



5U Rec Basketball Rules

Ball Size: 27.5 (Junior Size)

Court Size: Half Court

Hoop Height: Approximately Eight (8) feet.

Rosters:

- Games will be played 4-on-4 or 3-on-3 depending on team size.
- Each team will have a maximum of eight (8) players on the roster.
- Rosters, with more than eight players, require approval from the League Coordinator and Head Coach.
- Each player shall play a minimum of 50% of the total playing time.
- All players not playing in the game must be on the team bench.
- Players should remain in one area so they can be seen and be given equal playing time.
- One coach from each team will be allowed on the court to instruct players.
- No Forfeits. Teams may play with lesser players if necessary, depending on the smallest team size.

Equipment and Uniforms:

- An NYS-administered or approved jersey must be worn during the game. All players must be wearing matching jerseys.
- Teams utilizing **NYS jerseys** must follow the following:
 - Home team wears **red**, away team wears **silver**.
- Jerseys should be tucked into shorts.
- Athletic shoes are required. No crocks, flip flops or open toe shoes.
- No jewelry of any type is allowed. Newly pierced ears may be covered with tape or bandage.

Referees/Officials:

- NYS will provide one official for each game.
- All Coaches and spectators, who are watching a game, are prohibited from commenting or questioning a call of the Referee officiating the game. A disruption of this nature may result in disciplinary action upon review by the League Director.
- **FOR COMMENTS ON HOW A REFEREE IS OFFICIATING, TAKE YOUR ISSUES TO THE LEAGUE DIRECTOR.**

Game Duration:

- Each game will consist of four, six (6)-minute quarters, with a running clock except for timeouts.
- One 30 second time out per team, per half.
- There will be a 1-minute break between the first and second quarters and the third and fourth quarters.
- Halftime will be 2 minutes long.

Possession of the Ball:

- Each team will alternate possession to start each quarter, with the home team starting with the ball in the 1st and 3rd quarters and the road team in the 2nd and 4th quarters
- The team listed as the "Home Team" will start the game with the ball.
- Teams shall rotate who starts each quarter.

Substitutions:

- Substitutions are unlimited and may be made at the quarter break. Exceptions will be made for an injured player.

Gameplay:

- There will be no lane violations called and no individual fouls counted.
- Defense is man to man only, no zone or double-teaming. Stealing of the ball while controlled by offensive player is not allowed. No slapping or reaching in at the ball.
- Possession will alternate each quarter, jump-ball, or double foul.
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- Players may not run with the ball; dribbling must be emphasized.
- After each basket the opposing team will inbound the ball from the top of the key.
- If the ball goes out of bounds, opposing team will inbound the ball from top of the key.
- Any change of possession requires play to resume at the top of the key.
- There is to be a free inbound pass from the top of the key to the free throw line. Defense must stay behind the free throw line for all inbound passes.

Scores and Standings:

- This is intended to be an instructional program, not a competitive league. Scores and standings will not be kept.

Coaches and Spectator Conduct/Responsibilities

- Family members, parents, and spectators are required to observe the contest from designated areas.
- Participants, coaches, parents, and family members must conduct themselves appropriately during gameplay.
- Participants, coaches, parents, and family members will refrain from the use of drugs, tobacco, and alcohol at all NYS facilities. Any use of these items will result in immediate removal from the field.
- Artificial noisemakers, such as, but not limited to, air horns, cowbells, drums, megaphones, car horns, etc., shall not be allowed. Electronic devices used to communicate between the Players and Coaches is not allowed.
- Inappropriate, rude, or confrontational behavior by a coach, player, or spectator may lead to disqualification from the game and possible suspension. These

decisions are made at the sole discretion of the NYS League Officials.

RULES SUBJECT TO CHANGE WITHOUT NOTICE