



NATIONAL YOUTH SPORTS RULES BASKETBALL: 6 & 7-YEAR-OLDS

Applies to both practices and games.

ATTIRE

1. The provided NYS jersey or approved uniform must be worn at all times. No exceptions!

COURT

2. The playing area is full court or crosscourt.
3. The height of the basket will be approximately 8 feet.
4. The free throw line will be 10 feet from the basket.

TEAM

5. Players must be listed on the official season roster to be eligible to play.
6. The home team is listed on the schedule first and will bring the ball in to start the game.
7. The game will be played 5-on-5, or 4-on-4 depending on team size.
8. Each team will have a maximum of 10 players on their roster.
9. Any more than 10 players on a roster must be approved by the league coordinator and Head Coach.
10. Each player must play at least half of every game.
11. Player substitutions may only occur between quarters.
12. One coach from each team may stand on the sideline during play to instruct players.
13. Coaches are not allowed on the court during play.

GAMEPLAY

14. The size of the basketball is 28.5 inch, or junior size.
15. The game will consist of four 8-minute quarters with a running clock, except for timeouts.
16. There will be two 30-second timeouts per team per half.
17. Half-time will last 2-minutes with 1-minute between quarters.
18. A jump ball will start each game.
19. Possession will alternate each quarter, jump-ball or double foul.
20. Players may not run with the ball. Dribbling must be emphasized.
21. After each basket, the opposing team will inbound the ball from their end line.
22. Defense is man-to-man, no zone.
23. Double-teaming is not allowed in the lane area.
24. No slapping or reaching in at the ball.
25. Stealing the ball while controlled by an offensive player is not allowed.
26. Stealing during a pass is allowed.
27. No back-court defense allowed.
28. Excessive fouling, stealing, or rough play may result in a technical foul. One point will be awarded for each technical foul and two free throws.
29. No lane violations will be called.
30. No individual fouls will be counted.
31. No score will be kept.
32. No forfeits!