

**BRUNSWICK PARKS AND RECREATION DEPARTMENT**  
**5TH & 6TH GRADE BASKETBALL LEAGUE**  
*Say YES to Better Sports for Kids*

**PROGRAM PHILOSOPHY**

It is more important in the development of young athletes to ensure that they participate, develop skills and have FUN...rather than in winning a game.

**RULES & GUIDELINES**

Games will be conducted in accordance with the 2014-2015 High School Federation Basketball Rules, with exceptions and modifications, as follows:

**THE GAME**

- Unless otherwise noted, games are played Saturday mornings at the Brunswick Recreation Department.
- Practices are scheduled weeknights, as determined by coaches and recreation department staff.
- Games will be officiated by volunteer coaches, adults, Brunswick HS or JHS students.
- The game will start with a jump ball. Alternating possession thereafter.
- Basket height is the standard 10 ft. Free throw line distance is 15 ft; however, players may jump over the free throw line as long as it does not provide an advantage (i.e. going after a rebound before the ball hits the rim).
- An *intermediate size* (28.5") ball is used for both girls and boys.
- The 3 point shot is-not in effect.
- Games consist of four, 8-min. periods. The first six minutes of each period is straight running time. During the final two minutes of each period, the clock will stop on all dead ball situations. (Fouls, free throws, ball out of bounds, etc.)
- Overtime periods will not be played. Tie scores will stand.
- Half-time interval will be five minutes.
- A score sheet will be kept for player fouls, time-outs and quarters played.
- Any player accumulating five fouls in a game will "foul out" and be removed from further play.
- Free throws will be awarded for players fouled in the act of shooting only. (No "bonus" free throws)
- Each team is allowed four (60 sec.) time-outs per game.
- Players entering the game must report to the scorekeeper.
- Players must wear team shirts for all games. (Shirts may not be altered or the sleeves cut)
- Any player who is bleeding, has an open wound, or blood on his/her body or clothing shall be removed from the game or practice until the bleeding has been stopped, the injury treated and any blood saturated clothing removed.

**DEFENSE**

- Teams must play person-to-person defense only. Help and recover is allowed in the front court only.
- Zone defenses or deliberate double-teaming is not allowed.
- Full court pressure (person-to-person) is permitted in the second half only, unless a team is ahead by 10 points or more.

**PLAYERS, COACHES & PARENTS**

- Volunteer coaches are trained and certified through the National Youth Sports Coaches Association. (NYSCA)
- It is each player's responsibility to contact their coach(s) if they are unable to attend a scheduled game or practice.
- Good sportsmanship and appropriate conduct is expected. Set a good example for young players by demonstrating respect and support for the decisions made by referees, coaches and recreation department staff.
- Each player must play in at least two periods during the game. This is a fundamental principle of the program. Once five players start a period, they all must finish that same period.

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- Substitutions will be allowed only when players: a) fouls out; b) must leave the game due to blood rule or injury, or c) is removed resulting from negative behavior or sportsmanship. Coaches are encouraged to use a rotation system to ensure that each player receives equal playing time throughout the season.
- If a team does not have five players ready to play ten (10) minutes after the designated starting time, the game shall be played by selecting a player(s) from the opposing or other divisional team.
- No player will be allowed to play in more than three periods of each game. (Exception: If only six players are present, then two players will need to play the entire game; if only five players are present, then obviously all the players will play the entire game. Coaches need to exercise discretion when determining which players will play the whole game when necessary.
- If any player receives a technical foul or exhibits poor behavior on the court, the coach may substitute for that player immediately. One period of play will be credited to the player being removed.
- If a player fouls-out and no substitutes are available, that player will be allowed to stay in the game. However, the penalty will result in the opposing team receiving two free throws, in addition to receiving the ball out-of-bounds after the two free throws at the division line away from the scorer's table. If that same player commits an additional foul before the end of the game, the same penalty will apply.
- Coaches are directly responsible for notifying players and parents of any changes in game schedule, practices or other information pertaining to the team.
- In case of inclement weather -Cancellation Procedure: (SATURDAY GAMES)
  - A.) One coach from each team will be contacted by telephone early in the morning.
  - B.) Coaches should then notify their players.
- QUESTIONS? COMMENTS? Please contact Dave Coffill at 751-6596 dcoffill@brunswickme.org