

**SOUTHEAST YMCA**  
**5<sup>th</sup>-6<sup>th</sup> Grade Recreational League Rules**

1. Athletes First, Winning Second
2. Games will consist of 4 - 10 minute quarters. There will be approx. 1 minute between quarters and 3 minutes for half time.
3. Substitutions: Teams can sub players at any dead ball situation. Referees may stop the clock at the halfway point of the quarter to ask for subs. **This is not a time out.** Refs will blow the whistle and asks for subs. Coaches are asked to have kids ready to sub. After blowing whistle, Refs will immediately walk to the center circle to do a line up so all kids can figure out whom they are guarding. **A technical foul** will be given to a coach who stalls and/or uses this sub period as an unofficial time out; a technical free throw will be given to the other team.
4. **A running score will be kept for the entire game. The score will not go back to zero after each quarter.**
5. Games will begin on time at the top of each hour or as specified on the game schedules. Time will stop only for time-outs, injuries. **Each team is allowed 1 time-out per half.**
6. Each player has five fouls. On the fifth foul the player is out of the game. Alternating possession rule will be in effect. Coaches will be required to fill in the names (first & last) of their players on the scorekeepers score sheet before the game begins.
7. 3-second lane violations will be called. Traveling and double dribbling will be strictly enforced.
8. The clock runs continuously. Each player will play a minimum of 20 minutes every game.
9. Stalling is not allowed. First offenses will result in a warning, followed by technical fouls for repeated offenses. **No Spread Offenses.** First offense will result in a warning, followed by technical fouls for repeated offenses.
10. Fast breaks are allowed on steals, jump ball taps and rebounds, but **fast-breaking is not allowed if the team is 20 or more points ahead.** After a team has a 20-point lead, they must allow the defense to set up before proceeding.
11. 5<sup>th</sup> & 6<sup>th</sup> grade teams must play man-to-man defense. Zone defense in this league will result in warning for first offense, followed by technical fouls for repeated offenses.
12. **5<sup>th</sup> & 6<sup>th</sup> grade teams may use half-court press.** The offensive team has 10 seconds to bring the ball into the frontcourt (centerline) where teams can start playing defense. **After a team has a 20-point lead, they must set up on defense and not press until the 3-point line.** There will be a "free zone" above the 3-point arc where no pressure is allowed. **If the offense steps out of the "free zone" and then returns to the "free zone", the defense is allowed to continue pressure.**
13. Free throws will be taken from 15 feet. Bonus situation begins on the 7<sup>th</sup> team foul.
14. **An intermediate size ball will be used.** Baskets will be 10 feet.
15. Game ending in ties will remain that way. No overtimes.
16. **Each team must provide a volunteer each game to keep score/fouls or time.**
17. Any player who sustains an injury in which bleeding occurs will promptly be removed from the game until the bleeding has stopped. Free substitutions will be allowed in these instances.

**Please be respectful when handing out snacks and follow any gym rules that are in place.**

**Team parents and coaches are required to pass out any post-game refreshments  
outside the school facility.**

**This will enable the next game to start on time and to ensure the facilities remain clean.**

**This is a requirement of the Forest Hills School District, and must be followed by ALL.**

**These requirements must be followed to ensure the continuous use of these facilities.**



We build strong kids, strong families, strong communities.