



5th/6th Grade Rules

The purpose of the 5th & 6th grade league is to build the skills of the players and modify the rules to make the game more realistic. At no time should winning take priority over the OYBL emphasis of teamwork, sportsmanship and basketball skills. Games will be officiated by other coaches in the league.

Basket Height: 10 feet
feet

Lane Violations: 3 seconds

Free Throw Line: 15

Fouls: Five (5) fouls per player are allowed per game. Fouls will be counted and result in the player fouling-out after 5 fouls. Fouls recording sheets will be furnished by game coaches with player names and numbers filled in prior to the start of play.

Playing time:

- All players will play equal amounts of time unless injured or sick. Players will also be given the opportunity to play all positions. Substitutions should occur at the 5:00, 10:00, and 15:00 minute marks in the period or at the stoppage of play closest to those times. Equal playing time will be enforced!
- If seven or more players are present each player must sit out an appropriate and equal amount of time. If six players are present the opposing coach may choose which player sits out 10 minutes. This must be done before the game begins.

Defense:

- Person to person (man to man) defense only (see help defense rule).
- Defense can extend no further than half court. Full court defense (man to man – no traps/zone defense) will be allowed during the final two minutes of the game provided the score is within 10 points.
- **HELP DEFENSE:** Help defense is allowed only to stop an offensive players' progress to the basket within the 3 point arc. Once the players' progress has stopped, help defense is no longer permitted. (Inside the 3 point line, a defensive player should stay within 1 1/2 steps of the person they are guarding. The closer to the basket the offensive player is, the closer the defensive player should be - no zone defense. If the offensive player is outside the 3 point line, the defensive player can stay at the 3 point line). **The spirit of this rule is to teach help defense but prevent defensive players from sagging into the lane or playing zone.**
- Stealing the ball is permitted.

- Continued violations of the defensive rules will result in a technical foul called on the defensive team after the third violation. The technical foul will result in possession of the ball being given back to the offense and a player designated by the offense will shoot two technical free throws

Time outs: Two 45 second time outs are allowed per team per half. The buzzer will sound at 45 seconds.

Scoreboard/Time: A running score will be kept. No point totals should be recorded for individual players. If a game reaches a 20 point spread in the score, the scoreboard may be shut off for the remainder of the game. 3 point shots will be allowed during the last two minutes of the game. Games will consist of two 20 minute halves with a 4 minute running halftime. Player should be lined up at mid-court by time the halftime buzzer sounds. **In order to provide players with a competitive game experience the clock will stop for all out-of-bounds play, timeouts and free throws during the final 2 minutes of play.** Teams should be off the court 10 minutes prior to the hour in order to allow the next two teams to warm up.

Practice: Teams are limited to one practice per week for a maximum of 60 minutes of court time. Teams are encouraged to show up 15 minutes early and warm up/stretch and talk with coach in the hall outside (no balls in hall please) prior to the start of practice. Violation of this policy may result in your team losing your practice time.

Participation: A player is not allowed to participate on more than one team.

Standards of Conduct:

- All players must be registered and have their fees paid before they will be allowed to participate in the OYBL.
- All adults and players are expected to display good sportsmanship at all times. Standards of Conduct will be enforced by the game officials.
- Teams designated, as the “HOME” team will provide a Hall Monitor who will be posted during the games at the entry door to the gym. The purpose of the Hall Monitor is to ensure kids are not allowed to run the hallways during the games and to ensure that food or beverages are not brought into the gyms.
- Coaches may stand and give instructions, but must remain in front of their bench and may not leave that area unless time has been called or there is a change in periods. A violation of this may result in a technical foul.
- Any coach who violates the rules of the OYBL or conducts himself/herself in an unsportsmanlike like manner will be subject to dismissal by a majority vote of the Oregon Youth Basketball League Board of Directors.

Game Schedule: All games will be played at the time, date and location designated by the league Board of Directors. Games will not be cancelled or rescheduled at the discretion of the coaches.

Wisconsin High School rules will be followed other than those exceptions stated within.

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