

**CARMEL DADS CLUB**  
**6<sup>th</sup> GRADE BOYS BASKETBALL RULES**

**General Rules**

**THERE WILL BE REFEREES ON THE COURT. COACHES WILL COACH, REFEREES WILL OFFICIATE, PLAYERS WILL PLAY, AND FANS WILL CHEER. DO NOT CONFUSE YOUR ROLE.**

- There will be one scheduled practice per week.
- There must be **two** adults present at all practices.
- Basketball goals will be set at 10 feet.
- 28.5 size Basketball will be used.
- We will keep score, player fouls, team fouls, timeouts in the scorebook/scoresheet.
- Three full timeouts per game (one minute each)
- ***One, :30 timeout per team during an overtime period***
- Games will consist of four 9-minute quarters, with 1 minute between each quarter.
- The game clock will be stopped at the nearest mid-quarter point to allow for subs. Coaches **MUST** make this quick and **CANNOT** use this time for anything except substitutions. Refs will also not make time for “match-ups”, so kids will need to match up quickly on their own.
- There will be one, 1-minute overtime if the game is tied at end of regulation. If the game is still tied after one overtime, then the game ends in a tie. For tournament play, we will continue to play 1-minute overtimes until there is a winner.
- Running clock except for timeouts and last minute of the game.
- ***We will play a regulation clock the last minute of the game.***
- One minute between quarters and 3 minutes for half time.
- A jump ball will start every game, with alternating possessions thereafter.
- ***Clock runs during the shooting of foul shots, unless a timeout has been called, then the clock will start once the ball is in play.***
- ***Clock will stop for injuries or if the referee calls an official timeout.***
- Game may start with 4 players –any less than that is a forfeit – but game can be played as a practice game (split players up to give each team enough to play).
- An Assistant Coach or an adult must be on the bench at all times. Please keep your boys sitting on the bench when they are not in the game.
- Equal playing time for all players on each team (per guidelines discussed at coach’s mtg.); please ensure that all kids get a chance to start games and “finish” games, and make sure that playing time is equal both within a game and across the entire season; substitutions will only be made at the beginning of each quarter and at the approximate mid-point of each quarter. The only exceptions to this rule are substitutions related to injury/illness or if a player has fouled out. Coaches must make the mid-quarter substitutions quick and cannot use this time for anything except substitutions. Referees will give one warning, and then can issue a technical foul to the bench, resulting in two free throws and possession.

**Offense/Defense Rules**

- Man-to-Man and zone defenses are both allowed. Recommend coaching “help defense”, and opportunities to double team, as necessary.
- No restrictions against double or triple teaming. Coaches should coach good ball movement to avoid traps. Coaches should use good judgment with respect to double-teaming outside the lane, e.g. when the game is not close.
- Pressing and/or defending in the backcourt is allowed. Once a team takes a 10 point or greater lead, then the team in the lead is not allowed to press or defend in the backcourt. This applies to the entire game.

- Excessive use of isolation plays is strongly discouraged, as it goes against the intent of a rec league. However, there is no rule against this. Coaches should continue to teach good help defense and double-teaming, as necessary, to defend against isolation plays.
- ***The following are expected to be enforced at a much higher rate than in prior years:***
  - ***3 seconds in the lane***
  - ***over and back of the timeline***
  - ***stepping on/over the line on inbound plays***
  - ***10 second rule is in effect to cross mid-court***
  - ***lane violations on free throws***
- 5 second call: Referee may call a 5-second violation if one player being guarded maintains possession without advancing the ball for more than 5 seconds.
- Stealing is allowed and blocking shots is permitted. However, fouls will be called if there is contact in the act of stealing. Be sure and coach the boys to this point.
- Players will foul out at 5 personal fouls. Players who foul out can then be substituted for.
- Double dribbling, traveling, stepping out of bounds and fouls will be called.
- We will shoot free throws for “in the act” of shooting fouls. Due to the running clock, after a shooting foul, the team receives one point plus one free throw attempt, in order to keep the game moving. If the player makes the shot while being fouled, the team receives 2 points plus one free throw attempt.
- Due to the running clock, we will shoot free throws on non-shooting fouls once a team has committed 10 team fouls in a half. At the 10<sup>th</sup> foul of the half and beyond, the team receives one point plus one free throw attempt.
- On non-shooting fouls before the 10<sup>th</sup> team foul, the ball is awarded out of bounds.
- Any technical fouls or flagrant fouls, as determined by the referee, will result in the opposing team receiving one point plus one free throw attempt plus possession. It will be primarily at the referee’s discretion and secondarily at the coaches’ discretion to determine if a coach or player should be disqualified for the rest of the game following a technical or flagrant foul, depending on the nature of that violation. Two technical fouls of any type results in disqualification of the player or coach. See below. Referees also have the ability to call technical fouls on the “bench” for any unsportsmanlike conduct from bench players and/or parents.
- For gyms which have a three-point arc painted on the court, shots made beyond the line will count for 3 points.
- Each team gets a one volunteer for either the scorebook or the clock. Home team will keep the scorebook/scoresheet and the visiting team will run the clock. Please arrange a schedule for this so the start of the game is not delayed while we convince a parent to volunteer.

### **Miscellaneous**

- Coaches, players, and spectators displaying un-sportsmanlike conduct will receive one warning by the referees, which could also result in a technical foul. A second incident will be grounds for removal from the facility and reported to the League Commissioner. Make sure you inform your parents of this rule and that they are reminded prior to the first game.
- Teach Fundamentals. Touches on the ball are still very important.
- Remember, this is 6<sup>th</sup> grade boys’ rec league basketball, not major college or professional basketball. Large gaps in game scores should be controlled as much as possible. Don’t embarrass another team...you could be in their shoes one game.
- Be supportive of your team, the opposing team, the referees, and have FUN!
- Coaches are encouraged to share their player substitution plans (player name and number) before the start of the game.

**Food and Drinks**

- Only water is allowed in the gym. Gatorade, sodas, etc. have been spilled which leads to a cleaning bill to Carmel Dads'. This includes **parents** bringing in coffee, sodas, etc.
- Clean up around bench area and spectator area at end of game and move your team away from the bench area immediately following the game to allow the next teams to get settled and warmed up. Post-game team meetings should occur away from the immediate bench area or in the hallway.
- Snacks are not allowed in the facilities. If snacks are brought, they must be distributed outside of the schools.

Charlie Moore, Commissioner, 6<sup>th</sup> Grade Boys Basketball