

Youth Basketball Rules 5th & 6th Grade Boys & Girls



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

1. Games will be played on regulation goals with an intermediate size ball. All games will be five-on-five.
2. Teams must wear jerseys of like colors. Players must wear shorts and 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. Lineups must be recorded in the official score book before the game begins. Teams must have a minimum of four members present to start a game.
5. Full court presses are not allowed.
6. Backcourt violations will not be enforced.
7. All teams have the option of playing man-to-man defense or zone defense. Teaching man-to-man principles is highly encouraged.
8. Halves shall last 20 minutes with a running clock only to be stopped on injuries or timeouts. The clock will **NOT** stop for shooting fouls.
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. All games will start on the hour.
10. Halftime will be 3 minutes in length.
11. Each team will receive two timeouts (30 seconds in length) each half. The clock will stop at this time.
12. A foul is an infraction of the rules. The ball will be taken out at the nearest sideline. Fouls will be called in moderation. Free throws will be shot on shooting fouls. Inside of two minutes, every foul called will result in two foul shots for the opposing team.
13. Technical fouls will result in the ball being taken out on the sideline. The player committing the technical foul must be taken out of the game until the next dead ball.
14. Flagrant fouls that result in injury will result in the player who committed the foul being removed the game.
15. The three second rule will be introduced and enforced in moderation.
16. There will be no overtime during the regular season. The game will result in a tie should both teams have the same score at the end of regulation. In the tournament, a two-minute overtime will ensue.
17. Coaches must play each player with substitutions taking place during timeouts and dead balls.