

## **DAYBA 5/6 GRADE RECREATIONAL LEAGUE RULES AND EXPECTATIONS**

MSHSL rules except as follows:

### **GAME TIME**

- All games played in 20 minute running time halves except with normal start/stop time the last 2 minutes of each half.
- Half time will be 3 minutes long (can be shortened if games are running behind)
- Each team will be allowed TWO 30-second timeouts per half. Timeouts do not carry over. One timeout per overtime.
- Overtime will be two minutes stop time (running time if games are behind). Third OT will be “sudden death”, first team to score. All overtimes to start with a jump ball.
- The score will be frozen on the board if the point spread reaches 20. Coaches can use their discretion somewhat on this if a team has a chance to come back or not.
- 5 minute warm-up before each game if time allows.

### **DEFENSE**

- NO ZONE DEFENSES: Only person-to-person defense is allowed. A zone defense is any defensive player in the lane and more than six feet away from the player they are guarding.
- “Help defense” is allowed but once the ball is stopped the helper must return to defend the player they left...NO DOUBLE TEAMING.
- Man to man pressing allowed only in the last two minutes of each half. No pressing allowed if you have more than a 10 point lead.

### **OFFENSE**

- Lane violation will be 5 seconds in the lane. Referees will be asked to “talk” to the players while starting their count to get them out of the lane before calling a violation.

### **FOULS**

- Team fouls are kept. A player will be considered “fouled out” upon their fifth foul.
- Seven team fouls equals the “bonus” - 10 equals “double bonus”
- Referees will be instructed to be lenient. At this level, we do not want to call every single infraction, but rather teach rules and encourage game flow.
- Flagrant fouls and technical fouls: Two free throws and the ball awarded out of bounds. A player receiving their first technical or flagrant foul will sit out the remainder of the game PLUS one additional game. If a player receives a second technical or flagrant foul they may be suspended indefinitely. There will be ZERO TOLERANCE for ANY coach who receives a technical foul.

***EMPHASIS DURING LEAGUE GAMES IS DISPLAYING PROPER SPORTSMANSHIP AT ALL TIMES. COACHES ARE EXPECTED TO POLITELY ASK “HECKLERS” TO REFRAIN FROM HARASSMENT. THE REFEREES OR LEAGUE COORDINATOR HAS THE RIGHT TO SUSPEND PLAY OR DECLARE A FORFEIT SHOULD THE HECKLING CONTINUE.***