

**Oxford Parks and Recreation  
Youth Basketball 2020  
5<sup>th</sup>/6<sup>th</sup> Grade Rules & Regulations**



**A. Facilities/Equipment**

- a. Playing Court
  - i. The size of the playing court may vary depending on the facility.
- b. Basket
  - i. The basket will be ten (10) feet high.
- c. Foul Line
  - i. The foul line will measure 15 feet from the backboard.
- d. Basketball
  - i. Intermediate / Women's size (28.5" circumference)
- e. Uniform
  - i. Each player on a designated team shall have a shirt of the same color with an identification numeral on the front and back (provided by OPRD).

**B. Participation Rules**

- a. Each player **MUST** play a minimum of two (2) **FULL** quarters (16 minutes) of each game.
- b. Substitutes will be called for at the beginning and halfway point of each quarter. *You may substitute during your time out in any overtime period.* The clock will stop for 30 seconds to allow substitutes to enter the game. ***THIS IS NOT A TIME OUT. No other substitutions may occur during the quarter,*** except for player injury, disqualification, or ejection. *Coaches don't have to substitute at this time – as long as every player is playing two full quarters.*

**C. Timing/Overtime**

- a. The game will consist of four (4) quarters with an eight (8) minute running time. The clock will stop on all dead balls during the last one minute (1:00) of the first half, last two minutes (2:00) of the 4<sup>th</sup> quarter and the last two minutes (2:00) of any overtime period.
- b. Intermissions of one (1) minute each will take place after the first and third quarters. An intermission of two (2) minutes will take place at halftime.
- c. If the score is tied at the end of thirty-two (32) minutes, the game will move into a four (4) minute overtime period. An intermission of one (1) minute will take place between the fourth quarter and the overtime period.
- d. Each team has four (4) 60-second time outs **PER GAME**. Each team is entitled to one (1) additional 60-second time out during each overtime period (*You may substitute during your timeout in overtime*). Unused timeouts accumulate throughout regulation and overtime play.
- e. Officials can stop the clock at their own discretion (i.e. substitutions, time-outs, injuries).

**D. Play Regulations**

- a. Defense
  - i. half-court defense
    - 1. man-to-man only
      - a. zone will be permitted beginning with the 4<sup>th</sup> week of the season
    - 2. trapping and/or double-teaming is permitted
  - ii. full-court defense
    - 1. man-to-man only
      - a. trapping and/or double-teaming permitted beginning with the 4<sup>th</sup> week of the season
      - b. full court zone permitted beginning with the 4<sup>th</sup> week of the season

- b. Restrictions
  - i. Up by 10 or more points
    - 1. **NO** half-court traps or double-teams by the team who is leading, except when the ball enters the lane
    - 2. **NO** half-court zone defense by the team who is leading(4<sup>th</sup> week and beyond)
    - 3. **NO** full-court defense by the team who is leading
  - ii. Up by 9 or less points
    - 1. half-court traps and/or double teams permitted
    - 2. half-court zone defense permitted (4<sup>th</sup> week and beyond)
    - 3. full-court defense permitted
- c. Penalties for defensive infractions (not abiding by restrictions)
  - i. *First offense* - Play will stop and a verbal warning will be issued to the team and coach. A throw-in will be awarded to the offended team.
  - ii. *Second offense* (must be same infraction in same half) – Play will stop and the offended team will be awarded one free throw and throw-in. The coach may designate any **active** player to perform the free throw. The infraction count starts over in second half. The second half infraction count is carried over into overtime.
- d. Miscellaneous
  - i. A jump ball will be used to start the first quarter and any overtime period(s) **ONLY**. Alternate possession throw-ins will be used for all other held/jump ball situations.
  - ii. During play, a player/coach can call a time out when the ball is controlled by a player of his/her team. Any player or coach may call a time out during a dead ball or when there is no team control (i.e. after a made basket before the opposing team has the ball out of bounds).
  - iii. Players may **NOT** enter the free throw lane on a free throw until the ball has been released by the shooter. At 5<sup>th</sup>/6<sup>th</sup> grade, players are NOT permitted to cross the free throw line prior to the ball hitting the rim or backboard.
  - iv. *One-and-one* free throws will be taken on the 7<sup>th</sup> team foul (bonus) of each half. Two (2) free throws will be granted on the 10<sup>th</sup> team foul (double bonus) of each half. Team fouls from the second half are carried over into overtime.
  - v. Players have ten (10) seconds to complete a free throw attempt once the ball is given to them by the official.
  - vi. Offensive players are permitted in the free throw lane for three (3) seconds before being penalized with a lane violation.
  - vii. Offensive players have (5) seconds to inbound the ball.
  - viii. Offensive players have ten (10) seconds to bring the ball into the frontcourt.
  - ix. A player committing five (5) personal fouls in one game will be disqualified from the contest. *If no substitute is available, the opposing team will be granted two additional free throws and possession of the ball and the offending player may remain in the game.*
  - x. Two shots and possession of the ball will be awarded on all technical, flagrant, or intentional fouls.
  - xi. Officials and/or OPRD staff reserve the right to eject, without warning, any player/coach/spectator for unsportsmanlike conduct. This may include any flagrant or intentional foul involving contact above the shoulders of the opposing player.
  - xii. Ejected players and/or coaches will serve, *at the minimum*, a one game suspension, not to include the game in which he/she is currently playing/coaching. Two ejections in one season will result, *at the minimum*, in a three game suspension.
  - xiii. Players are **NOT** permitted to wear jewelry during warm-up or play. This includes but is not limited to, earrings, necklaces, bracelets and metal hair accessories.