

Medfield Youth Basketball
Grades 5 & 6 Boys Rules and Regulations

Updated: 12/4/2019

The format:

- Five vs. Five. Games are played at Blake Middle School.
- The players play with a 28.5 size ball.
- Games will be officiated by High School referees.
- Games will consist of two 25-minute halves with the clock stopping in the last two minutes of the game on a whistle.
 - For the first 23 minutes, the clock will run continuously with the exception of a time-out.
- The game must end on time so please begin your game approximately 65 minutes prior to your departing time.
- Referees will be responsible for shortening the second half of games if needed to stay on schedule (for example from 25 minutes to 20 minutes to keep the end time on schedule)
- There will be no zone defense or full court pressing allowed. Players will be encouraged by both the referee and coaches to guard their player and to not allow double-teaming. It is ok for a player to help out if the offensive player is going to the basket...but the overriding concept should be that each defensive player stays with their player and picks up at half court.
 - The only exception will be the last two minutes of the game when a team can pick up their player full court (player-to-player defense only, no zone traps).
- Players will shoot foul shots (2 shots) when fouled in the act of shooting. On a non-shooting foul, the ball will be put in play nearest to where the foul occurred.
 - The only exception will be the last two minutes of the game or of overtime where a non-shooting foul will be a one and one.
- Each team will be granted two (2) 30-second timeouts per half with no carryover if not used in the first half.
- One 3-minute overtime is permitted. Full court player-to-player is allowed the last two minutes. One timeout is granted. Running clock for the first minute of overtime (excluding timeouts).

Other

- Coaches must locate a volunteer parent to run the clock/scoreboard prior to the game. Kids can help out but there must be parent supervision.
- Do not allow a team to blow out the opposing team. A.K.A. Mercy Rule.
- Be respectful and end your sessions on time.
- Clean your area of all trash.
- Referees will be encouraged to call all violations and rules of the game.
- ALL PLAYERS MUST PLAY APPROXIMATELY THE SAME AMOUNT OF TIME DURING A GAME. All players must be involved in the offense.

Basketball web sites – web sites come and go. For the most recent sites and reviews simply Google “Basketball Drills, youth”. Here are some examples.

- <https://www.online-basketball-drills.com>
- <https://www.coachesclipboard.net>
- <https://www.ultimate-youth-basketball-guide.com>