

## 4<sup>th</sup> - 5<sup>th</sup> – 6<sup>th</sup> Grades Hoops Rules

### Skills Emphasize:

- Dribbling (right-handed; left-handed; cross-over)
- Ball Handling
- Pivoting
- Set Shot & Lay-Up
- Defensive Position
- Zone and Man-to-Man Defense
- Rebounding
- Proper Passing
- Teamwork
- Good Sportsmanship (example: cheer for your team; not against the other team, accepting on-court calls)

<b>Hoop Height</b>	<ul style="list-style-type: none"> <li>• 10 feet</li> </ul>
<b>Ball Size</b>	<ul style="list-style-type: none"> <li>• Womens</li> </ul>
<b>Court Size</b>	<ul style="list-style-type: none"> <li>• Full court</li> </ul>
<b>Length of Game</b>	<ul style="list-style-type: none"> <li>• (4) – 10 minute periods with running clock.</li> <li>• 5 minute halftime.</li> <li>• 2 minutes between periods.</li> <li>• Basket assignment changes at the half.</li> <li>• <b>NOTE:</b> During the last 1 minute of the game, the clock will be stopped for all fouls. All fouls will be treated as shooting files with 2 free throws being attempted by the player who was fouled.</li> </ul>
<b>Score</b>	<ul style="list-style-type: none"> <li>• Score is kept.</li> <li>• The score should never show one team winning by more than 15 points.</li> </ul>
<b>No. of Players on the Court</b>	<ul style="list-style-type: none"> <li>• 5 vs. 5</li> </ul>
<b>Referees</b>	<ul style="list-style-type: none"> <li>• Two volunteer referees will be provided. If there are no volunteers to referee a specific game, each coach should solicit and identify a volunteer for the game.</li> <li>• The coaches should coach from the bench and should not be on the court.</li> </ul>
<b>No. of Coaches on the Bench</b>	<ul style="list-style-type: none"> <li>• 1 – 2 coaches</li> <li>• Provide play guidance.</li> </ul>

	<ul style="list-style-type: none"> <li>• Keep order on the bench.</li> <li>• Monitor players' game time for equity.</li> <li>• Handle player substitutions.</li> </ul>
<b>Game Participation/Playing Time</b>	<ul style="list-style-type: none"> <li>• All children should have equal playing time.</li> <li>• Strong and weak players should be mixed.</li> <li>• Starting teams should be tracked and should be rotated.</li> <li>• Children should have an opportunity to play all positions.</li> <li>• All children should get a chance to bring the ball up the court for offense each game.</li> <li>• Passing and teamwork should be encouraged, and coaches should ensure that each child has passes thrown their way.</li> <li>• Coaches should correct any "ball hogging".</li> </ul>
<b>Start of Game</b>	<ul style="list-style-type: none"> <li>• Jump ball in center of court.</li> <li>• For other quarter starts, alternate possession of the ball.</li> </ul>
<b>Completion of Game (Last 1 Minute)</b>	<ul style="list-style-type: none"> <li>• During the last 1 minute of the game, the clock will be stopped for all fouls. All fouls will be treated as shooting fouls with 2 free throws being attempted by the player who was fouled.</li> </ul>
<b>Offense</b>	<ul style="list-style-type: none"> <li>• The team on offense will bring the ball down the court unchallenged until they reach half court. Pressing at half-court is permitted.</li> <li>• Perimeter passing and down low bounce passes should be encouraged.</li> <li>• "Fast breaks" are allowed after a rebound or stealing a dribble. Once a player gains control of the ball from a rebound or stealing a dribble, they must pass to another player before the team can shoot the ball.</li> <li>• "Fast breaks" are allowed on stolen passes.</li> <li>• On a fast break, the defensive team may steal the dribble (anywhere on the</li> </ul>

	court).
<b>Defense</b>	<ul style="list-style-type: none"> <li>• <b>Type</b> – Zone or man-to-man.</li> <li>• There will be no full court press. The defense can pick up the offensive players after half court or the top of the key. Half-court presses are permitted.</li> <li>• If there is a fast break, the defensive team can pick up the opponent anywhere on the floor.</li> <li>• Coaches and referees should ensure that there are no flagrant mismatches.</li> <li>• Over-the-top or around-the-body arms on defense should be discouraged.</li> <li>• <b>Stealing the Ball</b> – The defense can steal the ball during the dribble and pass after the ball crosses half court. In addition, the defense may steal the ball anywhere on the court during a fast break.</li> <li>• Once a defensive player gains control of the ball from a rebound or dribble, they must pass it out to another player before the team can shoot the ball.</li> </ul>
<b>Violations</b>	<ul style="list-style-type: none"> <li>• <b>Double-Dribbling, Traveling, and Fouls</b> – Play should be stopped for each violation, and the violation should be explained. Possession of the ball will be transferred.</li> <li>• <b>Foul Shots</b> – Foul shots will be taken for shooting fouls.</li> <li>• There is no tracking of individual fouls.</li> <li>• If a young person continues to commit flagrant fouls, the referee will instruct the player or have the coach remove the child from play. The coach will instruct the player on the rules concerning fouling.</li> <li>• Three second violations will be called.</li> </ul>
<b>Out-of-Bounds</b>	<ul style="list-style-type: none"> <li>• Possession will transfer from the team which last touched the ball or stepped out of bounds to the opposing team.</li> <li>• The team gaining possession will throw in the ball where the ball went out of bounds.</li> </ul>
<b>Jump Balls</b>	<ul style="list-style-type: none"> <li>• There will be no jump balls after the</li> </ul>

	<p>start of the game.</p> <ul style="list-style-type: none"><li>• Possession of the ball should alternate with each jump ball situation.</li></ul>
<b>Player Substitution</b>	<ul style="list-style-type: none"><li>• Players may be substituted during a stop in play. However, please note that the clock will not be stopped.</li></ul>
<b>End of Game</b>	<ul style="list-style-type: none"><li>• Players and coaches must line up after the game for a handshake.</li></ul>