

Basketball 5v5 Rules

Revised 11/30/18

Basketball Game Day Instructions

- Games are six (6) periods of seven (7) minutes each with a running clock at all times. Quick substitutions take place between periods.
- Warm-up shooting is allowed before games and at halftime.
- Pre-Game Player Introductions start at game time – Players run onto the court when coach calls out name (on microphone with background music).
- Pre-Game Team Meeting with Referees/Coaches prior to the start of each game to emphasize rules, substitution pattern, & reminder to work together so all players have a good experience.
- Coaches must stay off the court during the game.
- Clock operator is in charge of time and scoreboard countdowns to keep things on schedule.
- Paid referees will be used but keep in mind our referees are not professionals. They will do the best they can at keeping the game safe and fair. Mistakes will be made but not intentionally.

Pre-Game Details

- Make sure you have your substitution pattern (A, B, C, D, E) ready before game time to show to the opposing coach (coaches may agree to make some last-minute changes).
- During warm up time (usually about 10 minutes), hand out wristbands for starting players. When buzzer goes off, be ready for pre-game player introductions.
- Be prepared to introduce your players using a microphone with background music (players love this so feel free to “hype” it up by using nicknames). We’ve found it is better to have the coaches introduce their own players versus trying to recruit at PA announcer to announce everyone.

Post-Game Details

- Coaches should always initiate post-game handshake with opposing team.
- Coaches should lead a short post-game encouragement time in the lobby or outside (mention or give awards for Offensive Players of the Game, Defensive Players of the Game, and the Fantastic Play of the Day). Please leave the court to make room for the next game.

Playing with Purpose & The Legacy Story

The good or bad deposits we make each day define our legacy. The concepts below should help us teach players how to build a positive and lasting LEGACY.

- **Little Things** – everything is connected and matters to God including sports
- **Example** – all of us are an example to someone (positive or negative)
- **Glory** – are we participating to gain glory for ourselves or for God
- **Awareness** – understand what is going on inside us and around us
- **Control** – we can’t control the outcome of a game but we can control our attitude and effort
- **You** – putting the needs of others above your own

Division Name: Jimmy V (2006-2008)

Basketball Size: 28.5 (intermediate, size 6)

Goal Heights: Ten (10) Feet

Players on the Court: 5v5 Full Court (max of 10 players per team)

Game Time: All games consist of six (6) periods each being seven (7) minutes long with a running clock. A regulation clock (stops on all whistles) will be used in the final thirty (30) seconds of each period.

Substitution System: We've adopted the Upward Basketball system. See detailed explanation at the end of this document. In summary, every player must play at least three (3) full periods of the game and cannot sit out for two (2) consecutive periods.

Bad Call Rule: Coaches must learn not to argue any referee calls, but instead to use a "bad" call as a learning opportunity for his/her team and to focus on the next play down the court.

Referee Calls: Our goal is for every player to be developed to reach their potential on and off the court so the calls by the referee may vary in strictness from player to player but there must be a clear teaching of the right way to do things even if a "travel" or "double dribble" is not called for a specific reason.

Timeouts: Each team can use one sixty (60) second timeout in the final minute of a close game.

Backcourt Press: No full-court pressing, guarding, or stealing in the "backcourt" is allowed. Loose balls may be picked up by the defense in the backcourt.

One Shot Rule: The primary goal is for each team to get a minimum of one shot during each possession. While this rule cannot be fully enforced (turnovers, bad passes, etc. will happen), the defensive team can adjust accordingly (especially if the game is somewhat lopsided).

Stealing: Stealing is allowed off the dribble but double teams are not allowed. Referees will focus on "overcalling" reach-in fouls to help players learn proper defense (constantly slapping and swiping at the ball is not good defense).

Fouls: If a player receives two (2) fouls in one period, he will be taken out of the game for the remainder of the period immediately following the second foul. No other penalty will be assessed. Upon returning to the game in a new period, the player will start back at zero (0) fouls. If a single player continues to have trouble with constant fouling, further measures may be deemed necessary to help the player understand how to play proper defense (less fouls in a period, sit out longer, etc.).

Free Throws: Two (2) free throws are shot on shooting fouls. Players may enter the lane on the release. If foul is committed as time expires, foul shots will be awarded.

Switching Directions: Teams switch directions (baskets) after half time.

Wristband Matchup System: This system should be used when playing man defense. The goal is to matchup players of equal ability. Color order will be determined at the beginning of the season based on what is available (red is usually best player, white is weakest player). The following rules apply.

- Players must guard the opposing player wearing the same color wristband
- Players may only block the shot of the opposing player with the same color wristband (be a wall with hands up against other players)
- When stealing is allowed, players can only steal the ball off the dribble from the opposing player with the same color wristband
- No double teaming the player with the ball

EXCEPTIONS --- On a fast break and in the paint area near the basket, defensive players are able to stop the offensive player with the ball even if he/she is not wearing the same color wristband (still no blocking the shot of a player with a different color)

Defensive Guidelines: Teams will play man-to-man defense only in the first 2-3 games. As we approach midseason, coaches will have the option to play zone in a maximum of two periods per game. Both coaches must be in agreement since playing a zone defense changes the game in several ways (wristbands cannot be used; top players cannot be matched up against each other).

Offensive Screens/Picks: Screens/Picks are allowed along with "Help" defense. Defensive Players are able to guard any player in the paint regardless of wristband color. Temporary switching on defense is allowed but players should look to return to "their" player as quickly as possible. Better players should be taught to stop the progress of weaker players to the basket rather than steal the ball or block the shot.

Keeping Score: The score will be kept for the duration of the game during the first 2-3 weeks of play. Coaches & League Commissioners will then decide whether or not changes need to be made (depending on the competitiveness of the games).

Lane Violations: Referees will give several warnings "to exit the lane" before calling it as a violation in a game. As the season progresses, three (3) seconds will be enforced more quickly (few or no warnings).

Stalling: There is no specific shot clock, but players may not stall to cause the time to run out on offense. One warning is giving for stalling and then it would be an immediate turnover if stalling occurs again.

Black Hole Players: Players who are shooting almost every time down the court should be instructed to stop shooting (goal is for all players to have an opportunity to get an occasional shot). If a player continues to shoot, he can be taken out of the game in the middle of the period at the discretion of the Coaches, Referees, and/or League Commissioners.

Final Minute of a Close Game

The difference in the score must be 6 points or less at the one (1) minute mark in the final period for the following rules to apply:

- Regulation Clock will apply (clock stops on all whistles)
- Clock will stop after a made basket and will restart **once the ball crosses half court** (not on the first touch). Since backcourt press is not permitted, this will keep the offensive team from "stalling" if they have the lead.
- Each team will have one (1) sixty second timeout
- Each team's first foul in the final minute will result in regular bonus (1 and 1)
- Each team's second foul and beyond in the final minute will result in double bonus (2 shots)
- Players will need instruction on how to foul correctly at the end of a close game

Substitution Instructions

This System Helps Ensure

1. Every player will play at least half of the game
2. No player sits out more than one period at a time
3. Every player will have an opportunity to be in the starting lineup (if done correctly)
4. In most cases, players will play against other players of equal ability; the system is not perfect, missing players will tend to lead to unfair match-ups
5. Coaches are free from monitoring playing time for each player (especially their own child)
6. Playing time for all players is virtually even over the course of the season
7. Substitutions only happen between periods – no exceptions other than unusual circumstances

Creating Good Matchups

1. Be prepared with a potential lineup before coming to the gym and then be ready to make changes once you get to the field (bring a blank sheet along with the examples below). Last-Minute changes are often necessary for various reasons.
2. When both teams have the same amount of players, place players with similar abilities in the **same place** on the chart.
3. When both teams do not have the same amount of players, place players with similar abilities in **different places** on the chart allowing them to be on the field at the same time the most.
4. Players can be placed in different positions from week to week BUT try to make sure all players are getting the opportunity to play "extra" periods. At times, some players will play one more period than others during a single game (shouldn't be your best player every game).
5. This system is not perfect so keep that in mind when working with the opposing coaches to setup the best on the field matchups as often as possible.

8 PLAYERS

Player	1	2	3	4	5	6
A	1		1	H		1
B	2		2	A		2
C	3		3	L		3
D	4		4	F		4
E		1			1	1
F		2			2	2
G		3			3	3
H		4			4	4

7 PLAYERS

Player	1	2	3	4	5	6
A	1	4		H	3	2
B	2		1	A	4	3
C	3		2	L		1
D	4		3	F		2
E		1	4			3
F		2			1	4
G		3			2	1
H	OUT					

6 PLAYERS

Player	1	2	3	4	5	6
A	1	3		H	1	3
B	2	4		A	2	4
C	3		1	L	3	1
D	4		2	F	4	2
E		1	3			1
F		2	4			2
G	OUT					
H	OUT					

5 PLAYERS

Player	1	2	3	4	5	6
A	1	2	3	H	4	1
B	2	3	4	A		1
C	3	4		L	1	2
D	4		1	F	2	3
E		1	2		3	4
F	OUT					
G	OUT					
H	OUT					