

BOYS CENTRAL NASSAU BASKETBALL RULES 2014/ 15 - 5th & 6th Grade

1) PLAYERS ON THE COURT

- 5TH & 6TH GRADERS WILL PLAY 5 ON 5

2) TIME OF GAMES

- 5TH & 6TH GRADERS WILL PLAY 8 PERIODS @ 5 MINUTES EACH WITH A 3 MINUTE HALFTIME BREAK AFTER 4 PERIODS
- THERE WILL BE A 30 SECOND BREAK BETWEEN ALL OTHER PERIODS
- ALL PERIOD TIMES WILL BE RUNNING TIME
- COACHES ARE RESPONSIBLE FOR STARTING THE GAME ON TIME

3) SCORES WILL BE KEPT FOR 5TH AND 6TH GRADERS ONLY

- IF A GAME ENDS IN A TIE AFTER REGULATION WE WILL PLAY "ONE 3 MINUTE OVERTIME WITH NO ADDITIONAL TIME OUTS.

4) TIME OUTS (4th Grade and ABOVE Only)

- EACH TEAM WILL BE ALLOWED "THREE" 30 SECOND TIME OUTS PER GAME
 - But no more than 2 in either half. If one is not used in the first half it is lost.

5) JUMP BALL / TIP BALL WILL BEGIN EVERY GAME WITH ALTERNATE POSSESSION AFTER EACH PERIOD

- **POSSESSION ARROW STARTS WITH TEAM ON DEFENSE FIRST IN ANY QUARTER**

6) DEFENSE

- ZONE DEFENSE REQUIRED FOR AT LEAST HALF OF GAME FOR 5TH GRADE AND ABOVE
- NO DOUBLE TEAMING
- NO STEALS OFF THE DRIBBLE
- NO PRESS DEFENSE – OFFENSIVE TEAM MUST DROP BACK TO HALF COURT WHEN DEFENSIVE TEAM GAINS CONTROL OF THE BALL (REBOUND OR STEAL)

7) FOULS AND VIOLATIONS

- BASIC FOULS WILL BE CALLED. NO...
 - HOLDING, PUSHING, HITTING, SLAPPING, ILLEGAL PICK OR SCREEN
 - "OVER THE BACK ATTEMPT ON A HELD BALL"
 - BASIC VIOLATIONS: WALKING., TRAVELING., DOUBLE DRIBBLE., 3 SECOND RULE IN THE PAINT ON OFFENSE

- **ANY PLAYER WITH 3 FOULS IN A HALF WILL AUTOMATICALLY SIT UPON COMMITTING THE 3RD FOUL AND FOR THE FOLLOWING PERIOD**

- **CLOCK WILL STOP ON SHOOTING FOULS AND ON ANY FOUL WITHIN FINAL MINUTE OF EITHER HALF (OR OVERTIME)**

8) HELD BALL

- REF WILL AWARD THE BALL ON A ROTATING BASIS TO EACH TEAM
- PLAY WILL "STOP" AS SOON AS THE WHISTLE IS BLOWN
- PROLONGED OR VIOLENT TUSSELS WILL BE AVOIDED
- POSSESSION WILL BE DETERMINED BY POSSESSION ARROW

9) ZERO TOLLERANCE FOR BAD BEHAVIOR AND OR UNSPORTSMAN LIKE CONDUCT

10) PLAYING TIME MINUTES SHOULD BE EQUAL PLUS OR MINUS ONE PERIOD FOR ALL PLAYERS

11) EAST MEADOW SCHOOLS PROHIBIT FOOD OR DRINKS IN THE GYM AREA