



5th and 6th Youth Basketball Rules



All National Federation High School rules will apply with the exception of the following:

1. Games will be played on regulation 10 ft goals with an intermediate-sized ball. All games will be 5-on-5.
2. Teams must wear jerseys of like colors. Players must wear proper basketball shoes. Hats and/or jewelry are not allowed on the court.
3. A jump ball will be used to start the game or an overtime period. Subsequent jump balls will be awarded based on alternating possessions.
4. Teams must have a minimum of four members present to start a game.
5. Full and half court presses are not allowed. Play will be stopped to clear out the defense if necessary.
6. Intentional backcourt violations will be enforced. (Accidental violations will be issued initial warnings.)
7. Man-to-man defense ONLY during the month of January. Zone may be introduced in February.
8. The game will consist of two 20-minute periods with a running clock. The clock will only be stopped for injuries or timeouts. During the final 2 minutes of the second half of the game if the score is within 10 points or less, the clock will become a stop clock.
9. A 5 minute warm-up will be given to each team and will directly precede each game. Teams will not be allowed to warm-up during halftime of games. Halftime will be 3 minutes in length.
10. Each team will receive two 30-second timeouts each half. Your team must be in possession of the ball to call a timeout, or it must be a dead ball that has NOT already been handed to a team to inbound.
11. Free throws will be shot on shooting fouls. Players may move once the ball hits the rim. Players with excessive fouls will be removed from the game.
12. Technical/flagrant fouls will result in the ball being taken out on the sideline. The player committing the technical foul will be penalized according to severity of the foul (either removed from the game until the next subbing opportunity or for the remainder of the game). Technical fouls will result in 2 points for the non-offending team as well as ball possession.
13. The three second rule will be enforced. Initial warnings will be given. Five and 10-second calls for inbounding the ball/crossing half court will be enforced. Initial warnings will be given.
14. If there is a 3-point arc on the court, 3 points will be awarded. Half courts do not have a 3-point arc.
15. No overtime during regular season. The game will result in a tie. In tournament, up to 2 two-minute overtimes will ensue (1 timeout per overtime). Then we'll go to a 3-person/team, alternating free throw shootout.
16. Blood Rule: Players with blood on them will be removed until the blood is cleaned up.
17. Coaches must play each player with substitutions taking place during timeouts and dead balls ONLY.
18. Tournaments will be seeded and single elimination.