Tauranga City Basketball

Year 5 & 6 Playing Rules

This League is about the young players developing their skills in a safe, encouraging and positive environment. Players must be the correct school year to play in this league.

Ball: Girls size 5 Boys size 6

Game Time: Four x 10 minute quarters. There will be a 6 minute warm-up providing the game before has not gone to overtime. Two minute at half time, One minute at quarter times.

Score sheets: All score sheets are to be filled in **10 minutes** before the game. Teams must be ready to take the court as soon as the previous game has been completed.

Team benches: Team A sits on the left and Team B on the right side of score bench (if were standing behind bench looking at court). Only Players, Coaches and Managers are able to sit on the team benches. We take the safety of all our teams and referees seriously and we ask all Spectators to sit or stand behind the barriers. **Please remember you are watching Children's basketball and as role models for the young people on court, we ask that you cheer and support the players and referees in a positive and encouraging manner.**

Scoring Two points for all goals scored. **No free throws, no three pointers.** No timeouts, coaching is to be done during the game

Defense: Strictly man to man (one on one). No zone defense.

Fouls: Any undue physical contact is considered a foul**.** This usually occurs when a player reaches in to try to steal the ball from the side of or behind a player. Any player who commits a foul will have it recorded against their name on the score sheet. Any player who receives 5 fouls in a game will have to leave the game.

Defending The Ball: The ball cannot be taken from a stationary player. The ball may be on taken on the dribble, as long as no contact occurs. The defender can defend the shot without taking the ball out of the shooter's hands. A defender must stand with arms & body straight up and down and can jump within their own cylinder to defend the shot.

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

Jump Ball: Used only to start the game.

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.

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 sideways except for one meter. Any more is progress. The ball must be passed **not** handed in.

Travel: 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.