

# Millsap Youth Association

## 5<sup>th</sup> and 6<sup>th</sup> Grade Basketball Rules

Standard basketball rules will apply for all grade levels

Gym/Equipment Specifications

- 1) Goal Height – 10 feet from the floor
- 2) Free-Throw Line- 15 feet from the backboard
- 3) Ball size – 28.5 Girls and 29.5 Boys

### Game Rules

- 1) Game Length - Games will consist of (4), 8 minute quarters. The clock will be kept as an official game. At the end of each quarter a 1 minute break will be allowed. The clock will run continuously. The clock will stop for shooting fouls, timeouts, & injuries. The clock shall also stop for any other reason deemed necessary by the official. Each game will have a 5 minute half time. During the last two minutes of the second quarter and fourth quarter, the clock will stop at each whistle. (out of bounds, fouls, etc.)
- 2) Time Outs - Each team is allowed (2) 1 minute timeouts per half. Timeouts do not carry over from the first half to second half (use them or lose them). In case of overtime, each team shall be allowed 1 additional timeout.
- 3) Overtime - There shall be 2 minute overtime if necessary.
- 4) Scoring - Score shall be kept, recorded, and displayed during the game. If at the half, one team is more than 30 points ahead, the score will start over at zero for both teams at the start of the second half. The official scorebook will not be reset and that said team will be deemed as the winner. Play will continue normally. If at any time during the game a team is leading by 20 points or more, the clock will run continuously and there will not be any pressing allowed. If the score gap drops back under 20 points, the game will revert back to normal rules.
- 5) Coaching - The coach must not be involved with, or interfere with play. If the coach does interfere with play, then the play will be stopped and possession will be returned to the team that was interfered with.
- 6) Participation - Coaches should provide equitable and guaranteed minimum playing time for each player on each team. Each team shall start the game with no less than 5 players. However, the game

may continue with no less than 4 players participating for a team. The names and numbers of all players on team shall be entered in the official scorebook before the start of each game.

7) Defense - Defense shall be at coaches discretion. Full court press is allowed. If one team is ahead by 30 points or more, press is not allowed at all.

8) Free-Throws/Fouls- Each team will be allowed 10 team fouls per half. If 10 team fouls are accumulated in the half, then 2 bonus shots will be taken before the start of the second half. Team fouls will start over in the second half. Personal Fouls will be recorded during play; therefore, teams will enter bonus and double bonus. Any player receiving 5 fouls shall be removed from play. Technical Fouls may be assessed for players and coaches. Any player or coach receiving two direct technical fouls or three indirect technical fouls during a game shall automatically be ejected from the game and must leave the gym playing area. Technical fouls are two shot fouls with possession being given to the shooting team, in-bounding the ball at mid-court. Any team accumulating three technical fouls during a game will immediately forfeit the game. Any ejection from the game will require the head coach to appear before the MYA Board. If any coach is ejected from two games, an automatic suspension from the league will be in effect until the committee has reviewed the incidents. Free Throws will be shot from a 15 foot line. After shooting free throws, the player shooting the ball will not be allowed to cross the line until the ball has hit the rim.

9) Lane Violations will be called for the players. There will be a 3 second lane rule.

10) Officials- MYA will provide officials for the games.

11) Uniforms shall consist of a jersey, a t-shirt, and gym shorts. Shoes must be non-marking or white-soled basketball shoes. The home team will wear the WHITE. The team that is listed 1st on the schedule will be designated the HOME team. Earrings, metal jewelry, hair clips, or any other body adornment shall not be allowed. Earrings may not be bandaged over.

12) Forfeits will be given a ten-minute grace period from the scheduled starting time of the game.

13) Rescheduling - The MYA reserves the right to reschedule any games at any time.

14) Use of school gyms- Please be aware that the Millsap Youth Association is not affiliated with Millsap Independent School District. Bearing that in mind, the school and its property need to be treated with the utmost respect. Be mindful to pick up trash and basically leave things better than you found them. This applies to game days as well as any and all practice days. Failure to do so may forfeit any future involvement the MYA and may have with their respected School District . Thank you in advance for your help with this requirement.

15) Clock and Book: During games home team will be responsible for the clock and visitors will be responsible for the book.