 4th Quarter**, However if one team is leading by 10 points or more, they may not press and must wait until the ball moves across half court.
2. The man-to-man can be a **switching man-to man**, but must be out of double teaming on a two second count or an illegal zone will be called. First illegal zone is warning; but thereafter goal tending will be called & two points awarded to the other team. The defensive player must be trying to defend their player within five to eight feet, otherwise, an illegal defense will be called.
3. 5 Second **Lane violation** will be called.
4. Each player must sit out one complete quarter (not half of one quarter and half of another) The best players on the team need to be among the first four that sit. If you do not know who your best players are, ask the opposing coach.

Each child must play two complete quarters. No child may play the entire game. Substitutions will be allowed in the case of injury only.

5. Players not in uniform (jersey provided by the city) Will not be allowed to play. Players must wear their shorts at the waist line.
6. Coaches are expected to balance playing time while working to involve all players in the offence; every player should get a chance to dribble and shoot in every game. Your goal as a coach should be for every player to score a basket during the season, this should be your measure of success not your win-loss record.

YOUTH BASKETBALL GAME TIMES

Game time will consist of four 8 minute quarters with the clock running straight through for the first seven minutes in quarters 1, 2 and 3. The clock will stop the last minute of quarter 1, 2, and 3, on each violation. In the fourth quarter, the clock will run straight through for the first six minutes and stop on each violation the last 2 minutes. Time outs are limited to one minute each. Teams will get 2 time-outs each half. Note: Have players hustle to line up on foul shots. We do not want the whole game lost on foul shots.

If the score is tied at the end of regulation time, a three minute overtime will be played. If the score is still tied at the end of over-time, teams will play sudden death, where the first team to score is the winner.

Score and fouls will be tracked in this league.