

**CSA YOUTH BASKETBALL RULES & REGULATIONS**

**2010-11**

**5/6 YEAR OLD BASKETBALL PROGRAM**

A) ELIGIBLE CLASSIFICATION  
05 and 06 year old boys and girls

Born 2003 or 2004

B) GENERAL RULES:

Standard rules and regulations for all divisions. Official 2007-2008 National Federation High School Rules will apply except as noted here:

1) TEAM ROSTER:

A roster must be completed and submitted prior to the start of the season, along with a copy of league schedules.

2) WARMING UP PRIOR TO THE GAME

Keeping the game schedule is critical. Therefore a 5 minute warm-up is allowed prior to the game only if time permits.

3) REGULATION GAME:

a) Four EIGHT minute quarters ó RUNNING CLOCK.

b) One minute between quarters and five minutes between halves.

c) All ages will play (5 on 5).

d) 5 and 6 year olds use flip of coin - no jump ball.

e) Since biddy goals are used for the 5-6 age group we will allow players to occupy the lane spot closest to the shooter during free throws. This is an exception to the NFHS Rules.

4) NO SCORE IS KEPT

Score is not to be kept either on the scoreboard or in a scorebook.

5) COACHES OFFICIATE THE GAME

One coach from each team will act as the referee. Rules are to be loosely enforced. Fouls are not kept.

6) DUNKING PROHIBITED:

Dunking or Stuffing at a game, during intermission, during the game, or after a game is a technical foul.

7) FORFEITING:

Since scores are not kept, there are no forfeits.

8) GAME CANCELLATION OR CHANGE:

Due to tight scheduling, it is impossible to change a scheduled game. Games may be canceled only in the event of severe freezing weather, ice storm, or other serious reasons.

9) BENCH PERSONNEL:

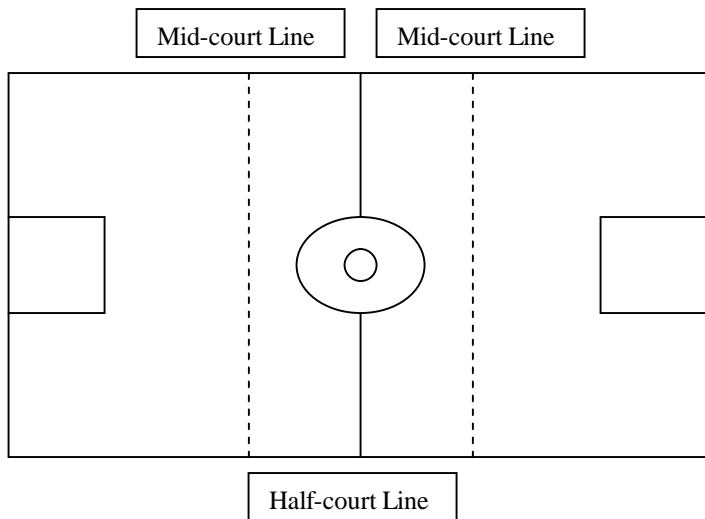
During play, except for players, a maximum of two adult coaches are allowed on the players' bench, no other adults or minors.

- 10) **COACHES:**  
Coaches are responsible for officiating the game and maintaining control. Additionally, coaches are supposed to conduct themselves in a sportsmanship like manner.
- 11) **GYM SUPERVISOR:**  
The gym supervisor is in charge of the gymnasium. The person in charge has the authority to ask anyone to leave the building. Failure to do so (subject to review by the Recreation Staff) will result in that person being barred from the program.
- 12) **PROTESTS:**  
No **protests** in Youth Basketball. If a coach feels there is an incorrect interpretation of the rules, it must be put in writing and given to the Coordinator so that proper interpretation can be made. The name of the official should be given on the written complaint so that he can be informed of the correct interpretation. All written complaints must be signed by the person filing the complaint. Judgment calls should not be construed to come under rule interpretation.
- 13) **HECKLING:**  
Heckling officials, coaches or players will not be permitted. Spectators will be warned by officials/coaches the first time. After the second offense the individual will be asked to leave the building.
- 14) **PROFANITY:**  
No profanity of any kind is allowed before, during or after a game. Profanity should not be used in talking to players or directed to the official. In other words, profanity has no place in this type of program.
- 15) **PLAYING TIME:**  
Each player must play one quarter in the first half of each game and must play one quarter in the second half. In other words:
  - the five who start must play the entire first quarter/ third quarter  
(Can only be substituted for due to injury or five fouls).
  - remaining players must play the entire second quarter/ fourth quarter  
(Can only be substituted for due to injury or five fouls).
- 16) **UNIFORMS:**  
All teams will be required to have a number on the back of each shirt. Numbers on the front are optional. If wearing an undershirt its color must match that of the jersey.
- 17) **DEFINITION OF A PASS:**  
A ball thrown from one player to another without both players touching the ball at the same time and with enough distance between the players so a defensive player could fit between them.

- 18) **ATTEMPTED PASS:**  
When an offensive player throws the ball to another offensive player and while in flight a defensive player deflects the ball and the thrower is the first to get the ball without it going into the backcourt. They may then attempt a shot since a pass was attempted originally.
- 19) **STEALS:**  
A ball ***may not*** be stolen from the offensive player off of the dribble. Only passes are allowed to be stolen.
- 20) **MULTI-TEAMING:**  
Multi-teaming is NOT allowed. All defense is MAN to MAN. **SPECIAL RULES AND REGULATIONS FOR EACH AGE GROUP:**

**C) SPECIFIC RULES:**

5-6 Year Olds: (8'-6" Goals) (5 on 5 Basketball). **NO FULL COURT PRESS** and **NO FAST BREAK** for the entire game. **Penalty:** one warning per quarter, then automatic turnover. Stop play and explain. Man-to-man defense throughout the game (**NO ZONES**). **ONE PASS** on offensive end of the court before **SHOT** will be required. Hand-offs will not constitute a pass. **Penalty:** Stop play and explain. **NOTE:** Let's teach the children the fundamentals with plays, and not one-on-one basketball.



In 5 and 6 year olds the defense is not allowed to pick up the offense until the mid-court line (5 second time line in front court). The one pass rule will be in effect at the mid-court line, not the half court line.

In the 5 and 6 year olds, a flip of a coin will determine first possession/alternating possession (no jump balls).

D) **CLARIFICATIONS:**

1) Clarifying Fast Break - all offensive players must obtain frontcourt status and then the one-pass requirement must be met.

2) Clarifying One-Pass Off Jump Ball - if possession arrow is established in front court off jump, a player must make one pass before he/she shoots.

3) Once one-pass rule is satisfied, you need not satisfy again after going out of bounds, unless the ball is thrown into backcourt from out of bounds.

4) Man-to-Man means that players on defense must remain within six feet of the person they are guarding. Double or multi-teaming is **not** allowed. Switching is allowed. **Penalty:** Team will receive one warning per quarter.

**AGE GROUP**

**BALL SIZE**

**GOAL**

05-06

**BOYS**

Small

**GIRLS**

Small

8 feet 6 inches

**BALL SIZES**

Small

27 inches