

Medfield Youth Basketball
Grade 5/6 Girls Rules and Regulations

The format:

- Five v Five. Games are played at Blake Middle School.
- Rim height is regulation 10 feet and the players play with a 28.5 size ball.
- Games will be officiated by High School referees.
- Each game slot is allotted 1 hour and 10 minutes and all teams will have 5 minutes to warm up. Games will start promptly and finish on schedule.

- Games will consist of two 25 minute halves with the clock stopping in the last two minutes of the game on a whistle.
 - For the first 23 minutes, the clock will run continuously with the exception of a time-out.
- Referees will be responsible for shortening the second half of games if needed to stay on schedule (for example from 25 minutes to 20 minutes to keep the end time on schedule)
- There will be no zone defense or full court pressing allowed. Players will be encouraged by both the referee and coaches to guard their player and to not allow double-teaming. It is ok for a player to help out if the offensive player is going to the basket...but the overriding concept should be that each defensive player stays with their player and picks up at half court.
 - The only exception will be the last two minutes of the game when a team can pick up their player full court (player-to-player defense only, no zone traps).
- Players will shoot foul shots (2 shots) when fouled in the act of shooting. On a non-shooting foul, the ball will be put in play nearest to where the foul occurred.
 - The only exception to will be the last two minutes of the game or of overtime where a non-shooting foul will be a one and one.
- When substitutes go into the game, the coach should instruct them to (1) go to the scorer's table, (2) wait for the referee to wave the player in at a dead ball, (3) understand who they are going in for, and (4) who that person is guarding.
- Each team will be granted two (2) 30-second timeouts per half with no carryover if not used in the first half.
- One 3-minute overtime is permitted. Full court player-to-player is allowed the last two minutes. One timeout is granted. Running clock for the first minute of overtime (excluding timeouts).

Other

- Coaches must locate a volunteer parent to run the clock/scoreboard prior to the game. Kids can help out but there must be parent supervision.
- Do not allow a team to blow out the opposing team. A.K.A. Mercy Rule.
- Be respectful and end your sessions on time. Also, clean your area of all trash.
- Referees will be encouraged to call all violations and rules of the game.
- ALL PLAYERS MUST PLAY APPROXIMATELY THE SAME AMOUNT OF TIME DURING A GAME. All players must be involved in the offense.

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