



## Thompson Rivers Parks & Recreation District (6U – 1st/2nd Grade) Basketball Rules

### Objective

The objective of this basketball league is to allow young players a first instructional step into basketball. An emphasis will be placed on teaching the basic fundamentals that lead players on the road to a successful and safe future as basketball players and sportsmen, and women. The coaches' responsibility is not to teach winning but to instruct players to learn skills that will allow them to win in the future with the underlying theme of having FUN.

### Rules

#### Team Rosters:

- Number of players on a team
  - Will always be determined by registration.
- Number of players on the court
  - 6U - 1st/2nd Grade - 5 on 5

#### Equipment:

- Equipment for the players must be checked and monitored throughout the game by coaches
- Game Ball
  - 6U - 1st/2nd Grade - Junior Size (27.5)
- Basket Height
  - 6U - 1st/2nd Grade - 8 feet
- Free Throw Line
  - 6U - 1st/2nd Grade - 10 feet
  - All participants must have a TRPR athletic jersey in order to play. Jerseys will be provided however replacements will need to be purchased at the front desk. Numbers and names on the jerseys **will not** be allowed.
  - All participants must have a jersey showing at time of play. All extra clothing may go underneath the jersey.
  - Players are not to wear jewelry of any kind. New piercings can be taped at the official's discretion.
  - Shall be safe-tennis shoes or basketball shoes. No street shoes.

#### Timing Rules:

- Regulation- All will be a running clock.
- 6U- Four (4), eight (8) Minute Quarters
- 1st/2nd grade- Four (4), ten (10) Minute Quarters

- Half Time will be no longer than 5 minutes. Coaches can agree to start sooner but will not exceed 5 minutes.
  - There will be no overtime.
  - One time out may be taken per half.

## Playing Rules:

- **Fouls:** Players will be warned about rough play, however, individual fouls will not be kept track of.
  - Any unsportsmanlike foul(s) committed by a player, coach or bench personnel will result in a technical foul. The offended team will be awarded 2 free throws and the ball out of bounds. A second technical foul will result in the offender being ejected from the game and suspended for the next game.
  - Players that are fouled in the act of shooting will be given free throws. The number of free throws depends on the shot type. If the shot goes in, the player receives an “and one” opportunity, and will be awarded one free throw. If the shot misses, the player receives either two or three free throws depending on whether the shot was taken in front or behind the three-point line.
- **Jump Ball:** Game will start with a coin toss and the ball will be taken out of bounds at the half court mark
  - All other jump balls will result in awarding the ball out of bounds in alternating fashion.
- **Defense:** Man-to-Man defense is the only type of defense allowed. This is a type of defense where each player guards a player from the opposing team.
  - Once the defending team (team A) has recovered the ball (whether from a defensive rebound or an intercepted pass,) the team now on defense (team B) must go past half court and set up on defense and cannot touch the ball until the ball has crossed half court.
  - A player may not steal the ball from the player who is in control of the ball. However a defensive player may intercept a pass from an offensive player.
  - No full or half court press allowed.
- **Offense:** There are no restrictions on the type of plays a team may run. Fast Breaks will not be allowed.
- **Players:** Will have the least amount of contact with the other players.
- **Coaches: 6U** - One coach per team is allowed and suggested to be on the court while the game is being played and also to control the game. Coaches will referee their own games.
  - **1st/2nd Grade** - One coach can stand, assistant coaches must remain on the bench at all times; one official will be used for this age group.

## Other League Rules:

### Practice:

- Practice sessions should not exceed 1 hour in length.
- 6U - no more than 1 practice a week.
- 1st/2nd grade - no more than 2 practices a week.
- Rescheduling a canceled practice due to conflict should be done through the TRPR office with a two day notice.
- Coaches can cancel in case of inclement weather if no decision has been made by 3pm that day by the TRPR Athletics Department.

## **Code of Conduct Expectations for Parents, Players & Coaches:**

- Coaches are responsible for the behavior of their team's athletes and their parents. Any form of abuse toward players, referees, coaches, or anyone involved in the game will not be tolerated. After an initial warning, the individual will be required to leave the facility for the remainder of the game. If they refuse to comply, the game will be forfeited.

## **Rotation of players:**

- Each player will receive equal playing time on both offense and defense.
- The clock will stop halfway between each quarter for subs. Everyone on the bench will enter the game (ONLY exception is injury).
- **6U** - Clock will stop at the 4-minute mark each quarter.
- **1st/2nd grade** - Clock will stop at the 5-minute mark each quarter.

## **Games:**

- Will be held on Saturdays
- Schedules posted on [teamsideline.com/trpr](https://teamsideline.com/trpr)
- In case of inclement weather, games will be canceled at TRPR's discretion.
  - Weather line: 970-572-7888
- Make up games will only be made up if time allows, they are not a guarantee.