

Tri-County Recreation League
5th-6th GRADE YOUTH BASKETBALL RULES

PROGRAM PHILOSOPHY

The goal of this program is to introduce youth to the game of basketball. The focus should be on individual development, fundamentals and having fun. Good sportsmanship is always expected from the players, coaches, and parents.

All games are governed by the latest official Kansas State High School Activities Association basketball rules except when local rules are specified.

GENERAL PROGRAM GUIDELINES

1. TEAMS/ROSTER

- a. Teams will play 5v5. A game may start and end with three (3) players on the court.
 - i. A team may borrow a player(s) from the team they are playing against if they are short players.
- b. Each player is REQUIRED to play at a minimum, one half (2 quarters) of each game.
- c. Substitutions: Regular, continuous substitution will be allowed throughout the game. Players must check in at the score table before entering the game.
EXCEPTIONS: Injury, Illness, Foul Trouble (3+), Technical Foul, Disciplinary Reasons.
- d. There will be no forfeits. If one team is short players, they may borrow from the other team. All efforts should be made by the coaches and officials to have the game if enough players are present.

2. PLAYING COURT/EQUIPMENT

- a. Basket Height – 10'
- b. Ball Size – 28.5" Intermediate Size. Game ball will be provided.
- c. Free Throw Line – 15'
- d. Players must wear tennis shoes or gym shoes
- e. Jersey's/shirt of the same color must be worn at all times
- f. Jewelry is not permitted during a game for player safety, unless it is a medical device

3. GAME TIME:

- a. Games will consist of four (4) ten-minute quarters with a running clock. The clock will stop on all dead balls (violations, fouls), free throws and timeouts during the last 2-minutes of the 4th quarter.
- b. Mercy Rule: If at any time during the 4th quarter, a team reaches a lead of 20 points or more, the clock will remain running at all times. If it falls below 20, the clock will stop for all dead balls.

- c. Overtime periods: One (1) two-minute period with the clock stopping on all dead balls and free throws. If the game is still tied after the one overtime period, the game will be decided by sudden death (first team to score wins).
- d. One (1) minute between quarters and three (3) minutes between halves. Up to a five (5) minute warm-up period is allowed between games if time allows.
- e. Each team is allowed two (2) 60-second time-outs per half. Time-outs do not carry over from half to half.

4. GAME PLAY:

- a. **Jump Ball/Possession:** Games will begin with a jump ball in the center circle and then continue with the alternating possession on jump balls.
- b. **Defense:** Man-to-Man or Zone Defense is allowed.
 - i. **Full Court Press:** Full-court press is allowed in the last two (2) minutes of the 2nd and 4th Quarter Only. When a team is leading by 10 or more points, the press must be removed. The team behind by more than 10 points can still press. Penalty: Teams will be warned; if it continues a technical foul may be assessed to the bench.
- c. **Fouls:**
 - i. Two (2) Free-Throws will be awarded when teams reach the “Bonus”.
 - 1. Teams will reach the bonus when their opponents commit 5 fouls in each quarter. Team fouls will reset to zero (0) each quarter.
 - ii. Technical fouls count as team and personal fouls.
 - iii. If a player receives five fouls in one game, he/she must sit out the remainder of the game and must be replaced by an eligible player.
 - iv. **Technical Fouls:** KSHSAA rules apply for all technical fouls. Opposing team receives two free throws and the ball.
 - 1. Any coach receiving a technical foul must sit on the bench for the remainder of the game.
 - 2. Any player who receives a technical foul must be substituted for and will need to sit out for a minimum of 5-minutes before being allowed to re-enter the game.
 - 3. Any player or coach receiving two technical fouls in a game will be required to leave the facility immediately or his team will forfeit, and they will automatically be suspended for the next game.
- d. **Violations:** All traveling, five-seconds in the lane, double dribble, over and back, throw-in violation and fouls shall be called, however, officials may be lenient on some violations depending on the situation and grade level.
- e. **Bench Personnel:** During league play, only coaches and players are allowed on the bench, no other adults or minors. Absolutely no coaches on the floor.

Coaches may go on the floor or sidelines for timeouts. Coaches must always stay in front of their bench.

5. **Heckling:** Heckling game officials, coaches or players is not permitted by anyone. For coaches and players, a technical foul will be assessed. For spectators, they will be warned by officials and coaches. If a second warning is necessary, a technical foul will be assessed, and the individual or individuals will be asked to leave the facility.
6. **ABSOLUTELY NO PROTESTS OF GAMES ARE ALLOWED.** If there are calls that someone feels were incorrect, this should be put in writing and sent to the Recreation Director. The complaint should give the name of the official, so he can be informed of the correct interpretation and signed by the person making the complaint. Judgment calls cannot be argued. If you overstep your boundaries, for example, go on the court and yell at the official, you will receive a technical foul and may be asked to leave the facility.
7. **UNSPORTSMANLIKE CONDUCT** will not be tolerated. Officials and gym supervisors have the authority to remove players, coaches and spectators from the game for unsportsmanlike conduct if deemed necessary. **ANY ARGUING OF CALLS WILL CONSTITUTE A TEAM WARNING. ANY REPEAT OFFENSES SHALL RESULT IN THE EJECTION OF THAT TEAM MEMBER OR COACH.**

REMEMBER...SPORTSMANSHIP BEGINS AT THE YOUTH LEVEL

Special information for players, coaches and parents

1. A PLAYER WHO IS BLEEDING, or has an open wound, or has an excessive amount of blood on his or her uniform, shall be directed to leave the game. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, the uniform must be changed before the athlete may participate.
2. **Concussion Policy:** KSHSAA Concussion Rule will apply for all Tri-County youth games. If any player is showing any signs of head trauma or symptoms of concussion, that player must set out the remainder of the game and be checked out and cleared by a medical professional before returning to games or practices. A formal release from a medical professional must be turned into the respective recreation commission office before the concussed player can participate again. Signs may be but not limited to: Drowsiness, nausea and vomiting, convulsions or seizures, increased confusion, restlessness or agitation, one pupil larger than the other, loss of consciousness, slurred speech, worsening headache or unusual behavior.