



Valley Youth Instructional League Basketball 5th & 6th Grade Boys and Girls Basketball

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

1. Games will be played on regulation goals with an intermediate size ball.
2. Teams must have numbered jerseys and like colors. Players must wear shorts and proper shoes. **No hats, earrings, or jewelry are allowed on the court.**
3. Warm-up time will be preceding the game only. Games will start on the hour. Teams will not be allowed to warm up at half time of other games. Teams playing the next game will be given 5 minutes to warm up.
4. Lineups must be recorded in official score book before the game begins. Teams must have four members present to start a game.
5. A jump ball will be used to start the game or an overtime period. Subsequent jump balls will be awarded based on alternate possessions.
6. Halves shall last 20 minutes with a running clock only to be stopped on injuries or timeouts. At this time substitutions must be made.
7. Half time will be three minutes.
8. Coaches will be permitted two 30-second timeouts per half.
9. All players who are on the bench must be inserted into the game. Players must play at least half of the game with substitutions during timeouts, dead balls and injuries.
10. A foul is an infraction of the rules. Fouls will be taken out at the nearest sideline with the exception of technical fouls. 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. Fouls and violations will be called in moderation.
11. No full court press is allowed. One warning will be given to the coaches per game, each time there after will result in a technical foul on the pressing team. Two foul shots and the ball out of bounds will be awarded to the opposing team.
12. The three second rule will be introduced and enforced in the 5/6 grade league.
13. Players foul out of the game on the 5th foul.
14. There will be no over time during regular season. During tournament play 2 minute overtime for games ending in a tie.
15. The onsite coordinator will settle any controversy and that decision will be final.