



# NATIONAL YOUTH SPORTS-SAN ANTONIO

## RULES- BASKETBALL 6-7 YEAR OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

<b>Objective</b>	The focus is on helping players develop their skills. The rules are modified to encourage learning and having fun with the sport. We ask all coaches, parents, and officials to be positive and encourage players at all times.
<b>Safety</b>	All parents must sign the Covid-19 waiver. Parents should monitor the health of their child and if experiencing symptoms, do not participate in any sporting practice or games. Let NYS know of the presence of symptoms. Get tested for Covid-19 promptly and report results to the program. Social distancing (6ft apart) must be practiced as much as possible. Spectators should sit 6ft.apart while watching the game. Masks are required for all spectators, coaches, players, volunteers, and staff. Players, coaches, and staff in active play do not have to wear the masks. Masks must be worn when social distancing cannot be practiced. Equipment will be sanitized as needed. Limit sharing equipment as much as possible. Use hand sanitizer as much as necessary. No team drinks or snacks should be handed out to limit items coming from different households. Each child is responsible for his/her own drink. For a full list of safety protocols please refer to the <a href="#">Play Safe. Stay Safe-Hygiene Plan</a> .
<b>Sportsmanship</b>	Any unsportsmanship or bad behavior-foul language, disrespect of officials, players, or other coaches- may lead to ejection and/or suspension from the league. Any coach, parent or player ejected will be suspended from participating at their next scheduled game. Keep in mind that video cameras are always on at games.
<b>Uniforms</b>	Players wear NYS provided jersey or approved jersey and must be tucked in to participate in games. Proper gym shoes must be worn. No jewelry for player safety (earrings must be covered with tape). Soft headbands and wristbands allowed.
<b>Player Information</b>	10 players on team roster (any more must be approved by NYS) Each player must be listed on NYS roster sheet to play (roster checks during game). Players must be listed (name and jersey #) on the official scoresheet before the game starts. Game is played 5 on 5, can play 4 on 4 if not enough players available. Each child must play an equal amount in every game, strict adherence will be recorded on scoresheets.
<b>Game Specs</b>	The size of the playing area is cross court. The basket rim height is approximately 7-8 feet. Basketball size is 27.5 inches or junior size. Free throw line is 10 ft. from the basket- players may land in front of the free throw line after shooting.
<b>Scoring</b>	Score is kept- each team to provide 1 volunteer at scorekeeper table. No forfeits.



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<b>Game Time</b>	Quarters- 4, six minute quarters with running clock (except timeouts) Time between quarters - 1 minute between quarters Timeouts- 2, thirty second timeouts per team per half Half-time- 2 minutes Teams should start returning to the court when the official blows the whistle and announces ready for play, a second whistle may result in the clock starting.
<b>Game Play</b>	Home team is listed first on schedule and sits to the left of the score table facing the court. Jump ball starts each game. Ball possession alternates each quarter or jump ball. Dribbling the ball is encouraged, so limited running with the ball. Player substitutions may occur between quarters, timeouts, or injury. No lane violations called or individual fouls counted. Rough play may result in a technical foul (two free throws and possession of ball) Shooting fouls will result in free throws. <b>Games with no winner after regulation ends in a tie.</b>
<b>Defense</b>	Defense is man to man only; double teaming allowed only in the lane area. No pressing allowed. Stealing only allowed inside the key, but fouls will be counted resulting in free throws. No slapping or reaching in for the ball. No blocks- must allow offensive player to shoot. More than 1 occurrence in the above rules may result in a technical foul.
<b>Scorekeepers</b>	Required to wear masks. Volunteers keeping score at the table must be adults (18 and over). Scorekeepers are not allowed to coach players from the score table. The visiting team is responsible for completing the scoresheet. Game time will be kept by officials or scoreboard clock if available.
<b>Coaching</b>	One coach from each team may stand on the sideline to instruct players. Two assistant coaches allowed at each player bench must be seated. Head coach must enter players names and jersey number on scoresheet and sign off on the score after the game.
<b>Officiating</b>	One or two officials on the court- they will instruct players on the court. Officials will allow players to play and will call the game based on skill level. Rough play or unsportsmanship by players- taunting or trash talking- may result in technical fouls and two free throw attempts and possession of the ball. Officials may provide advice to players or coaches. Officials may encourage, congratulate, or compliment players and coaches. Officials to remain on the court at the end of the game for player/coach hand shake.
<b>Tournament</b>	No tournament for this age group.



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<b>Parents</b>	While we encourage parents to get involved, during games we ask all parents to allow the coaches to coach and officials to officiate. Please limit your coaching from the sidelines.
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