



YOUTH BASKETBALL GUIDELINES: 5th/6th Grade

The playing standards and rules below are guidelines and recommendations for Carbon Valley Parks and Recreation District youth basketball leagues and partners. These rules, guidelines, and recommendations follow USA Basketball and NBA standards.

EQUIPMENT & COURT SPECIFICATIONS

Topic	Recommendation
Size of Ball	Boys and Girls 28.5
Height of Basket	10'
Free-Throw Line & 3-Point Arc	15', 3-point arc 22'9"

GAME STRUCTURE

Topic	Recommendation
Number of players on a court	5-on-5 format will be used at this age
Game Length/Clock Stoppage	Four 10-minute periods - RUNING CLOCK STOP CLOCK only in last 2 minutes of a game within 10 points
Time Between Periods	1 minutes; 3-minute half time
Scoring	<ul style="list-style-type: none"> • Free-Throw: 1 point • All field goals: 2 points • 3-point field goals: 3 points
Timeouts	Two 60-second timeouts permitted per half
Start of Game Possession	Jump Ball
Substitutions	Either team may substitute freely Players must check in at scorer's table
Mercy Rule	If a team is ahead by 30+ points in the 4 th quarter; score will be turned off - clock continues to run.

GAME TACTICS

Topic	Recommendation
Playing Time	Equal playing time in periods 1,2,3. Coach's discretion in 4th period
Set Defense	Player-to-player defense throughout the competition
Pressing Defense (backcourt guarding)	Pressing ONLY allowed in the LAST 2 MINUTES of 4 th period of a close game (within 10 points). Leading team may NOT press at any time when leading by 20+ points
Help Defense	Help defense ONLY allowed in the key. Defense must return to player-to-player as soon as possible. Double-team/crowding/trapping not allowed
Stealing From Dribbler	Stealing from dribbler is allowed at the coach's discretion.

OFFICIALS/GAME PLAY RULES

Topic	Recommendation
Officials	2 officials (when possible)
<ul style="list-style-type: none"> • Backcourt Timeline • 5 Seconds closely guarded • 3 Seconds in the key 	10 seconds Yes Yes
Player Fouls	5 fouls per player
Team Fouls	7 per team; one and one bonus
Technical Fouls	2 points awarded to offended team (no shooting) The offending player must sit for the rest of the game. Any Coach receiving a technical foul will be ejected from game and (possibly) suspended from next game (decided upon by league coordinator)
Jewelry	No jewelry - medical alerts are permitted

DEFINITIONS

Player-to-Player Defense

- Each player is responsible for guarding and moving with one offensive player. This requires the defensive player to move according to the offensive player's movements with or without the ball.
- The defensive player must stay on the same side of the court as the offensive player, divided by the rim line.
- If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player.

Pressing Defense: Defensive guarding, either on or off the ball, within the backcourt.

Double-Team/crowding/trapping: Two or more defensive players guarding a single offensive player.