

# **Hyrum City Recreation**

## **5th/ 6th Grade Grade Basketball Rules**

### **Philosophy & Rules**

#### **Philosophy**

This league is established to encourage the participants to learn the basic skills of basketball, and in the process, have a positive, fun-filled experience. Therefore, the coaches and parents are encouraged to be positive and supportive at all times. Great sportsmanship is expected from all.

#### **Equipment:**

- 28.5 (Girls)/ 29.5 (Boys) basketball will be used for all practices and games.
- Baskets will be set at 10 feet.

#### **Time Regulation:**

- Four 8 minute quarters with a 3 minute half-time.
  - First overtime, runs for 3 minutes; Second overtime, runs for 2 minutes; There is no 3rd OT

#### **Score Regulation:**

- The score clock will not show more than a 20 point difference. The accurate score will be kept on the score sheet. *\*We want participants to be more focused on the game then the score*

#### **Playing time requirements:**

- *All players in these age groups must play a minimum of 16 minutes or half of each game.*
- All substitutions are to be made at the quarter breaks.
- Please remember that no player is to play the entire game, and that all team members are to play an equal amount of time during each game.

#### **Clock stops on the following.**

- Time outs (each team gets 2 per half of one minute each)
- All whistles during the last minute of each quarter of the game.

#### **Type of defense:**

- Zone & Man-to-Man defenses will be allowed with the following exceptions: • Man to Man
- defense can be a man-to-man switching type with no more than a "four-count" on the double team, before an illegal zone defense will be called. The Trapping rule is also in effect in Zone coverage. There is a 7 foul max per player per half, if a player fouls 8 times per half they will be fouled out and must sit the remainder of the half.
  - *(The first violation on a double team is a warning, the second is a "Illegal Defense" call. And will result in a Foul Shot and possession out at the mid-court line.)*
  - *In Man to Man the defensive player must be trying to guard the offensive player within 3 to 5 feet, or an illegal defense will be called . First offence warning, Second Foul Shot and Possesion at Mid Court Line.*
  - *No Full Court Press will be allowed by a team that is 20 Points ahead of the other team. -3 Point shots are allowed in this division*

#### **Defensive position on the ball:**

- The team on defense must drop back past mid-court when the ball is in bounded after a basket or rebounded after a missed shot attempt. The first violation for failure to drop back past mid-court will be a warning and the second violation will result in two (2) free throws.

#### **Front court-back court rule:**

- The ball may cross the mid-court line and come back without a penalty.

#### **Seconds in the key rule:**

- No Penalty

**Conduct:**

- No unsportsmanlike behavior will be tolerated from players, coaches, or spectators. Anyone receiving a technical foul for unsportsmanlike behavior will be asked to leave the premises for the remainder of that game and will be suspended for the next scheduled game.