



## Boys 5/6 & 7/8 League Rules 2018-19

- 1) 5&6 games consist of SIX x **6 minute** periods: periods 1 – 3 are the 1<sup>st</sup> half; there is a 3 minute halftime; and periods 4 – 6 are the 2<sup>nd</sup> half. 7&8 is SIX x **7 minutes!**
- 2) All coaches MUST follow and use the SAME substitution grid. Substitutions occur ONLY BETWEEN PERIODS. This should take only about 30 seconds. Failure to follow substitution schedule results in forfeit. Coaches should provide a copy to the referees before each game.
- 3) The periods are running time, EXCEPT last 2 minutes of PERIOD #6 is STOP TIME.
- 4) 3-point shot is allowed.
- 5) A 28.5" basketball is used for 5/6. For the 7/8 division, a 29.5" ball is used.
- 6) Overtime - One 3-minute period, consisting of 2 minutes running time and 1 minute stop time. If game is still tied - SUDDEN DEATH (next point WINS!) Coach may play ANYONE he/she chooses during overtime.
- 7) A scorebook is kept by each team. Fouls are recorded (5 fouls and player has "Fouled out"). If a team receives 7 fouls in a half the other team will shoot 1 and 1; 10 fouls in a half – other team shoots 2 foul shots.
- 8) Any player receiving ONE technical foul must sit the bench for the remainder of the half. If a player receives TWO technical fouls – sits remainder of game.
- 9) **Man – to – Man defense only. Defensive players cannot hang out in the lane on defense for more than 3 seconds unless they are actively guarding their assignment or helping out to cover an offensive player who has beaten their defender and is heading toward the basket in the lane.**
- 10) There is NO full court press allowed except in the final 1 minute of period 6.
- 11) EXCEPTION: ANY TEAM LEADING BY **10** OR MORE POINTS CANNOT PRESS.
- 12) A 10 second rule for getting the ball over half-court applies the whole game.
- 13) Each team is allowed 2 Time-Outs per half. They do not carry over.
- 14) On a 1 shot shooting foul (for a made basket), player shoots the foul shot.
- 15) **On a 2 shot shooting foul, the player is awarded 1 point automatically AND shoots the 2<sup>nd</sup> foul shot. If a player is fouled on a 3 point shot, they are awarded 1 point automatically, and shoot 2 foul shots. EXCEPTION: During stop time in the last 2 minutes of period 6 or the last minute of overtime, players shoot ALL foul shots.**
- 16) Over and back and offensive 3 second violations are enforced

