

MYS 3rd-6th Recreational Basketball Rules

Equipment and Game Specifications

Ball Size

- 3rd/4th – Size 5, 27.5"
- 5th/6th – **Size 6, 28.5"**

Basket Height

- 3rd/4th – 9'
- 5th/6th – **10'**

Scoring

- 3rd/4th – 1 point for free-throws, 2 points for ALL field goals
- 5th/6th – **1 point for free-throws, field goals = 2 and 3 points**

Free Throw line distance

- 3rd/4th – 14' (move forward 1' if no line exists)
- 5th/6th – **15' (Standard line)**

Game Length

- All divisions will have (4) 8-minute (running clock) quarters w/ 1 minute between quarters and a 5-minute halftime. Clock will stop on whistles in final 2 minutes of each half.
- Overtime will be (1) 4-minute period (Running clock.)
- Each team will have (2) 60 second timeouts per half and (1) 60 second timeout in OT. Timeouts do not carryover.

Game Tactics

Game Play

- All divisions will have equal playing time for players.
- Jump ball to start the game and any overtime periods. Subsequent periods: team will receive the ball based on the possession arrow. Ball will be in-bounded in the backcourt to begin periods.
- Backcourt timeline: 10 seconds
- Shot Clock: N/A
- No 5 second violations for offense dribblers
- Clock only stops during timeouts and in last 2 minutes of each half.
- Free-Throws: 10 seconds to shoot. Players can enter key/paint on the release. Any player not in lane for free-throws must be beyond the top of the key and cannot cross the 3-point line until the release.

- Substitutions: Must be done on dead balls.
- Players are allowed 6 fouls before being removed from the game.
- 1 and 1 free throws will be shots once 7 teams fouls have been reached for the half.
- Team(s) will shoot 2 free throws once 10 team fouls have been reached for the half.

Defense

- Backcourt defense is not allowed in the 3rd/4th grade levels.
- **Backcourt defense is allowed in 5th/6th when leading by less than 20 points.**
- All divisions will play player to player defense only. No zone defense allowed.
- Double teaming/crowding is only permitted in the key/paint.
- Help Defense is allowed within the 3-point line only. **Double teaming is allowed in the key/paint only.**
- Stealing while dribbling: (3rd/4th Grade) Only within 3-point line. No stealing outside of 3-point line. Teams can steal passes outside of the 3-point line.
- **Stealing while dribbling: (5th/6th Grade) Allowed**

Definitions

Player-to-Player Defense:

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

Backcourt/Pressing Defense

- Defensive guarding, either on or off the ball, within the backcourt.

Double Team/Crowding

- Two or more defensive players guarding a single offensive player.

Helping Defense

- Help defense, also known as help side defense, is a basketball defensive tactic, primarily used within man-to-man defense, in which off-ball defenders will support the on-ball defender to ultimately limit or prevent potential scoring opportunities of the offensive team. Helping defender must stay within 6' of the offensive player they are guarding.

Paint/Key

The key is an area on the basketball court where the majority of action takes place during a basketball game, which includes the free throw lane and free throw circle. This area is usually painted a different color than the rest of the court, therefore it can also be referred to as "the paint".