

## GYS Basketball Rules for 5th/6th grade division- Boys and Girls

Regulation basketball rules except for the following amendments:

1. Teams will play **5-on-5** full-court basketball.
2. **Goal Height**- 10 feet
3. **Ball size**- 28.5 inch ball - girls; 29.5 inch ball - boys
4. **Clock**- 8-minute quarters with running clock except during the last minute of each half.
5. **Timeouts**- Two timeouts per team per game.
6. Shooting Fouls: Only one free shot taken for two points, except after a made field goal.  
*Player must remain behind the line during shot, may not jump over line.*
7. **Bonus**- *Teams will be in the bonus at 5 team fouls. Bonus resets at the end of every quarter.*  
One shot for two points.
8. **Pressing**- Pressing allowed at any time. No pressing after a team goes up by 15 points.
9. **Defense**- Defense will be man-to-man at all times, except in 4th quarter teams may run either man or zone.
10. **5-Second Rule**- closely guarded player has 5 seconds to dribble, pass, shoot or create separation from the defender.
11. **10-Second Rule**- players have 10 seconds to advance the ball past half court.
12. **Player rotation**- All players must play a full quarter in the first half. In the second half, substitutions during each quarter will be allowed. Each player must play in the second half.
13. **Overtime**- No timeouts. 2 minutes running clock overtime for tied games. If the game is still tied after 2 minutes, score remains a tied game. Exception-Playoff games- up to 2 overtimes will be played, if game is still tied after 2 overtimes we will start a sudden death overtime.
14. **Sideline**- Only the coach and an assistant may be on the floor with the team. If a coach or assistant cannot be at a game, any fill-in must be approved by a board member.
15. **Score table**- Each team must provide a parent keeping the clock or the score book during each game.
16. **Referees**- Coaches may not speak directly to referees unless they are calm and respectful. If an issue is to be resolved please address the board member on duty in the gym. Violations of this rule will result in a technical foul, one for two foul shot, and a loss of possession. Two technicals in one game will result in ejection from the game.
17. **Code of Conduct**- A player or coach may be removed from a game for unsportsmanlike conduct. Code of Conduct was acknowledged by all participants at registration.