



Basketball Rules Grades 4-6

SYAA's Mission: SYAA exists to provide sports opportunities open to all youth that emphasize sportsmanship, fair play, a team concept, volunteer coaching and coordination, and introduction to sport.

The rules at this stage are very difficult to enforce on a consistent and equitable basis, due to the wide range of skill levels and coaches serving as officials. Coaches and parents must realize that the purpose is to instruct and teach the children, not to have a perfectly officiated game.

General Rules:

1. Coaches will facilitate/participate in a team practice/warm-up before the start of each game. The length of that practice\warm-up will be determined by the supervising SYAA board member.
2. Equal play time is required.
3. The baskets will be at 10 feet.
4. Games will consist of 2 equal halves with a running clock. There will be a short half time break
5. A jump ball will start every game, with alternating possessions thereafter.
6. There will be no time violations or free throws. The ball will be awarded, out of bounds, to the team fouled.
7. There will be no steals when the offensive player is dribbling or holding the ball. However, passes may be stolen. No blocked shots will be permitted. The ball will be awarded, out of bounds, back to the offensive team on an infraction.
8. An official sized ball (28.5") will be used and games will be played full court.
9. Teams will be *encouraged* to make 2 passes before taking a shot.

Defense:

1. Fast breaking is allowed, but no players will be allowed to remain by their basket while their team is on defense.
2. Double teaming is not allowed.
3. Man-to-man defense is the only form of defense that is allowed. No full-court defense is allowed.
4. The offensive player must be allowed to get both feet in the front court before being defended.
5. If the ball changes hands, the offensive team cannot be defended in their own back court.

Miscellaneous:

1. One (60) second time-out is allowed per half. Coaches call the time-out.
2. POINTS WILL NOT BE SCORED.
3. Each team should have one coach or assistant coach on the floor during the play to officiate. Officiating is to be instructive and with explanations given on infractions to the players. A SYAA Board member will be present with any questions that may arise.
4. If a player blatantly travels or double dribbles during a possession, a coach should blow the whistle and explain the violation to the player. After the first violation, the offense will keep the ball at half court. If the same player commits a second violation during the same possession, the other team will be awarded the ball.