Champlain Valley Recreation Association

5th/6th Grade Basketball League – Rules & Guidelines

- **It is required by the league that the host team provide at least one official if not two officials per game. Officials will not include coaches of either of the two teams playing that particular game.**
- **Host sites must provide a scoreboard and volunteer or staff person to man the scoreboard and keep track of fouls and jump balls.**
- **The official size basketball for this league will be a Regulation Women's 28.5" ball. All games will be played on a 10 ft hoop.**
- **All players must have a number on their jersey/uniform.**

The CVRA Basketball League will play by **Middle School Rules** with the exception/addition of the following rules and guidelines.

1. **START OF GAME:**
   A. Coaches and players should be on site 5-10 minutes prior to the scheduled start time.
   B. Each team will be allowed a 5-minute warm-up time beginning at the scheduled start time.
   C. Games will start 5 minutes after the scheduled time. Ex. If the game is scheduled for 9am, the tip-off will start at 9:05am.
   D. Games will start when each team has at least four (4) players present. Officials will call a forfeit at Tip-Off if a team doesnôt have enough players. Teams will then be created with the players who are present from both teams, and a scrimmage will be played.
2. **LENGTH OF GAME:**
   A. Playing time shall consist of four (4) quarters of six (6) minutes stop time.
   B. Depending on time, there will be a 3-5 minute rest period at half time.
   C. The Officials will have the authority to shorten the length of a quarter in order to stay within the 1 hour time block scheduled.
3. **STOPPAGE OF CLOCK:**
   A. Clock will stop anytime that the whistle is blown. (All time-outs, whistles, out of bounds, fouls, any undue delay the official deems necessary, etc.)
4. **TIMEOUTS:**
   A. Each team will be allowed two (2) time outs per half of one (1) minute in length.

5. **SUBSTITUTIONS**

   A. Subs must report to the scorerôs table and wait until they are called in by the officials.

6. **OVERTIME:**

   A. In the case of a tie there will be a 2 minute overtime if time allows.

7. **TIME PLAYED BY PLAYERS:**

   A. All players must play a minimum of one quarter and one half of a quarter; this doesnôt have to be consecutive, but the equivalent in the course of the game. All players must be provided equal playing time with others on their team, no player sits out twice until everyone on the team as sat out once. No player will play over three quarters of a game, unless it is impossible due to lack of players that day.

8. **FREE THROWS:**

   A. On a foul shot, if the playerôs momentum carries him/her across the free throw line, play will continue provided however, that the movement is not intentional and that the player is behind the line when the ball is released.

   B. Players will be allowed ten (10) seconds to shoot his or her free throw.

   C. No player, to include the shooter, can enter the lane until the ball hits the rim.

   D. Free Throws Awarded:
      - One and one on the seventh (7th) team foul in each half.
      - 2 shots on the tenth (10th) team foul in each half.
      - Two shots on any intentional foul.
      - One shot if player is fouled in the act of shooting and basket is good; two shots if basket doesnôt go.
      - One shot if a player is fouled in the act of shooting a 3 pointer and the basket is good; three shots if the basket doesnôt go.

9. **PERSONAL FOULS:**

   A. Our intentions in this league are not to foul out children.

   B. Personal fouls will be set at five (5) per game. Upon a player reaching this number they will sit out for the rest of the game.

   C. At any point in time the referees and or officials may sit out a child for un-sportsman like conduct.

10. **THREE SECOND/ BACK COURT VIOLATION:**

    A. Three Second Rule: An offensive player is allowed three (3) seconds in the lane before he/she must reset or his/her team looses possession of the ball.
    B. Back Court Violation: A team loses possession if the ball goes back over the center line without it first touching an opposing player.

11. **DEFENSE:**

    A. Player-to-player defense and zone defense will both be allowed in this league. Teams cannot play a trapping zoneé NO TRAPPING DEFENSES allowed. NO DOUBLE TEAMING.

    B. Double-teaming is not allowed, a player must make every effort to stay with their person or move off if a double team occurs. Officials will warn players of double teaming, giving them reasonable time to cover player to player. If not, double teaming will be called and ball will be awarded to the offensive team.

C. Switching players is allowed in the event that someoneôs player drives past them. This form of help defense is ok as long as players then go back to their original person and doesnôt end up double-teaming.

12. <u>FULL COURT PRESS:</u>

A. Full court press may only take place in the 4th quarter. The team that is ahead cannot press if the lead is over 10 points.

13. <u>JUMP BALL:</u>

A. A jump ball will take place only at the start of the game. Thereafter the possession rule shall apply. Scorekeeper will indicate the next possession.

14. <u>OFFICIALS</u>:

A. Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.

B. Officials are to be treated with respect from all coaches, parents, and players at all times. We all know that there will be differences in opinion at times; however, we canôt let these differences control the game or the league. We must all work together to insure a fun, safe and enjoyable league for all.

Our goal is to make the games an exciting and memorable event for the youngsters who are participating. We hope that you, as a coach, will get into the spirit and remember that our program is for every child and the only outcome that is important is a positive one, one where every child is happy, has fun and enjoys the game of basketball.

Please see Code of Conduct on back.

C.V.R.A. Basketball League

Code of Conduct for Spectators, Coaches, Players & Staff

- All officialsô decisions are FINAL. Spectators are not allowed to speak to officials. Coaches may talk to officials to get clarification of a call, but are prohibited from arguing calls.

- All cheering and instruction from the sideline must be positive.

- Coaches MUST adhere to ALL CVRA rules and regulations. This includes playing time and making every effort to make sure that all players get equal time in the games.

- Under NO circumstances are coaches allowed on the court unless called onto the court by an official (ie. injured player). NO SPECTATORS OR PARENTS ON THE COURT AT ANYTIME.

- Decisions made by Parks & Recreation Site Directors will be final. All concerns must be brought to directors and/or coordinators in a non-confrontational manner.

- All adults involved in the CVRA Basketball League will model good behavior at all times. Everyone will be positive role models for the players.

- Parks & Recreation staff will ask spectators, coaches, or players to leave the gymnasium if they are not abiding by this code of conduct.