

# **FBA MIXED 5 - 6 YEAR OLD BASKETBALL RULES**

## **Our Primary Goal - Have Fun!!!**

### **THE GAME RULES:**

- 1) A total of one hour is slotted for each game which consists of 6 periods of 6 minutes.
- 2) Each team will have 4 players on the court. For defense a team can play zone or man-to-man.
- 3) 5 minutes of warm up before the game and at halftime. Teams should switch baskets at halftime
- 4) A running clock of 6 minutes is used for all 6 periods.
- 5) **EQUAL playing time for each child is the goal.** Please substitute during the period **only** if absolutely necessary.
- 6) Full court press is not allowed. Once possession is established, the defensive team is required to drop back and allow the offence to bring the ball up and over half court. Over and back is not enforced.
- 7) No score is kept on the score board or in a score book. Fouls are not recorded but the coaches should call fouls and explain to the players what they did wrong.
- 8) One coach or asst. coach from each team will referee the game (please bring your own whistle). The emphasis during game should always be on teaching the game to players.
- 9) The calls of traveling and double-dribble are made at the discretion of the coaches. Please emphasize these rules in practice as much as possible. Coaches should agree on how tight to call the game before the start.
- 10) Fouls should be called so that the play of the game is not rough AND the players learn what body control fouls are.
- 11) Shoot free throws on shooting fouls only. The free throw line for shooting may be adjusted to the ability of the child since there is no marked foul line on the court for this age.
- 12) On non-shooting fouls the ball should be taken out from out-of-bounds.
- 13) A jump ball will start the game. After that the alternate possession rule decides possession on subsequent jump balls and at the start of each period. The main focus should be to keep the active flow of the game going.
- 14) Players and coaches will shake hands at the jump circle and after each game. Teach good sportsmanship.

### **THE EQUIPMENT:**

- 1) The 5-6 year old age group uses the junior size (27 mm) ball.
- 2) All players should have basketball sneakers and be wearing the team shirt tucked in during game play.
- 3) We use custom-made baskets that hang over and lock onto the standard baskets on the side courts. The height of the baskets is approximately 6 feet 10 inches.
- 4) If you are the first to play on game day, coaches are responsible to get there early to set up the baskets. If you are the last to play, please make sure the baskets are taken down and stored away.
- 5) The 5-6 game ball needs to be stored in equipment room with the baskets.
- 6) Please start the game on time as much as possible.

### **ADMINISTRATIVE ISSUES:**

- 1) Parents are encouraged to buy the right size ball for their child and to bring the ball to all practices.
- 2) Players should not bring balls on game day. Coaches are responsible to bring a ball for warm up on game day.
- 3) Practice times will be assigned for the whole year. FBA expects each practice slot to be used as scheduled. The age group VP should be notified if there are any problems, conflicts, or cancellations.
- 4) Practices are scheduled at Friarsgate Park (FGP) (or other participating district school gyms). Please relinquish the court at the required time. If your practice is the last one for the day please store away all equipment and prepare to leave on time as well.
- 5) Lost and found is maintained by the park staff and will be used for all articles left after practices and games.
- 6) PLEASE DO NOT BRING FOOD OR DRINK INTO THE GYM at FGP or any other participating school gym.
- 7) It is everyone's responsibility to make sure the gyms are kept clean and safe. Please ensure the facility is in order before you leave. No one is allowed to roam elsewhere in the building in the case of using district school gyms.
- 8) No one is allowed to slam dunk or hang on any of the baskets at any of the FBA gym facilities.
- 9) All small children must be supervised while in the gym. The gym time is allocated to teams for games and practices. Anyone other than players or coaches is not allowed on the gym floor during practices. No shooting will be allowed at other baskets (center or side) during team practice times. Practicing teams own the entire half court and no one else should be shooting or running around in the gym.

Remember - Friarsgate Basketball Association is run by volunteers from the community. We only lease facilities from Richland County. You can help support the FBA each year by becoming a volunteer, coach and/or a sponsor. Call the Friarsgate Hotline at 760-2089 for additional information on how you can participate. Thanks!