

5th & 6th Grade Youth Basketball

All County Rules

Recreational League

Salt Lake County Youth Basketball is designed to be fun and to develop skills through principles of sportsmanship and fair play.

High School basketball rules will govern play with the following modifications:

1. The 5th and 6th grade leagues will use a women's size (28.5") basketball and will play on a ten (10)-foot basket.
2. Every team member must play an equal amount of time.
3. There will be four, 8-minute quarters using a running clock. The clock will stop on free throws and time-outs, and on all dead balls during the last minute of each half. Half time will be 3 minutes.
4. The game will start with a jump ball. All subsequent jump balls and the start of the second half will be alternating possessions.
5. 5-second key violation.
6. Free throws will be shot from the free throw line (15) feet from the basket.
7. One-and-one bonus will be awarded on the seventh team foul of each half. Double bonus will be awarded on the tenth team foul. During free-throws players in the marked lane space can enter the key once the ball leaves the shooters hand, the free-throw shooter and players behind the shooter can enter once the ball hits the rim.
8. You may use man-to-man or zone defense. No defense can be played until the ball reaches the top of the key. No full court press allowed at any time.
9. Stealing is allowed.
10. Any player receiving a technical foul will sit out eight (8) game time minutes. If the technical foul happens at the end of the game and the player has not sat out the full 8 minutes of game time, the player will sit out the remainder of time at the start of the next game he/she attends. If a player receives two technical fouls in a single game he/she will be ejected for the remainder of that game and the next game. A meeting with the program coordinator is required before that player is eligible to return to the league. Three technical fouls accumulated during the season will result in being suspended from league play. Technical fouls will also be included in player's personal foul count.
11. Any flagrant foul (fighting, shoving, attacking a player) will result in a 2 game suspension. Flagrant fouls will be included in player's technical foul count for the season.
12. Any coach receiving a direct technical foul will result in the loss of coaching box privileges for the team (coaches must sit for the remainder of the game). A meeting with the program coordinator will be required before the coach is eligible to return to the league. If any coach receives two direct technical fouls in a single season results in an ejection and being suspended for the rest of the season.
13. Each team will receive two, 1-minute timeouts per half. Unused timeouts in the first half do not carry over to the second half.
14. There will be no overtime periods. If the game ends in a tie, it is a tie.
15. The head coach is the only person allowed to address the officials.

*Rule interpretation and enforcement will be at the discretion of the recreation staff (officials, site supervisors, coordinators, directors, etc.).

16. Each team may have a maximum of 2 coaches, at least 21 years old, on the bench. Only 1 coach may be standing at a time. The other coach and players must be sitting on bench. Only coaches and players may sit on the bench. All others must sit in the spectator area.
17. Only registered players will be allowed to play. Any player whose name is not on the site's master roster for the team in question will not be allowed to play.
18. A reminder to coaches that you are responsible to keep yourself and players in control, you are also responsible for spectators supporting your team. If they get out of control, the coach may receive an unsportsmanlike technical foul. If an uncontrolled spectator is ejected from the game but refuses to leave, this may result in the game being called and the team forfeiting the game.

