

LOWER CAPE RECREATIONAL BASKETBALL LEAGUE
GRADES 5th & 6th

*****VERY IMPORTANT*** Before each game, Referee's and both Team Coaches
MUST go over ALL Game Rules so everyone is on the same page!!!!**

JEWELRY: No jewelry may be worn. Taping earrings is not acceptable.

GAME LENGTH: 2/ 20 minute halves running- stop time last for 1 minute of each half and for shooting fouls

OVER TIME: None

3 POINTERS: If home gym has 3 pt line, 3 pt baskets are allowed.

JUMP BALLS: Only at the start of the game then alternate possession

BALL SIZE: 28.5

BASKET HEIGHT/COURT SIZE: WILL VARY TOWN TO TOWN

BASKET HEIGHT: 10 ft high

COURT SIZE: Full Court elementary size

LANE VIOLATIONS: 3 second

NUMBER OF PLAYERS: Each team will play with (5) players, unless special circumstances. Both coaches must agree to play with less than (5) players.

DEFENSIVE RULES: double team inside the 3pt line only for grades 5-6 (as long as the offense is inside the 3pt area).

MAN TO MAN OR ZONE DEFENSE, Half- Court Defense

Must allow offensive player to get both feet and the ball over the half court line or ball goes back to offensive team.

PRESSING: The last 2 minutes of each half, teams may press and trap (Double Team). Man to Man OR Zone Pressing is allowed. NO pressing if your team is up by 10 pts.

FOULS: 5 per player

FOUL SHOTS: shooting fouls, technical; after 7 fouls in a half 1 and 1 2 shots after 10 team fouls in half

FOUL LINE: 1 step in for girls (if needed); Regular foul line for boys

INBOUND PASS: 5 seconds

TIME OUTS: 2 per half; cannot carry over unused time outs into next half; subs will not be charged a time-out

BACKCOURT: half-court line - (Both Boys & Girls have 10 seconds to get over half court)

SUBSTITUTIONS: on a stopped play for grades 5-6

PARTICIPATION: Coaches are held responsible to give all players approximately the same amount of playing time, determined by your number of players. No players should be favored for playing, or sitting, the entire or majority of the game.

OFFICIAL SCORE: home team score book; check at each half

Game Cancellation: At or prior to 3:00pm, the home teams Recreation Director, or designee, will contact the opposing teams Director to notify them of the cancellation.

*****PLEASE DO NOT ARRIVE AT GYM MORE THAN 5 MINUTES PRIOR TO THE
GAME START ***NO FOOD, DRINKS or PERSONAL BASKETBALLS*****

*****NO UNSUPERVISED CHILDREN/ PETS*** PLEASE REMOVE TRASH*****

****GOOD SPORTSMANSHIP *** DON'T CRITIZE THE OFFICIALS*****

*****NO COMPLAINING*** RESPECT ALL PLAYERS, COACHES AND OFFICIALS***
HAVE FUN & PLAY HARD!**