

Souhegan Valley Basketball

5th/6th Grade Rules

1. Games will utilize 10' hoops, play 5-on-5, and play with a 28.5" ball for both boys and girls.
2. Regulation games will consist of 2 halves of 20 minutes, running time, with a 3-minute halftime. The clock will stop for the following:
 - Time-outs
 - Injuries
 - Foul Shots
 - On all stoppages of play (whistles) within the last 2 minutes of each half
 - Within the last minute of regulation when a basket is made by the team that is still trailing in points so that the team ahead is setup to inbound from/to their frontcourt
3. Within the last minute of regulation play, after a made basket by the team trailing in score, the clock is stopped until the ball is inbounded and advanced past halfcourt into the offensive frontcourt, where the clock is then restarted. Similarly, when the team ahead in score has an inbound after a stoppage of play, the clock is not started until the ball is advanced past halfcourt into the offensive frontcourt. This rule is to prevent 10-second run-offs by the team ahead during the last seconds of a game.
4. If there is a tie at the end of regulation time, a 3-minute (running time) overtime period will be played. If the score is still tied, the game shall be considered a tie.
5. Teams will have 4 short (30-second) timeouts per game.
6. There will be a jump ball to start the game, alternating possession subsequently.
7. No player shall play more than 15 minutes per half (if number of available players allows).
8. There will be NO full-court defense played at 5th/6th grade Rec level. The first two offenses will result in warnings issued by the officials. After the two warnings, each subsequent offense will result in one foul shot and the ball (coach may choose shooter from players on the court).
9. Teams must play man-to-man defense (no zone defense or double-teaming).
10. Shots behind the 3-point line (where available) will count as 3 points.
11. On foul shots, players will start behind the 15' foul line, but can go over the foul line when shooting.
12. Normal basketball rules shall be in effect which includes the following (this is not an inclusive list):
 - 10-second backcourt violation
 - 5-second possession violation
 - 3-second lane violation
 - Limit of 5 fouls per player

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*Shooting fouls, floor fouls, offensive fouls, and technical fouls will be called

*Team Fouls: one-and-one foul shot upon the 7th team foul and 2 foul shots upon the 10th team foul

13. Good sportsmanship should be demonstrated at all times. Coaches should set the example for their team and the teams spectators, i.e.:
 - The Head Coach is responsible for the behavior and respectfulness of their players, coaching staff, and spectators toward the opponent, officials, and facilities.
 - Respect the rules of each gym.
 - Winning is not the most important thing; case in point is that regular season wins and losses do not factor into Jamboree seedings.
 - With a 15+ point lead in the second half, no halfcourt press defense.
 - Use thoughtful ball distribution and/or ball-handling responsibilities to encourage touches and opportunities for all players.
14. Players are not to be double rostered, but Town Coordinator may manage a limited, like-for-like player loan across teams, only if necessary to avoid forfeit on a case-by-case basis.
15. Home team to supply the referees.
16. Home team to provide a clock/scoreboard operator and hardcopies of rules available at scorer's table.
17. Home team responsible for keeping the official book. Away team encouraged to provide a bookkeeper, to keep track of score and fouls at a minimum.