

# LIST BASKETBALL RULES

GRADES 5/6 AND 7/8

Revised 11-21-17

1. Baskets are at 10 feet high.
2. Foul lines are 15 feet away.
3. Games will consist of **two 20 minute halves of running time**. Stop time during last 2 minutes of the game only.
4. Size 6 (28.5) ball is used for 5/6 grade. Size 7 (29.5) is used for 7/8 grade, unless coaches agree to use size 6.
5. Games will be played 5 on 5.
6. Coaches may not be on the court with the players during the game.
7. Teams may use either zone or man to man defense. No steals in the back court are allowed, but if the player loses the ball without pressure, the ball is alive for anyone to retrieve. No pressing at any time. In the 5/6 grade, defense may not be applied outside the 3 point line in the offensive zone. In the 7/8 grade defense is allowed at half court.
8. A player fouled in the act of shooting will take two free-throws. All other fouls will result in a turn-over (until #12 below when a 1 and 1 goes in to effect after the 8<sup>th</sup> team foul).
9. Each team gets **2 time outs per game** (in regulation).
10. After the initial jump ball, all other jump ball situations will follow the alternate possession rule.
11. If a player receives 5 personal fouls they will be automatically ejected from the game. If a team has no substitutions, a person with 5 personal fouls may stay in the game but a technical foul will be assessed for each additional foul that person receives.
12. **On the 8th team foul**, teams will be in the bonus situation (i.e. 1 and 1). There is no double bonus.
13. Overtime periods will consist of one 5 minute running time period. There is no stop time. If the score remains tied after the first overtime, a second 3 minute running time period will be played with no stop time. Each team will receive 1 timeout per overtime period.
14. All teams must have a minimum of 2 boys and 2 girls on the court at all times- some exceptions may be made if agreed to by both coaches.
15. Participants may not play the entire length of the game if substitutes are available.
16. Inappropriate behavior will result in an automatic ejection from the game. If LIST decides a further penalty is necessary, a formal written reprimand will be given to both the school and child.
17. If a team feels the score on the scoreboard is incorrect, the coach of that team should discuss the discrepancy with the referee at the next whistle. Coaches will not take the matter up with the scoreboard official. The referee will be the final judge of the score.
18. All referee's decisions are final. The referee's judgment may not be questioned. Explanation or clarification of a call may be requested.
19. **If a team is ahead by 15 or more points**, the coach of that team will challenge the players in some way to make play more equitable.
20. All players will wear shirts with their team's color and a number on the back.
21. All players will wear gym shoes and carry these shoes to the game- changing into them outside of the gym.
22. No jewelry is allowed.