

Mount Holly Parks & Recreation Department

BASKETBALL RULES

(5 & 6 yr. olds)

1. Home team will get the ball first. Teams will shoot at the goal closest to their bench and basket will not change during the game.
2. Pressing is not allowed. Defensive players must stay within the “restraining lines/box area” when playing defense (floor tape will mark the area). Only time defensive players can come out is to go after a loose ball or they regain possession of the ball.
3. The game will be played 5v5. The game will consist of four 8 minute quarters. Every 4 minutes time will be called to allow for substitution. One minute between quarters.
4. Three 30 second timeouts per game.
5. Each player must play at least 12 minutes and sit out at least 4 minutes in the game. Try to play each player as much as possible. Having 6 players allows each player to sit at least 4 minutes through the first 3 quarters. .
6. No Stealing while players are dribbling. However, players can intercept a pass.
7. If the player picks up his dribble they must shoot or pass. Penalty after 7 seconds will be change of possession.
8. No free throws will be taken. All fouls will result in an inbounds play on the side.
9. Score will not be kept for this age group.
10. Good sportsmanship is expected by all participants at all times.
11. Coaches are responsible for keeping their team on the bench when not playing. Only players and up to 3 coaches allowed on the floor/bench. Coaches must keep bench under control at all times.
12. Only one coach per team is allowed on the floor with the kids. All other coaches must remain on the bench.
13. One official will officiate the game. If no one shows up the coaches will officiate.
14. If a previous game finishes before the next scheduled starting time, both teams have to agree to start early. Teams do not have to start until their scheduled start time.
15. Any coach or player that is ejected from a game will be suspended for two game for the first offense and for the remainder of the season for the second offense. Any coach ejected must leave the gym. The two game suspension will be served at the next games played.
16. No jewelry or anything else deem dangerous can be worn during the game.
17. Only water is to be on the gym floor area. Please give out post-game snacks and drinks in the bleacher area.

7.5' Goals
Ball Size 27.5

Remember everyone is here to learn, enjoy, and compete in a sportsmanlike manner.

REVISED 11/10/22