

NYS

6 – 7 Basketball Rules

1. The size of the playing area is full court or crosscourt.
2. The height of the basket will be approximately eight feet.
3. The free throw line will be ten feet from the basket.
4. The size of the basketball is a 27.0 inch or junior size.
5. No forfeits! The game will be played five on five or four on four depending on team size. Each team will have a maximum of ten players on their roster.
6. Anymore than ten players on the roster has to be approved by league coordinator and head coach.
7. Each child must play at least half of every game.
8. The game will consist of four, eight minute quarters with a running clock except for timeouts. There will be two, thirty second timeouts per team per half. Half time will last two minutes with one minute between quarters.
9. The provided NYS jersey must be worn at all times. No exceptions!
10. A jump ball will start each game.
11. No score will be kept.
12. Player substitutions may only occur between quarters.
13. One coach from each team may stand on the sideline during play to instruct players. Coaches are not allowed on the court during play.
14. There will be no lane violations called and no individual fouls counted.
15. Defense is man to man, no zone. Double-teaming is not allowed in the lane area. No slapping or reaching in at the ball. Stealing of the ball while controlled by an offensive player is not allowed; stealing during a pass is allowed. No back-court defense allowed.
16. Excessive fouling, stealing, or rough play may result in a technical foul (1 point will be awarded for each technical foul).
17. Possession will alternate each quarter, jump ball, or double foul.
18. Players may not run with the ball; dribbling must be emphasized.
19. After each basket the opposing team will then inbound the ball from their end line.