

2019 HYAL 5th - 6th grade girls basketball rules:

Every player must play equal time: Mandatory subbing every 5 min. Players do not match up in middle but go to their position and the defense can match up. (the only reason for subbing before the 5 minutes is if a player is in foul trouble)

If a player will not be playing equal time their coach needs to notify the other coach and the officials.

Reasons for not playing equal time is if a player has been habitually missing practices or their behavior during practices has been a problem for the coach and the other players.

Person to person defense only .

No double teaming allowed except inside the key. After 2 warnings a technical is administered.

Three point shots count

Any player that had a hard hit to the head must leave the game and not return for the rest of the game.

Any player that is bleeding must be removed from the game and not return until the cut is covered and under control.

Foul shot line is 1 foot in from the regulation foul line.

10 second back court violation is in affect.

Person to person **full court defense** is only allowed in the **fourth quarter.**

If a team is up by 10 points or more in the 4th quarter that team is not permitted to press but the opposing team may.

Technical fouls:

A coach receiving two technicals in one game will not coach the rest of that game and will leave the venue and will not be allowed to coach at the next next game.

A coach receiving 3 technicals in one season will not coach the rest of the season.

A player that receives a technical will not play the rest of the game.

Clock

4 - 10 minute quarters running time

Stop clock to allow players to line up for foul shot. Clock starts when shooter gets the ball from the official for the 1st foul shot.

1 - 30 second time out per 1/2
no break between 1/2's and 1/4's.

Fouls

5 team fouls per 1/4 result in two shots for a personal foul.
5 personal fouls and a player is out.

Overtime for ties- 3 min. stop clock. Still tie after that score remains.

Points of emphasis.

1. Boys and girls come in on the release for foul shots except players foul line and beyond. They wait till the ball hits the rim.

2. Two contact or double hand touch on defense is a personal foul.(only one hot stove touch)

3. Arm bar with contact is a personal foul.

4. Arms parallel to the floor with contact is a foul. (hands

up)

5. Player coming in for a lay up when the defense is planted takes the shot then continues into the defense is a player control foul. No basket and ball goes to the other team.

6. Yelling when an opposing player is shooting is a technical foul for unsportsmanlike conduct.

Coaches, Spectators , and players.

1. Only two coaches are allowed on the bench or coaching area. Only the head coach may stand or address the official.

After one warning to an assistant and they continue to address an official they must leave the bench immediately and become a spectator.

2. Coaches are not permitted on the court during play. Exception is when a player is injured and then that player must come out of the game.

3. Coaches, spectators and bench players must remain outside the court lines and players not in the game must remain seated on the bench.

4. Any intentional flagrant foul and the player will be removed from the game and will sit for the rest of the game.

5. Coaches will under no circumstances “commentate or “critique” the game to the official. The coach will be warned to stop and if he/she continues will be issued a technical. No Tolerance Rule. Two technicals and they will not coach the next game and will leave the game and venue.

6. Officials must report any technicals for poor sportsmanship or intentional fouls to the president @ ldicapua4@aol.com.