



Basketball (Years 5 & 6) Playing Rules

Ball: Girls size 5. Boys size 6.

Game Time: Four 10 minute running clock quarters. If time permits there will be 3 minutes warm-up; 2 minutes at half time; 1 minute between quarters.

***NEW* - Substitutions:** Players may be substituted during any stoppage of play. Each player must get to play two quarters. Unless the player is injured, disqualified or committed 5 fouls.

Score Sheets: To be completed 10 minutes prior to start of the game. These will be at the Court Manager's table. Teams must be ready to take the court as soon as the previous game has finished.

Clocks will start to time.

Team Bench: Team benches will be determined by names on score sheet. Team A sits on the left and Team B on the right side of scorebench (as if standing behind bench looking at court)

Scoring: Field goals 2 points; No free throws and No three pointers.

Held Ball: The ball may not be held for more than **5 seconds**.

Jump Ball: Used only to start the game. All other jump ball situations alternate in possession from outside the court. (If Team A wins the jump ball at the beginning of the game the next jump ball is given to Team B etc). A possession arrow is on the bench. It is the responsibility of the referees and the score bench to change the direction of the arrow with each jump ball situation.

Double Dribble: A player may dribble with either hand but may not touch the ball with both hands at the same time. A player cannot dribble - catch the ball then dribble again. (see illustration below).

Inbounding Ball: A player throwing in the ball must be outside the court. The player may walk backwards as far as they like but may not move from side to side except for one meter. The ball must be passed **not** handed in.

Progress: Walking or running with the ball is a violation.

Back Over Half (Back Court): Once the ball is in the front court it may not be passed back over the centerline by the team in control.

3 Second Violation: Players on offence (attacking the basket) may not stand in the keyhole for more than 3 seconds, when the opposition is in possession of the ball.

Defense: Strictly man to man defense. No zone defense.

Stealing the ball – At this age level a player can try and steal the ball off a stationary player but, **there is to be no Contact otherwise a foul will be called.**

Fouls: Any undue physical contact is considered a foul. This mostly happens when a player tries to steal the ball from behind or from the side of a player. Personal fouls are recorded against the player. **5 fouls** and the player can no longer play in the game.

Time Outs: NO TIME OUTS during any part of the game. Coaching is to be done during breaks.

Mixed Teams: Teams participating in the mixed league are required to have **two girls** on the court at all times. One girl in a team will mean playing in boys' grade.

No Free Throws – No free throws will be taken in this grade.