



League Rules - Grade 5/6

Mission Statement

The SOMA Basketball program uses regulation basketball rules that have been adapted for youth players by the SOMA Basketball committee. Through this ruleset, it is our goal to teach competitive basketball and thereby foster development of skills both physical and mental, a respect for the rules of the game, and ideals of teamwork, sportsmanship and fair play. As a recreational league, we are committed to providing all children, regardless of skill level and previous experience, with the opportunity to play basketball.

General Rules

- Each weekly session will be broken up between teamtime and game time. Teamtime will take place in a half court developmental session prior to the start of a game. Team time is intended to work on basic skills (dribbling, passing, shooting, defense, rebounding).
- During game play, both teams will have 5 players on court (can be adjusted to 4v4 if needed)
- Coaches must stay on the sidelines during game action
- Score will be kept for all divisions
- If there is a 20-point deficit we will stop keeping score (coaches will keep score in their books)
- Coaches are expected to ensure that players are provided with equal playing time. No player should play a third sub rotation prior to all others playing their second.
- Any rule not specified by age specific chart below will follow FIBA basketball rules

Age Specific Rules: Grades 5-6

Ball Size	28.5
Hoop Height	10 feet
Game Length	Eight 4-minute periods
Clock Stoppage	Running Clock - Stops on dead balls during final 2 minutes of game (under 10 point differential)
Substitutions	Mass subs between periods, exceptions for injuries
Timeouts	2 timeouts (30 seconds) per team
Set Defense	Man-to-Man only
Pressing Defense	Allowed in last two minutes of periods 4 & 8 (<10 point differential)
Double-Team	No double-teaming - two or more players defending the same offensive player for two or more seconds
Stealing from the Dribbler	Players may steal the ball from dribbler
5 Seconds Held Ball	Enforced
Offensive Three-Second Rule	No 3 seconds rule
10 Second Backcourt Violation	Enforced
Over and Back Rule	Enforced
Fouls	Follow FIBA rules for fouls with the exception that shooting fouls result in 1 point and 1 shot for 1 additional point
Team Foul Bonus	Bonus occurs on the 7th (and beyond) foul of each half. Penalty is 1 point and 1 shot for 1 additional point.
3 point line	All baskets are 2 points
Advancing Ball on a Timeout	Teams may advance to halfcourt on a timeout.
Overtime	No overtime for the regular season. Two minute overtime for playoffs.
Playoffs	Weeks 10-12
Playoff Seeding Criteria	1) Win/Loss Record 2) Head to Head Result 3) Coin Flip

Interactions with Referees

All SOMA Basketball coaches, players and spectators are expected to treat our league's youth referees with respect. Abusive, aggressive, harassing, and bullying behavior will not be tolerated.

Coaches

Coaches are welcome to ask for clarification as to what violation was called. They are not to argue or verbally disagree with a call made by a referee. In this occurrence, the referee will:

- **First Violation** - Issue an official warning to the coach and inform the Head of Gameplay
- **Second Violation** - Issue a technical foul resulting in 1 point and possession of the ball for the opposing team. The coach must also remain seated for the remainder of the game.
- **Third Violation** - Issue a second technical foul resulting in 1 point and possession of the ball for the opposing team. The coach is ejected from the game and must leave the gymnasium before gameplay resumes.

Any coach that received two technical fouls over the course of the season will no longer be permitted to coach for the remainder of the season. Additional penalties may be enforced across other programs administered by South Orange Department of Recreation.

Players

Players are welcome to ask for clarification as to what violation was called. They are not to argue or verbally disagree with a call made by a referee. In this occurrence, the referee will:

- **First Violation** - Issue an official warning to the player and inform both the Head Coach and Head of Gameplay
- **Second Violation** - Issue a technical foul resulting in 1 point and possession of the ball for the opposing team. The player must also be subbed out for the remainder of the period. That period will still count towards their equal playing time total.
- **Third Violation** - Issue a second technical foul resulting in 1 point and possession of the ball for the opposing team. The player is ejected from the game and must leave the gymnasium before gameplay resumes.

Any player that received two technical fouls over the course of the season will result in a one game suspension. If that player receives a third technical foul they will no longer be permitted to play for the remainder of the season.

Spectators

Spectators should not have any interactions with referees other than compliments and thanking them for helping with SOMA Hoops. They are not to seek clarification, argue or verbally disagree with a call made by a referee. In this occurrence, the referee will:

- **First Violation** - Issue an official warning to the spectator, and inform the Head Coach and Head of Gameplay. The Head Coach and Head of Gameplay will inform the parent they are not permitted to engage with the referees for the remainder of the game.
- **Second Violation** - The spectator is ejected and must leave the gymnasium before gameplay resumes.

Any spectator that is ejected two times will no longer be permitted at SOMA Hoops games/events for the remainder of the season. Additional penalties may be enforced across other programs administered by South Orange Department of Recreation.