

# 2018-2019 5/6 GRADE RECREATIONAL LEAGUE RULES AND EXPECTATIONS

MSHSL rules except as follows:

## **GAME TIME**

- Four 8-minute periods
- Time Between Periods 1 minute
- Scoring Free throw: 1 point, all field goals: 2 points, *no 3-point field goals*
- Start of Game Possession Coin flip. Team awarded possession starts with throw-in at half court
- 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.

## **GAME TACTICS**

- Playing Time: Equal playing time in periods 1-3. Coaches discretion in the 4th period and each extra period
- Set Defense: Only player-to-player defense throughout the competition
- Pressing Defense: Player-to-player defense may be extended full court in the 4th period and each extra period. Leading team may not extend the defense over half court when leading by 20 points or more
- Double-Team/Crowding: Double-team/crowding is not allowed throughout the competition

## **HIGHLIGHTED GAME PLAY RULES**

- 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.
- Backcourt Timeline: 10 seconds
- 5 Seconds Closely Guarded: Only when offensive the player is holding the basketball
- Clock Stoppage: On any dead ball (may go to running time when team is up by 20 or more or if games are running behind)
- Length of Time for a Free-Throw: 10 seconds
- Number of Players Permitted on Free-Throw Lane: Offense may have 3 players on the lane, including the shooter. Defense may have 3 players on the lane
- Substitutions: Either team may substitute when the clock is stopped

## FOULS

- Team fouls are kept.
- 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.***

## DEFINITIONS

Player-to-Player Defense:

- ✓ 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

Distance of 3-Point Arc: Although the 3-point arc may exist on the floor, all baskets made beyond this arc only count as two points. Therefore, the distance of the line is not applicable for these age segments. Eliminating the 3-point basket will encourage players to shoot from within a developmentally-appropriate range.

Distance of Free Throw Line: This age group should take free throws 14 feet from the basket to develop proper form and increase success.

Scoring: All field goals are worth two points to encourage children to shoot within a developmentally-appropriate range. This allows for proper mechanics and form. While these age segments may attempt a shot behind the 3-point arc, any field goal made behind the arc will only count as two points.

Size of Ball: A smaller basketball for the younger age segments is advised due to the size of a child’s hand as well as their developing skill level. A smaller ball allows for better control and success.

**Start of Game Possession:** A coin flip will determine the team that will start with the ball to mitigate significant differences in height and coordination among children. Alternating possession rules will then ensue throughout the game.

**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, and coaches discretion in the 4th period and each extra period. Equal and fair playing time is encouraged throughout all segments.

**Pressing Defense:** Permitting player-to-player defense to extend full-court in the 4th and extra periods only allows players to become accustomed to full-court defense while not having to understand sophisticated zone presses. It also allows for an introduction to competitive tactics.

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

**Clock Stoppage:** Fewer clock stoppages for allows for a better game flow