

Yampa Valley Youth Recreational Basketball League

NBA Division (5th and 6th) Grade Rules

Warm Up: Each team will get a seven (7) minute warm up before each game.

Game Time: Boy's games will consist of two (2) 20-minute running halves. Girl's games will consist of two (2) 20-minute running halves. There will be a three (3) minute half time.

Time Outs: Each team will get two (2) timeouts each half. The timeouts will be one (1) minute long.

Half-Court Defense: There will be no "pressing" the first **two** weeks of games. Players can only defend once the ball has crossed half court. The final four weeks of the season pressing will be allowed.

Defense: Stealing the dribble **IS** allowed. Stealing the pass **IS** allowed. Keep in mind referees will be instructed to call reaching.

Playing Time: This is a Recreational League. Every player must receive equal playing time.

Score: The score will be kept but as mentioned above this is a Recreational League. This league is not about wins and losses. It is about every player getting a chance to play basketball in a fun atmosphere.

5-second Rule: The 5-second rule (when defended the player cannot hold the ball for more than 5 seconds) will be enforced. Keep in mind that the referees will be very lenient with this rule in the first couple of weeks. By the end of the league 5-seconds will be called whenever it happens.

3-second Rule: The 3- second rule (players cannot "camp out" in the lane for more than 3 seconds) will be enforced. Just like the 5-second rule the referees will be very lenient with this rule in the first couple of weeks. By the end of the league 3-seconds will be called whenever it happens.

Fouls: Referees will call fouls for actions such as hitting, holding, pushing, slapping and tripping. Fouls will be called on both offense and defense. All fouls will go toward team fouls. After 10 team fouls, the fouled player will shoot one (1) free throw.

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Free Throw: On a shooting foul the player fouled will shoot one (1) free throw. After 10 team fouls, the fouled player will shoot one (1) free throw.

Over and Back: The over and back violation will be enforced. Keep in mind that the referees will be very lenient with this rule for the first few weeks in the league.

Coaches Conduct: Coaches are expected to treat the opposing team and referees with respect. Yelling at the referees will not be tolerated. High Altitude Basketball believes deeply in sportsmanship. We win and lose with class.

Parent Conduct: Parents are expected to treat their child's team and the opposing team with respect. Once again, yelling at the referees will not be tolerated. If parents cannot follow these guidelines they will be removed from the gym and not be allowed back the following week.

Gym Policies: It is a privilege to use the Steamboat Springs Middle School gym. Everyone who attends a game (players, coaches, parents) is expected to clean up after themselves. Children that are not participating in a game must be looked after. Parents are responsible for their children. Please make sure they don't get into trouble (no playing on the stage, keep them off the court, no running around in the arcade, etc.) HAB would like to run this league for years to come. Please help ensure that we will have a gym to play in.