

GARDEN CITY YOUTH ATHLETIC ASSOCIATION
5TH & 6TH 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 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 (between each quarter/block). If a team takes too long with substitutions, they will be assessed with a time out.

B. Half time will be 3 minutes.

C. The clock will stop for the following reasons:

- a. End of quarter
- b. Official's direction (injuries, spectator interference, etc.)
- c. Free throws
- d. The last two (2) minutes of the 2nd half of the game, if within ten (10) points
- e. Time outs

E. 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.

3. 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 2nd warning that team shall receive a technical foul (2 free throws and possession to the other team).

a. Press Definition – Defensive strategy that adds pressure to the offensive players with all defensive

players initially behind half-court, about 4-ft from the line and cannot proceed to press at their own side of half-court until the offensive ball possession crosses half court.

b. Rebound Press Definition – Similarly Press cannot be called on offensive players attempting to rebound unless a defensive player has controlled 2-handed ball possession, post rebound.

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 quarter during each half and must sit at least (1) quarter during each half. Any infraction will result in a technical foul (2 points), loss of possession, and a charged time out. If a team is out of time outs, a second technical will be assessed (2 more points). There is no ejection when this rule is enacted.

D. At the conclusion of the quarter, 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 4th 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 (not bouncing a ball or bottle flip during this time, etc.).

I. No long pant (jeans, sweatpants, 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. not allowed.

4. OVERTIME

A. Will consist of one (1), three (3) minute running time period (limit of two OT max) for Playoff and Championship games only (ties acceptable for regular season games).

a. If 2 OT maximum is met, proceed to free throw shootout (1 v 1, 1 attempt for each player per team, if both make their shots then new players selected until shots are missed declaring winner)

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 knee near scorekeeper). See rule **3C** (above), as fair play rule always in effect.

5. 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.

c. There is a ZERO-TOLERANCE POLICY for use of excessive force, profanity and/or explicative by a player on the court or bench, and the coach. Warning will be issued at the start of each game; anyone violating this policy will be ejected from the game and may face further consequences.

D. Fans, players, coaches may not do anything to purposely try to upset, distract or intimidate a player before, during, or after a game.

a. This includes, but is not limited to; screaming, whistling loudly, use of an airhorn, megaphone or kicking the bleachers (all considered trying to distract a player).

b. Fans are not allowed to sit on the same side as the players (bleachers or bench), coaches only.

c. Fans are to sit on the bleachers that are on the same half of the court as their team bench. This is to minimize conflict or opposing team negative interaction.

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 (this includes the scorekeeper/officials table), 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 Division Director / Site Supervisor immediately of any potential problems.

J. Please keep gym clean! Coaches should clean bench directly after game.

K. Code of conduct for Coaches, Parents/Spectators, and Players **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.