



5th - 6TH Grade Basketball Rules

Program Overview:

Fountain Recreation Youth Basketball Program (FRYBP) is a basketball league feeder program to Fountain Fort Carson High School. While scores will be kept and competition will be encouraged, our first **PRIORITY IS FUN!** While paving the road to success for future Trojans,

FRYBP will be instructional in nature, and is intended to introduce boys and girls to the rules and fundamentals of basketball.

FRYBP will follow all current Colorado High School Activities Association (CHSAA) basketball rules, except where modified by grade division.

Players will be chosen for teams through a random process. Every player in FRYBP is guaranteed a roster spot if entered prior to the league registration deadline. Teams will not be altered following the coaches meeting without Recreation Department approval. An individual may **NOT** participate in FRYBP practices or games unless registration is completed and a parent or guardian has signed an agreement waiver on his/ her behalf. All games will be played with players from the original team roster unless coaches and officials agree otherwise.

Every player is guaranteed a minimum of two (2) full quarters of playing time in each game, with the exception of injury, or arrival of a player after start of the 2nd quarter (refer to "Playing Time Rules" for further details). Every team will have a minimum of an eight (8) game schedule. However, makeup games are not guaranteed. Games canceled due to unforeseen circumstances, i.e. inclement weather, will be rescheduled if possible.

Each team is responsible for either supplying a scorebook keeper or scoreboard operator for each game. Official scores will be kept and displayed for all FRYBP games.

Fountain Recreation has a **ZERO TOLERANCE** policy toward fighting, flagrant, or intentionally violent fouls, abusive or obscene language and any other inappropriate behavior by players, coaches, parents or spectators. The Head Sports Official reserves the right to ask any player, coach, parent, or spectator to leave the premises and cancel the game. (Parking lot included)



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1. Playing Time Rules

- a. WITHOUT EXCEPTION (barring injury, or arrival of player after start of the 2nd quarter) – Every player MUST play one (1) full uninterrupted quarter in the game (Every player must play an entire quarter).
- b. **6-MINUTE RULE:** Playing time differential between the individual playing the most in a 32-minute contest, and the individual playing the least is not to exceed 6 minutes.

**** **Please Note:** OFFICIALS ARE NOT RESPONSIBLE FOR MONITORING PLAYING TIME. It is the responsibility of coaches to follow and enforce playing time rules. Coaches should monitor the playing time of opposing players and if a coach is not adhering to the playing time rules, officials should be notified immediately. The official will then ask the coach in question to correct the problem. ****

2. The Court:

- a. The full court will be used. Regular boundary lines will be used.
- b. Defense **IS NOT** allowed until the ball **AND** player crosses midcourt.
- c. A shot taken beyond the three point circle will count as three points.

3. Time of Game:

- a. Four eight (8) minute running clock quarters. (*clock **WILL NOT** stop for substitutions*)
- b. Teams will be allowed **TWO** one (1) minute time outs per half and **ONE** time out in overtime. (Time outs **DO NOT** carry over)
- c. Half time will be **FOUR** (4) minutes, **TWO** minutes between quarters and overtime.
- d. Overtime periods will be **TWO** (2:00) minutes in length. Each team will get one (1) time out in overtime. Only tied games after first overtime period will result in an additional overtime period. If the game is tied following **TWO** (2) overtime periods, the game will result in a tie.
- e. A team/player will have **10 seconds** to cross the midcourt line. (Violation of this rule will result in a WARNING for the 1ST offense, 2ND offense results in turn over of possession.)



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- f. A team/player will have 5 seconds to throw the ball inbounds. The throw can go into the front or back court. (Violation of this rule will result in a WARNING for the 1ST offense, 2ND offense results in turn of possession.)
- g. The Clock will stop during time outs, shooting fouls, and at the official's discretion.
- h. Substitutions may be allowed midway through quarters at the **FOUR** (4:00) minute mark. Injury substitutions permitted at any time. A player sustaining a minor injury may return to play at the earliest stoppage in play upon recovery.

4. Basic Rules:

- a. **BASKETBALL SIZE:** Intermediate Size (28.5) Basketball
- b. **GOAL HEIGHT:** 10 feet
- c. **THREE POINT SHOTS:** Scored as three (3) points
- d. **TRAVELING & DOUBLE DRIBBLE:** Violations called at the official's discretion.
- e. **FREE THROWS / FOUL SHOTS:**
 - 1. Free throw will be shot for shooting fouls only. One shot for a made basket, two shots for a missed basket and three shots for a missed three pointer.
 - 2. Non-shooting fouls will be placed in bounds at the closest spot. Fouls include pushing, hitting, holding, blocking, tripping, offense charge or player control (the offensive player contacts a player who has established defensive position).
 - 3. In order to call a foul, contact must be made. **Reaching is not a foul.**
 - 4. **For an illegal screen to be called contact must be made.**
 - 5. A player or coach will be ejected on **TWO** technical fouls unless it is a fight situation. In a fight situation immediate ejection and dismissal from recreation program under the discretion of the Recreation Coordinator with NO refund.
 - 6. A flagrant foul will cause immediate ejection.
 - 7. A technical foul will result in two shots and the shooting team gets the ball at midcourt.
 - 8. A flagrant foul or intentional foul will result in two shots and the team shooting gets the ball at the point of the foul.
 - 9. The Free throw line may be moved **2-4 feet closer to the basket at the Official's Discretion.**
- f. **LANE VIOLATIONS:** Five (:05) second lane violations will be enforced rather than traditional three (:03) second lane violations.
- g. **DEFENSE:** Starts at the **Top of the Key**, man-to-man defense or zone defenses are permitted. Opposing coaches should cooperate in matching opposing players man-to-man by ability prior to the start of each quarter. Match-ups should not be changed to gain a competitive advantage.
- h. **HALF COURT TRAPPING:** NOT allowed.



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- i. **FULL COURT PRESS:** Man-to-man full court press is permitted in the final one (1) minute of the fourth (4th) quarter of the game ONLY. **Defensive team** having a six (6) points or greater lead must remove the press and engage offense past mid court.
 - j. **DOUBLE TEAMING:** Is allowed **ONLY** inside of the **PAINT**.
 - k. **STEALS:** Steals are permitted after the offense crosses midcourt. (**Not from a player holding the ball**; only from passes or while a player is dribbling)
 - l. **CLEARING OUT:** NOT permitted. Offensive plays should be designed to include all players.
 - m. **BACK COURT VIOLATIONS:** When the ball goes back across the midcourt line after the offense has three points (the ball and both feet) into the front court. The rule is waived if the defense causes (touches) the ball to go into the back court. (Defense can go after loose balls that cross mid-court.)
- 5. Players:**
- a. Teams will play five on five. (Four on Four minimum)
 - b. Substitutions will be allowed after check in with score keeper on dead balls, time outs, free throws, quarter and half time breaks or injuries. If a player is fouling excessively or injured a coach can make a substitution at any time.
 - c. Small stud ear rings will be allowed. Please have players keep finger nails short during season. Jewelry will not be allowed. Make sure players with long hair have a hair tie. Medical bracelets must be taped.
- 6. Starting the Game and Quarters:**
- a. The game will start with a jump ball between any two players.
 - b. The team that loses the jump will then get the ball first on the next jump ball situation.
 - c. Teams will alternate possessions for the rest of the game to include the start of each quarter. The ball will be thrown in at midcourt for the new quarter.
 - d. Teams will switch baskets after half time.



City of Fountain
Recreation Department
301 E. Iowa Ave
Fountain, CO 80817
719-322-2030

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Descriptions of Fouls

A. Personal Fouls: Personal fouls are committed by an offensive or defensive player and can occur when a player does or does not have the ball. Some typical personal fouls can include:

- Hand-checking (players cannot guard another player with their elbows extended)
- Charging (an offensive player knocking over a defender who is stationary)
- Illegal screens (when a player sets a "moving pick" against an opponent)
- Blocking (a defensive player impeding the progress of an offensive player while moving)
- Over the back fouls (when one player attempts to grab the ball by reaching over a player who has established position for a rebound)

These types of fouls are the most common in a game. They typically involve contact that is just outside the legal rules of the game and do not involve an attempt to harm another player. Personal fouls result in the opposing team taking the ball out of bounds or attempting free throws.

B. Flagrant Foul: When an illegal physical contact gets more violent, obvious, unnecessary and excessive, then it is called a flagrant foul. It is intended to harm a player and results in harsher penalties than personal fouls. Hitting, punching, shoving etc. in such manner that could injure a player or actually ends up hurting him can lead to an ejection from the game. There are two types of flagrant fouls: flagrant foul 1 and flagrant foul 2. Upon measuring the severity of contact, sports official decides whether to call it type 1 or type 2. He can reclassify his decision after reviewing it.

C. Technical Fouls: Technical foul includes those acts or behaviors that are against the sportsmanship or spirit of the game. It's an unsportsmanlike conduct from an on court player, bench player, coach or entire team against a player, coach, sports official or spectator. For example, releasing anger or frustration in a reckless manner like throwing a chair or any object, spitting, punting a ball, using improper language or trash talking. Team fighting or fight with crowd, pretending to be fouled is also unsportsmanlike conduct. Any infraction from general rules of the game also leads to technical foul. Delaying a game, asking time out without having any, unnecessarily argue or protests with sports officials, and any violations regarding the rules of substitutes. It's purely up to the sports official, if he recognizes a specific behavior as misbehavior, then he can call technical foul against the offender

For any questions or concerns regarding the Rules, Officials, or Registration please contact:

Head Official: Wearing a Red polo and Black hat. (**Only during games, and practices**)

Recreations Administrative Assistant: Phone: 719-322-2030
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