

Youth Basketball
Official Rules - Grades 5-6
2025-2026

Start of Game:

- ⇒ Coaches and players should be on site 10 minutes prior to the scheduled start time.
- ⇒ Each team will be allowed a 5-8 minute warm-up time before tip-off.
- ⇒ Games will start when each team has at least (5) players present. Officials will call a forfeit at tip-off if a team doesn't have enough players. Teams will then be created with the players who are present from both teams, and a scrimmage will be played.

Length of Game:

- ⇒ The game will consist of (2) halves. 1st half, (15) minutes running time. 2nd half, (15) minutes stopped time.
- ⇒ Halftime - 5 Minutes
- ⇒ If at the end of regulation the game is tied a (3) minute overtime will be played. The (3) minute overtimes will continue until there is a winner.

Clock Stoppage:

- ⇒ 1st Half: Clock will stop during timeouts, shooting fouls, injuries, and substitutions ONLY.
- ⇒ 2nd Half: Clock will stop anytime that the whistle is blown (all timeouts, out of bounds, fouls, injuries or any undue delay the officials deem necessary, etc).

Timeouts:

- ⇒ Each team is given (6) timeouts per game (4) 30 second timeouts, and (2) 60 second timeouts. There will be no additional timeouts given in overtime. Timeouts CAN be carried over. (Use them wisely)

Substitutions:

- ⇒ Unlimited: **MUST** check in at scorer's table.
- ⇒ All players must play a minimum of 12 minutes; this doesn't have to be consecutive, but the equivalent in the course of the game.
- ⇒ Rotation sheets are recommended.
- ⇒ Substitutes may only enter the game when the ball is dead and the clock is stopped. Entering the game at any other time when not beckoned by the officials constitutes a technical foul.

Free Throws:

- ⇒ All players must begin their shot from behind the free throw line, but may go over the line on their attempt, providing they are not trying to gain an advantage on a potential rebound.
- ⇒ Players will be allowed (10) seconds to shoot a free throw. If a player exceeds the (10) seconds it will result in a violation and loss of that free throw attempt.
- ⇒ Players around the paint cannot enter the lane until the ball is released from the hand of the shooter. Shooter and players outside the 3-point line may enter after the ball hits the rim. Shooter may jump over the foul line when releasing the ball but cannot advance to the rebound until the ball hits the rim.
- ⇒ Free throws will be awarded for all shooting fouls. Free throws may also be awarded for non-shooting fouls if a team is “over the limit”. If a team reaches their 7th team foul the opposing team will shoot a “1 & 1”. Once a team reaches their 10th team foul, (2) shots will be awarded to the player who was fouled.

Three Second Violation:

- ⇒ An offensive player is allowed (3) seconds in the lane before he/she must reset or his/her team loses possession of the ball.

Five Second Violation (Closely-Guarded & Throw-In):

- ⇒ Closely Guarded Violation: When the offensive player with the ball does not pass, shoot, dribble, or make a basketball move while being closely guarded by a defender. This results into a violation and turnover.
- ⇒ Throw-In Violation: A team has a total of five seconds to release the ball towards the court/throw it in on an out-of-bounds play. The count starts when the basketball is at the disposal of the team/player on offense.

Ten Second Violation:

- ⇒ The team with possession has 10 seconds to advance the ball over the half court line. The 10-second backcourt count begins when a player on the floor legally touches the ball.

Back Court Violation:

- ⇒ Back Court Violation: A team loses possession if the ball goes back over the half court line without it first touching an opposing player.

Personal/Technical Fouls:

- ⇒ Maximum of 5 fouls per player. (Players will foul out if they receive a 5th foul) Use this as a learning tool. Players should be learning how to play with some discipline
- ⇒ A technical foul will result in (2) foul shots for the opposing team, that team will also retain possession. A player technical foul also counts as a personal and team foul. All technical fouls will be reviewed by the league.

- ⇒ If a player or coach receives two technical fouls in one game they will be ejected. If a coach receives more than two technical fouls in a season they will be banned from the

Defense:

- ⇒ Man-to-man defense only. Switching is allowed. Players are allowed to steal the ball off the dribble. NO ZONE DEFENSE.
- ⇒ Double-teaming is not permitted outside of the **three point line**. A player must make every effort to stay with their opposing player or move off from a double team. Officials will warn players of double teaming, giving them reasonable time to cover player to player. If the player(s) fail to release from a double team it will result in a violation and the offensive team will receive the ball out of bounds closest to where the violation occurred. If an offensive player puts themselves in a vulnerable position and plays into a double team no infraction will have occurred and play will continue.
- ⇒ Full court pressing is not permitted until the final (4) minutes of the game (second half). Otherwise players must pick up their man at half court. Teams cannot press if they are leading by 10 or more points.

Miscellaneous:

- ⇒ Basket height: 10 feet
- ⇒ Basketball size: 28.5
- ⇒ Foul line: 15 feet
- ⇒ 3 point shooting field goals are permitted.
- ⇒ Double dribbling and traveling will be left to the discretion of the official.
- ⇒ All players must wear their team uniform during game play. No alterations to team uniforms is permitted (i.e. removing sleeves).
- ⇒ No jewelry (necklaces, earrings, rings, etc.) can be worn during competition.
- ⇒ Street shoes are not allowed on the court playing surface.
- ⇒ Officials will be adults and/or college/high school students.
- ⇒ **ZERO TOLERANCE:** Referees, league officials, and building supervisors have the right to eject any and all individuals/fans who exhibit unsportsmanlike behavior. All ejections will be reviewed by the league.
- ⇒ In the event of a snowstorm coaches/parents will be contacted via email on the status of games scheduled for that day. If games are postponed every attempt will be made to reschedule them. Brunswick Parks & Recreation will post all cancellations on our Facebook page and Town Website.