

## GARDEN CITY YOUTH ATHLETIC ASSOCIATION

### 5<sup>TH</sup> & 6<sup>TH</sup> GRADE BASKETBALL RULES & REGULATIONS

#### 1. RULES & REGULATIONS

- A. Michigan High School Basketball rules will apply to whatever the following rules do not cover.

#### 2. GAME

- A. Each game consists of four (4), eight (8) minute running time periods.
- B. Half time will be 4 minutes.
- C. Each period will be divided into two (2), four (4) minute blocks designed for team substitutions. Note: the clock will stop for thirty (30) seconds to allow for substitutions. If a team takes too long with substitutions they will be assessed with a time out.
- D. The clock will stop for the following reasons:
  - a. Substitutions
  - b. End of each quarter
  - c. Official's direction (injuries, spectator interference, etc.)
  - d. Free throws
  - e. The last two (2) minutes of the 2<sup>nd</sup> half of the game, if within ten (10) points
  - f. Time outs

- 3. Each team will receive four (4) timeouts. Two (2) thirty (30) second timeouts and two (2) 1 minute timeouts per game, to be used at any time during the game. Time outs may not be used consecutively.

#### 4. GENERAL RULES

- A. A jump ball shall take place at the beginning of each game. Alternate possession from that point throughout regulation time. The beginning of each quarter will be treated as a jump ball situation.
- B. Teams may full court press during the last two minutes of each half of the game **ONLY unless** they have a 10 point lead. Any team that presses with a 10 point lead will receive a warning. Upon receiving a 2<sup>nd</sup> warning that team shall receive a technical foul (2 free throws and possession to the other team).
- C. **Fair play rules are in effect.** Each player must sit 1 time before any player sits a 2nd time. Each player must sit 2nd time before any player sits 3rd time and so on..... Each player must play at least one (1) complete block during each quarter, and must sit at least (1) block during each quarter. Any infraction will result in a technical foul (2 free throws), loss of possession, and a charged time out. If a team is out of time outs, a second technical will be assessed (2 more free throws). There is no ejection when this rule is enacted.
- D. At the conclusion of the 4 minute block, when the horn sounds and the ball is either in the air or loose, the start of the next possession will result in a jump ball.
- E. Coaches may substitute players in and out of the game with no limitations during the final 2 minutes of play in the 4<sup>th</sup> Quarter only.
- F. The free throw line will be used as a starting point. If a player crosses the line during the act of shooting, the result will stand as long as crossing the line is part of the player's natural shooting motion. If crossing the line is used to gain an advantage then the play will be ruled a lane violation.

- G. No jewelry (necklace, bracelets, rings, earrings, etc.) shall be worn during any game.
- H. Players should remain on the bench, with their team, when not on the floor.
- I. No long pant (jeans, sweat pants corduroys, etc.) shall be worn in the game. Shorts are to be worn and in the proper position (not hanging around the hips) and shirts tucked in.
- J. Rubber soled shoes must be worn. Boots, sandals, deck shoes, etc. will not be allowed.

**5. OVERTIME**

- A. Will consist of one (1), three (3) minute running time period.
- B. Each team will receive two (2), 30 second timeouts in overtime. Time outs from regulation WILL NOT carry over into overtime.
- C. Any player may play in OT and substitutions may be made during time out or dead ball (have player take a new near scorekeeper).

**6. CONDUCT**

- A. Team fouls will be calculated per quarter, and reset at the start of a new quarter. Team fouls 5-6 will place team in the bonus (one and one). Team fouls 7+ will place a team in the double bonus (2 free throws).
- B. Any player that commits five (5) personal fouls shall be removed from the game (fouled out).
- C. Any player who conducts him/herself in a manner unbecoming of an athlete will:
  - a. Receive one (1) technical warning – Also counts as a personal foul.
  - b. A second offense in the same game will result in a second technical foul (2 free throws for opponent) and an ejection for the player receiving the second technical foul. This will also result in a one (1) game suspension for that player.
- D. Fans, players, coaches may not do anything to purposely try to upset, distract or intimidate a player before, during, or after a game. Screaming, whistling loudly, or kicking the bleachers is considered trying to distract a player.
- E. Sportsmanship must be stressed at all times.
- F. Accept the official's decisions as fair and called to the best of their ability.
- G. Do not criticize or verbally abuse an opposing team, coach, official, spectator, or any other person involved (or not) with this program.
- H. Be a model of good judgment and behavior to all that you come in contact with during this program.
- I. Alert the Site Supervisor or Recreation Supervisor immediately of any potential problems.
- J. Please keep gym clean! Coaches should clean bench directly after game.
- K. Coaches code of conduct must be followed at all times.

**GARDEN CITY YOUTH ATHLETIC ASSOCIATION RESERVES THE RIGHT TO AMEND, INTERPRET, OR MAKE A DECISION ON ANY NEW OR UNCLEAR SITUATION THAT MAY ARISE, OR ANY MATTER THAT IS IN THE BEST INTEREST OF THE LEAGUE AS A WHOLE AND THOSE MEMBERS INVOLVED.**