



NATIONAL YOUTH SPORTS RULES BASKETBALL: 6-7 YEAR-OLDS

Applies to both practices and games.

1. The size of the playing area is full court or crosscourt.
2. The height of the basket will be approximately eight feet.
3. The free throw line will be ten feet from the basket.
4. The size of the basketball is a 27.5 inch or junior size.
5. No forfeits! The game will be played five on five. Each team will have a maximum of ten players on their roster.
6. Anymore than ten players on the roster has to be approved by league coordinator and head coach.
7. Each child must play at least half of every game.
8. The game will consist of four six minute quarters with a running clock except for timeouts. There will be two, thirty second timeouts per team per half. Half time will last two minutes with one minute between quarters.
9. The provided NYS jersey or approved jersey must be worn at all times. No exceptions!
10. A jump ball will start each game.
11. Player substitutions may only occur between quarters and timeouts.
12. One coach from each team may stand on the sideline during play to instruct players. Coaches are not allowed on the court during play.
13. There will be no lane violations called and no individual fouls counted.
14. Defense is man to man, no zone. Double-teaming is only allowed in the lane area. No slapping or reaching in at the ball. Stealing from the ball handler is not allowed outside the key. Inside the key, stealing is allowed but fouls will result in two free throws.
15. No back-court defense allowed until the last two minutes of the game.
16. Excessive fouling, stealing, or rough play may result in a technical foul (Two free shots and ball will be awarded for a technical)
17. Possession will alternate each quarter, jump ball, or double foul.
18. Players may not run with the ball; dribbling must be emphasized.
19. After each basket the opposing team will then inbound the ball from their end line.
20. Shooting fouls will result in free throws.



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21. Referees will call the game depending on skill level. Please speak with the referee before each game.
22. In tournament play, referees will be forced to call game tighter.