

Kuna Youth Basketball 5th & 6th Grade Rules

1. The length of the quarter shall be 7 minutes, with a 3 minute half time.
2. The basketball will be 28.5" and baskets will be 10ft high.
3. 3-point shots will be allowed.
4. Two one-minute timeouts per half with no carryover.
5. One thirty-second timeout per half.
 - a. This is to be used as a substitution timeout to help manage player time.
 - b. No sideline huddle and coaching allowed during the thirty-second timeout.
6. Overtime is 3 minutes and will start with a jump ball.
 - a. Winner, or tie, will be decided at the end of the 3 minute OT.
 - b. If the game is still tied at the end of OT, the game ends in a tie. There will be one OT period during regular season.
 - c. During tournament play, OT periods will continue until a winner is determined.
 - d. There are no timeouts during OT play.
 - e. Players who have fouled out are not allowed to reenter during OT.
7. Personal Fouls
 - a. A player is allowed 5 fouls per game. After 5 fouls, the player must go to the bench and cannot enter play on the court.
 - b. 7 team fouls, results in a 1 - 1 free throw for the opposing team.
 - c. 10 team fouls results in 2 free throw shots for the opposing team.
8. Technical Fouls
 - a. Technical fouls can be issued to players for unsportsmanlike conduct or flagrant fouls.
 - i. Technical fouls will count toward a player's 5 personal fouls.
 - ii. A player receiving a technical foul must exit play, but may return to play during the next dead ball. However, if the offense is great enough, the referee, at his/her discretion, may choose to not allow a player being charged a technical foul to return to play during that game.
 - iii. If a player receives 2 technical fouls, that player cannot return to play during the entire game.
 - b. If the referee considers a parent, coach, or fan verbally abusive, unsportsmanlike, or disruptive the referee will warn that person. If the behavior continues, a technical foul will be charged to the team that the parent, coach, or fan belongs to and they must leave the premises. Failure to do so will result in the team forfeiting the game.
 - c. Standard free throw shooting and possession rules apply to technical fouls.
9. 3-second lane violation is in affect.
10. Only 2 coaches and team players are allowed on the bench.

11. All players must be allowed to play a minimum of two quarters per game.
 - a. Players must check in at the scorer's table before entering the court.
 - b. The players must tell the scorer's desk their number and the number of the player they are substituting for.
 - c. The minimum playing time rule applies to all players who have attended practice and are not under disciplinary action.
 - i. If a coach is planning to play a player less than two quarters, the coach must advise the scorer's desk and the officials prior to the start of the game so the reason can be documented in the official scorer's book.
12. Running clock until the last 30 seconds of the first 3 quarters & the last 2 minutes of the 4th quarter. During OT periods, there will be a running clock until the last 1 minute of the OT period.
13. Full court press and half-court trap are allowed after game three, and until your team is ahead by 20 points.
14. The offensive team has 10 seconds to bring the ball across half court. Once the ball is across half court, the offensive team has 5 seconds to make an offensive move with the ball anytime the ball handler is being guarded by a defender.
15. Man to Man defense only for the first three games. Help and trap defense is allowed within the key (free-throw lane) within the first three games during man to man defense. After the first three games a 2-3 zone defense is allowed.
 - a. A 2-3 zone has two players at the top of the key and 3 players at the bottom, across the baseline.
 - b. The zone formation is limited to 2-3 simply because there is not enough time to teach different offenses to defeat multiple zone formations.
 - c. The idea with the zone is to introduce some zone principles before the players enter Junior High, but zone defense is not required.

Thanks for volunteering to help coach basketball and for teaching our youth sportsmanship and the basics of the game.

Please help take care of the gyms and use them accordingly so this program may continue.