

LAKE YOUTH GIRLS BASKETBALL RULES for the 5th/6th Grades

BASIC OVERVIEW:

1. Games will consist of five periods, each 6 minutes long. Time will not be stopped during periods 1,2,3, or 4, unless an official time out has been called. In those periods, play will stop briefly at the 3-minute mark to allow for substitutions (no team pep talk, just substitutions and match ups). During the 5th period, the clock will start and stop as in normal high school games (free throws, out of bounds, etc). Also, during 5th period, substitutions are as in a normal high school game.
2. Lane violations will occur after 5 seconds, not 3. High school rules concerning backcourt apply (10 second rule, over and back, etc.).
3. Pre-game coin flip will determine first possession, and then each period will begin by possession arrow. As soon as play begins, arrow is to be flipped.
4. Person to person defense is the only defense allowed. No ZONE defenses. (See DEFENSE for more details.)
5. Playing time shall be as equal as possible: NEVER should one girl play all five periods and a team mate only play 3...each should play 4. Remember why we are here...for all to learn.

The following chart may help new coaches determine playing time:

Players Available	Minimum Periods Per Player	How Many Play Four Periods	How Many Play Five Periods
9-12	2	0	0
8	3	1	0
7	3	4	0
6	4	5	1

6. Each team is allowed 3 total time-outs for the whole game. **ONLY 1 can be used in the 5th period.** Time-outs will be 30 seconds in length. (If a coach needs to call a time-out to clarify a rule to a referee and the coach is correct, no time-out is assessed. Both coaches should help clarify the rule.)
7. There will be a 1minute break between periods 1&2 and 3&4. Between periods 2&3 and 4&5 there will be a 2minute half time break. Half time is between 2&3 and at this time; teams will switch ends of the court.
8. Before play of each period, and at each 3-minute substitution break, the five players from each team will stand facing each other, so the coaches will assign defensive match-ups.
9. Substitutions are used to get more playing time for each girl, not to make a mismatch and take advantage of it. That is why in periods 1-4, unless there is an injury or other necessity, there will only be substitutions at the start of a period or at the 3-minute mark. At those times, a very short match up time is provided. In the 5th period, substitutions are handled just as in high school games. At all times, substitutes need to report to the scorer's table prior to entering the game. In case of an injury, the sub does not need to "count" the time in while substituting for the injured player as part of her total periods played. But, return the injured girl to the game as soon as possible.
10. Personal fouls are kept at the scorer's table. Five fouls will eliminate the player from the rest of the game. Any coach that is "thrown out" of a game is done for the season and the assistant coach will assume the team.
11. Starting with the 10th team foul in the game, the opposing team will shoot 1+1 free throws.
12. The free throw line will be approximately 2 1/2 feet in front of the free throw line. All line violations rules apply. (Shooter cannot go over the line; rebounders cannot go into the key until the ball hits the rim, etc.)
13. All technical fouls are 2 shot fouls and possession of the ball.

DEFENSIVE RULES:

1. Person-to-person defense will be in play the entire game. However, girls are allowed to help out when an offensive player has beaten her defense and is driving to the hoop. Switching when picked is encouraged. **Only in the KEY** is double-teaming and trapping allowed. Outside the key this results in an illegal defense call.
2. During periods 1-2, all defenses must stay within the 3-point circle. This enables the offense to dribble down the court with some success and attempt to run offensive plays. A loose ball beyond the 3-point line is a free ball and both teams may go after it. Due to this rule. **ALL FIELD GOALS** in periods 1 & 2 are only **TWO** points. Obvious attempts to steal the ball via dribble or pass outside the 3-point line will result in an illegal defense call.
3. In periods 3, 4, & 5, the defense may start at the half court line. A three-point goal will count for 3 points in these periods, because the defense is extended to the half court. **No FULL COURT defense is allowed during the First Half of the season.** Once a defensive rebounder has possession of the ball, the opposing team should retreat down to their defensive end of the floor. Many, many times girls forget this. Coaches should yell 'get back', 'no backcourt' to remind the players of this rule. Referees will generally not call it unless it is persistent and/or causes a turnover. If this happens an illegal defense is called.
4. Introduction of FULL COURT to 5th/6th grade girls' games. After 4 weeks of game play, FULL COURT defense will be permitted in the 5th period only. If a team is winning by 10 or more points, they may NOT use a FULL COURT press. Penalty: 1 shot technical foul and the ball.
5. ILLEGAL Defense - each team gets **2 illegal defense** warnings per game. The third illegal defense call, and each successive one thereafter, is a technical foul (2 shots and the ball).

OFFENSIVE RULES:

Offenses are to be set around motion, picks, screens, and passes. Fast breaks are fine, but coaches should encourage teamwork and execution when offenses are set up. Teaching a Michael Jordan "clear out" play has **NO** place in this instructional league. Coaches, encourage your players to use their OWN heads to set picks and you are doing your job. Get a girl to "roll" after a pick and pass her the ball and you can pat yourself on the back. **Teach them the game**, not to win at all cost.

GENERAL RULES:

1. Games will start no later than 10 minutes past the hour. **GAMES WILL NOT BE ALLOWED TO CONTINUE PAST THE TOP OF THE HOUR. NO MATTER HOW MUCH TIME IS LEFT ON THE CLOCK.**
2. Each team must start the game with 5 players. Less than 5 is a forfeit. You may end the game with 4 players. (1 or 2 foul out)
3. Each team is responsible to provide one adult to help out at the scorer's table each game. Plan this ahead of time.
4. If a player misses practices without being excused, a coach may penalize that player by 'sitting her out' more time than usual. This fact must be brought to the attention of the opposing coach. If the player is 'sitting out' the entire game; she should not be sitting on the bench.
5. Any intentional foul will result in a technical foul.
6. In case of a tie, each team shall select **ANY** (not fouled out) **5 PLAYERS** to represent the team at the free throw 'shoot out'. The team with the possession arrow has the option of shooting first or not. Each player shoots one free throw (alternating teams), and the team who has the most, wins the game. If after 1 'Shoot Out' round the score is still a tie, the game ends in a tie.