

## Delta Area Youth Basketball Rules 5<sup>th</sup>-6<sup>th</sup> grade 2018-2019

1. Coaches are expected to balance equal playing time for all players. Coaches should involve all players in the offense by giving them a chance to dribble and shoot at some point.
2. Man-to-man defense is highly recommended at the 5<sup>th</sup> and 6<sup>th</sup> grade level but zone defenses can be worked in as well. Please remember that it is most beneficial to the kids to teach both defenses and use them both in games as well. Defense will be played once offensive player has crossed half court; no defense can be played until the ball has crossed half court with the exception of the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarter when 6<sup>th</sup> grade teams can full court press. **The full court press rule applies to 6<sup>th</sup> grade teams ONLY!** If a team is ahead by more than 10 point than they cannot press and must fall back behind half court.
3. Games will consist of 8-minute running clock quarters. The clock will stop on the whistle during the last 2 minutes of each half (2<sup>nd</sup> & 4<sup>th</sup> quarter) if the score is within 10 points. Half time will be 5 minutes in length. There will be NO overtime for any game. Teams will be allowed approximately a 10-minute warm-up before the start of play. Each team allowed two timeouts per half.
4. There will be a dead ball call near the 4-minute mark of each quarter to allow teams to substitute players. **This will be a 30 second timeout for both teams. Please get your subs in so the game can continue to move.** Substitutions can also be made at any time during a dead ball.
5. Fouls will be kept in the 5th and 6th grade games. One and One foul shots will be given after the 7<sup>th</sup> team foul and 2 shorts after the 10th team foul per half. While shooting fouls, the clock will continue to run unless it is during the final two minutes of each half. Players are only allowed 5 personal fouls and will foul out on the 5<sup>th</sup> foul. Technical fouls will be two shots and the ball back.
6. Key violations will 3 seconds for 5<sup>th</sup> and 6<sup>th</sup> grades.
7. The game will be played with the “girls” ball, 28.5, and regulation (10’) rim. Official book and score will be kept.

Remember that our primary objectives are to teach basketball fundamentals, sportsmanship and to foster the love of playing. Children learn through encouragement and opportunity. Coaches, you have to set the standard of behavior. You are responsible for your team and parents’ behavior. Please remember that we couldn’t play without officials so please treat them with respect. Thank you for your time and dedication.