



Whitefish Bay RECREATION

Bringing **Community** Together

5th and 6th Grade Basketball League Rules and Standards

Game Structure

- Playing Time: Equal among all players first three quarter
 - Coaches Discretion last 10 minutes of the game and OT.
- There will be a 5-minute practice before the start of each game to coach fundamentals and skills.
- Game Length: Two 20-minute periods
 - Overtime: one 2-minute period
- Time Between Periods: 1 minute
- Half-Time: 3 minutes
- Timeouts: Two 60-second timeouts permitted per game
- Scoring:
 - Field Goal 2pts inside arc, 3 pts outside arc
- Free throws and Fouls
 - No Free Throws until 7th foul of half. Fouls reset at half
 - No points will be awarded for the first six non shooting team fouls. When a foul is committed, the team that was fouled will be awarded possession of the ball.
 - Exception: One point will be awarded when a shooting or intentional foul is committed and the ball will be taken out-of- bounds by the team receiving the award of one point.
 - Starting with the 7th foul free throws will be shot.
 - Offense can have 3 players including shooter on lane
 - Defense can have 4 players total
 - Technical fouls are 2 points and can be called on the floor or bench.
 - No Shot Clock
- Start of Game Possession: Jump Ball
 - All other “jump ball” scenarios will result in alternate possessions.
- Clock
 - Stops for dead balls
- Substitutions
 - Clock Stops
 - Change of possession
 - Time Outs
 - Fouls

Game Tactics

- Pressing only allowed in final 10 minutes of each half
 - During the first 10 minutes of each half when defense gains control of the ball the other team must fall back to basket. Once defense is set offense can advance the ball
 - If a team gains a 10-point advantage that team will not be allowed to press unless the lead drops below 10 points.
- Fast Breaks are allowed
 - If a team gains a 10-point advantage that team will not be allowed to fast break unless the lead drops below 10 points.
- Man to man defense only, no zone.
- No double teams / crowding
- Stealing is allowed
- Back Court Timeline: Not Enforced
- Advancement of Ball After Time Out: N/A
- 3 second rule in the paint is enforced
- 5 seconds closely guarded is enforced

YOUTH BASKETBALL GUIDELINES GRADES 5-6

DEFINITIONS

Man to Man

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

Pressing Defense: Defensive guarding, either on or off the ball, within the backcourt.

Double-Team/Crowding: Two or more defensive players guarding a single offensive player.

RATIONALE

Timeouts: Managing the way timeouts are called allows for better game flow and decision-making by the player(s).

Double-Team/Crowding: Crowding the ball with multiple players (referred to as "double-teaming") is not allowed due to skill and size discrepancies among children at these ages.

Playing Time: To ensure that all young children participating in the sport have an opportunity to experience the game, equal and fair playing time is recommended for periods 1-3. Coaches discretion is used for period 4 and any overtime play.

Free Throws: Free Throws will not be attempted until the 7th team foul. At this level the focus is on player skill and development with a step up in competitive level. Due to the timing and clock management component of free throws they will be awarded as bonus opportunities and not a core element of the game.

Set Defense: The man to man requirement encourages physical activity and movement, and promotes the development of individual skill related to guarding a player both on and off the ball.

Backcourt Timeline: Not having a timeline violation allows coaches to communicate to players before they reach half court. This assists coaches in teaching children, particularly for those first learning the game. This should be used as a teachable tool and not to be used as a strategic benefit to the offense.

Clock Stoppage: Fewer clock stoppages for a better game flow.

Advancement of the Ball after a Timeout: For these grades, the focus is on development over strategy. Therefore, the ball will not automatically advance after a timeout.