

LMYA 5th and 6th Grade Basketball League Rules

1. Games shall be 40 minutes in length.

A. (2) 20 minute quarters.

B. Clock stops every five minutes of each quarter to sub players in and out (this is not a timeout).

B1. If a team has 10 or more players, all players will play 4 five minute sessions for a total of 20 minutes.

B2. If a team has 9 players, 4 players play 5 sessions and 5 players play 4 sessions.

B3. If a team has 8 players, all players play 5 sessions.

B4. If a team has 7 players, 5 players play 6 sessions and 2 players play 5 sessions.

B5. No one player should be playing more than 5 minutes more than any other player on the team.

B6. No one player should play more than 3 consecutive 5 minute sessions.

B7. Teams may play with as few as 4 players. Any fewer players, a team will need to forfeit.

B8. All overtime periods must continue the aforementioned substitution policy.

B9. At no time in a game is there free substitution of players.

C. 5 minute halftime.

D. Clock stops for any dead ball or blown whistle in the last minute of each half.

2. Rims shall be set at 10 feet and 28.5" basketballs will be used.

3. Stealing

A. Stealing will be permitted off the dribble.

B. Stealing is allowed off the pass.

C. Stealing is allowed within offensive half of the court.

D. Stealing is NOT allowed on the defensive half of the court.

D1. 1st violation of this rule will result in the team keeping possession of the ball.

D2. 2nd violation of this rule will result in a 1 free throw and possession of the ball.

D3. 3rd violation of this rule will result in 2 free throws and possession of the ball.

D4. 4th violation of this rule will result in 2 free throws, possession, and a team foul on the player who stole the ball. (D4 will be repeated if a team continues past 4 violations)

4. Defense

A. The defense must set up within the half court area.

B. Any type of defense can be played including man-to-man or various zone defenses.

C. Trapping and double teaming are not allowed between half court and the three-point line.

First violation of this rule is a warning. A second violation and all others result in two foul shots and the ball back. Help defense or zone trapping is allowed within the 3 point line.

D. Block shots:

E.1 Arms to go straight up on the defender.

E.2 Players may jump straight up in the air to block a shot.

E. Full court press is allowed during the last 2 minutes of the game if the score is under a 15 point difference.

5. Double Dribbling - No warning will be given. A double dribble will result in a turnover.

6. Traveling - No warning will be given. A traveling violation will result in a turnover.

7. Referee(s)

A. No coach will be allowed on the court unless directed by the referee.

B. There will be two paid referees at each game this year.

C. Each organization is responsible for paying LMYA up front for refs fees, which are \$32 per ref each game.

D. Only head coaches may interact with the refs.

E. Refs will only address head coaches if there is a problem with a player or fan from their team. A warning will be given to the head coach and their team and it is his/her responsibility to address the situation. If that behavior occurs again, a technical foul will be given to the involved team and the player or fan will be ejected. There will be NO FOUL SHOTS but an automatic 2 points given to the opposing team.

8. Fouls - Fouls will officially be kept. A child will foul out of the game once he/she has obtained 5 fouls.

A. Once a team has 7 fouls, the opposing team shall shoot free throws with a 1 and 1 format.

B. Once a team has 10 fouls, the opposing team shall shoot free throws with a 2 shot format.

C. Any player who gets a technical foul must be removed from the game for disciplinary action. They will be allowed to return to the game when the coach deems appropriate. If a player gets two technical fouls in one game, a player is disqualified.

D. Coaches who get one technical foul are disqualified from the game and the referee will discuss the incident with the LMYA grade-level coordinator.

E. Players can enter the lane at the release of the ball from the shooter's hands on free throw attempts.

9. Timeouts - Each team is permitted to have (2) 30-second timeouts per game. Each team is permitted one timeout in overtime; not to be carried over from regular time or previous overtime periods.

10. Team Benches

A. The Head Coach is allowed to stand by the team bench but ALL OTHER COACHES must sit with the team in the bench area during the game.

11. Score - Score will be kept for the Regular Season.

A. Score will be kept during the year end tournament.

- B. Overtime - If the score is tied after regulation, an overtime of 3 minutes will be played. If the score is tied after that 3 minute time, another 3 minute overtime period will be played. This will continue until a winner can be determined.
- C. Score Boards will be used at all locations.
- D. Coaches need to keep score on a score sheet as well. Score sheets will be provided by LMYA.
 - D1. One coach/parent volunteer must be at the scorer's table to keep score for their team. This is mandatory not optional. Failure to have a bookkeeper, at the scorer's table, will result in a forfeit.
 - D2. The home team scorer's book will be the official book.
- E. Mercy Scoring:
 - E1. If a team is up by more than 12 points (official score), the official score will be kept in the book, but not on the score board.
 - E2. If the losing team scores a basket, the score board will be changed accordingly.
 - E3. For example:
Team A 24 Team B 12
Team A score two more baskets to make the official score 28 – 12.
Team B scores one basket to make the official score 28 – 14.
The score board will reflect a score of 26 – 14.
 - E4. This pattern will repeat itself until Team B decreases the margin below 12 or until the game ends.
 - E5. No fast breaks if a team is up by more than 12 points.
 - E6. The winning team must allow the defense to get set up in the half court before a shot can be taken.
- F. The winning coach is to report the score by emailing Lucas Haughney at Lmyarecbasketball@gmail.com within 24 hours of the game.

12. Standings

- A. Official Standings will be kept during the regular season.
- B. The standings will be kept at <https://lmya.teamsnapsites.com> (Basketball Home Page)
- C. The standings will be updated as quickly as possible. If the winning team reports their score within the 24 hour window, standings will be updated once a week.
- D. The standings will be used to set up the seeds for the post season tournament.

13. Jewelry – No jewelry is allowed to be worn; this includes rings, bracelets, and ear rings. Medical bracelets are the only exception to this rule.

- ## 14. Medical Equipment – The following medical equipment will NOT be allowed to be used.
- A. Casts – hard or soft.
 - B. Splints – hard or soft.

15. Gym Rules

- A. Parents or guardians are responsible for any children who accompanied them to a game. Please supervise children. Do not let them out of your sight.
- B. Coaches are responsible for the behavior of players during games and practices.
- C. No food or drink is allowed in any LMYA gyms by fans. Only water for players is allowed at the benches.
- D. No bouncing balls in the hallway or lobby of any gymnasium.

16. LMYA Code of Conduct:

- A. All coaches, players, and parents/guardians are required to review and fully comply with the LMYA Code of Conduct. This policy is available for view under the "policies" section of the LMYA website.