

Youth Basketball League - Rules of Play

5-6 “Bitty Ball” Division



General Game Procedure

1. Games will consist of two 20-minute halves broken up into four 5-minute periods. A total of 8 periods will be played during regulation time. Half-time will follow the fourth (4th) period.
2. The rim will be set at a height of 78 inches (6.5’).
3. Games will be played with a size 28.5” intermediate basketball.
4. Substitutions are only allowed at start of each 5-minute period.
5. If the score is tied at the end of regulation, an overtime period will be played. Overtime will last two minutes (2:00).

Clock Operation

The games will utilize a running clock. The clock will only stop during time-outs or at the discretion of the referee or other league official. Each coach will receive one (1) time-out per half.

Playing Time

1. All Players will relatively play an equal amount of time – Exact times will vary on the # of players present on game day.
2. No player may sit consecutive periods before another player has sat out at least once. ***Best practice is to “empty the bench” at each substitution period.***
3. No player may play less than the required time except for injury, illness, or being disqualified (fouling out, technicals, etc.).
4. In any overtime periods, previous time played has no bearing. Only disqualified players due to fouls or ejections will be ineligible.

Defensive Rules

Defense will be set as follows: **All players must have at least one foot inside the key box while on the defensive end of the floor. If the ball advances beyond the free throw line – extended, one player may come out of the key box to defend the ball handler.**

Offensive Rules

A player may only score a maximum of 18 points. Any baskets scored after this mark has been reached will result in 0 points scored and the ball will be awarded to the opposing team.

Coaches/Ref

Both coaches will act as Coach/Ref with the intention of teaching while on the court.

Modified Rules

Standard violations (traveling, double-dribble, etc.) may or may not be called as a violation. **Coaches should use these violations as a teaching opportunity.** As the season progresses, rules will be more strictly enforced.

Miscellaneous

The rules of this league are set to encourage fair competition and a positive learning environment for everyone involved. The league commissioners may at any time change these rules in order to better balance the play. Any coach deemed to be using the rules to gain an unfair advantage will be consulted in private concerning the matter. Remember, the rules are to be used as a guideline in honing the skills of your players, not a crutch to inhibit others from performing.