

Basketball Rules Yr 5-6



Players	5 v 5
Game Duration	20 minutes (2x 10-minute halves, 1-minute half time) Unlimited sets within time.
Court size	Full size court
Hoop Height	10ft
Ball size	Size 5
Scoring	Any goal scored is worth 2 points, unless a goal is shot from outside the 3-point D it's worth 3 points.
Positions	No Positions- Man to man defence is encouraged.
Substitutions	Substitutions Players can only be substituted when the game of play has been stopped. (the official calls a violation, out of bounds or a goal has been scored). The fresh player may enter the game once the substituted player has left the court
Start of play	Ball toss for each half.
Rules	<p>We want the children to have fun and play as much as possible within the 20 minutes. Our umpire will coach and help players to learn rules as they play:</p> <ol style="list-style-type: none">1. Double dribble: When a player stops bouncing the ball they must pass or shoot the ball. They cannot start bouncing again.2. Illegal Dribble: A player must use one hand at a time to bounce the ball.3. Traveling: Players cannot run with the ball, it must be bounced the whole way. A player may take up to 2 steps after dribbling the ball.4. Personal Foul: You cannot push, hit or hold anyone from the opposition. A defender may hold their ground and if they get pushed from the opponent it is considered a foul in favour of the defender.5. Personal Foul: If a player is fouled in the act of shooting the goal will be counted.6. Personal Foul: If a player is fouled at any time (except in the act of shooting) it is a Free pass played from the closest side.7. Defensive retreat: After an attacking team scores a goal or loses possession of their ball in their attacking half, they must retreat to behind the half way line to give the other team a chance to bring the ball up the court.8. Return to back court: Once the ball has entered the offensive half the ball cannot be passed behind the halfway line.9. Three second rule: Offensive players cannot stand in the keyhole of the attacking goal for more than 3 seconds10. Five second rule: Once a player holds the ball, they have 5 seconds to pass, dribble or shot.11. Default: If a team is more than 5 minutes late to a game then they automatically default.