

## 5th & 6th Grade In-house Basketball

### PLAYER SUBSTITUTION:

1<sup>st</sup> period - Coach will start 5 players. These players will play the entire period.

2<sup>nd</sup> period - The second five will play. If a coach does not have 10 players he will choose one or more of the first five for the second period.

3<sup>rd</sup> period - Coach must go back to the players who played in the first period.

4<sup>th</sup> period - Coach will play the 2<sup>nd</sup> period players. If a coach does not have 10 players he must select different players than the one or ones who played in the second quarter.

Minimum playing requirement will be 2 periods, maximum 3 periods per player. Exception would be not enough players in attendance. **Players not in the game are required to sit on the bench (folding chairs).**

**Home team**, listed second on the schedule, will **wear red** and be responsible for keeping the time and score. Coaches will be responsible for keeping fouls for their own players. Players with five fouls will foul out.

Folding chairs are available for games, after the last game, parents and coaches must return the chairs to the racks provided and put the scoreboard away. So in general please pick up the gym area. Reminder no food is allowed in the gyms and only covered beverage containers.

A regulation Women's size ball will be used.

### RULES

Standard High School Rules will be used with the following exceptions:

- 1 **Game Length: Four 12 minute running time quarters.**
  - a. Clock also stops for Free Throws or Time outs only
- 2 **Stop time the last two minutes of the 4<sup>th</sup> quarter.**
  - a. No stop time if one team is leading by more than 15 points.
- 3 **Only two-shot fouls will be shot.**
- 4 Time Outs: One (1) per half/per team. No carry over. One additional time-out during overtime.
- 5 **Overtime = one two-minute, stop-time period, then Sudden Death - 1st point wins**
- 6 Defense: Teams will play man-to-man defense, help defense is permitted.
- 7 **Pressing:**

No full court press during the first half of the game.

  - a. In the second half, man-to-man press is allowed until a team has a ten-(10) point lead. Once a team has a 10 point lead, the players must not press.

### SPORTSMANSHIP

Parents and Coaches are expected to show good sportsmanship at all times. Good sportsmanship means mutual respect for each other, the opposing team and the officials. Players showing aggressive behavior either verbal or physical will be removed from the game or practice immediately. A second offense of the same nature would result in removal from that game/practice plus removal from the team for one week. A third offense would warrant a meeting with the parent(s) and coaches involved.