

6/7 year old Basketball Rules

Goal Height - 8'

Ball size—27.5"

- Coaches lead both teams in prayer at center court before every game.
- Coaches and players should take a knee during the prayer.
- At the end of each seven minute period, the team with the possession arrow designated in their direction, will get possession of the ball the start of the next 7 minute period.
- Games consist of four (7 minute periods) with a 10 minute halftime. Coaches should make a good faith effort to divide playing time equitably. Subs are made halfway through each quarter. It is expected for all players to be able to play equal amounts of time but may vary depending on team size etc.
- Teams switch goals at halftime.
- Coaches are permitted to walk their half of the sidelines in order to encourage and instruct their players but are prohibited from being on the court. Changes can be made based on Sports Ministry officials.
- Wrist bands are used to match up players.
- Games resulting in a tied score will remain a tie and not go into overtime.

Score Clock

- Clock runs continuously notwithstanding the following exceptions:

1) Referee stops the game due to a player injury.

2) Player fouls out.

3) Intentionally rough/ flagrant player fouls result in opposing team shoots two free-throws and retains possession of the ball.

- Score clock SHALL be turned off when one team reaches a sizeable lead (15 points or more). Scorekeepers will resume using the scoreboard, if/ when the score returns to less than a 15 point margin.

In such scenarios, Coaches are EXPECTED to take decisive measures to prevent their team from unnecessarily running up the score (ex. Involve your less experienced players more in your offense, temper your fast break/ transition offense, Coaches may impose a 7 pass rule before a player can shoot).

Defense

- Man to man defense only (No zone defense).

- No back court defense (Defenders must wait until the ball crosses half court before picking up their opponent).

- Defender must stay within 5 feet of their opponent when playing defense when their opponent is inside the arc/ 3 point area (note: this encourages an honest person to person defensive effort to avoid "sagging" but should provide adequate spacing for those slower players struggling to guard a faster opponent).

- Stealing the ball off the dribble is permitted but only in the paint/lane.

- Help Defense is allowed in the following circumstances:

1) Fast breaks

2) Help Defense in the lane/ paint, providing the player you are assigned to guard is also in the lane/ paint.

3) Help Defense against an Offensive Pick and Screen until such time the defender is afforded reasonable time to recover but no later than plays end.

- Drawing a Charge is allowed.

- Jump balls ARE allowed.

Fouls

- 2 Foul Rule: Any player who commits 2 fouls in a single 7 minute period shall be substituted for and is ineligible to play for the remaining balance of that single 7 minute period, but is eligible to resume play the very next 7 minute period. In the case of shortage of players you will play with the lower amount of players.
- Any single player who commits 5 total fouls in one game DOES NOT foul out of the game, but is subject only to the 2 Foul Rule.
- No 1 and 1 and only shooting fouls
- Intentionally rough/ flagrant fouls will result in the fouled player shooting 2 free-throws, the fouled team maintaining possession of the ball and the offending player being ineligible to play the remaining minutes of the period. Pending the discretion of the offending players Head Coach and Referees, this player is eligible to return to the game the next period. (Emphasis is put on reconciliation and making this a teaching moment, when possible).
- Non-shooting fouls result in the ball being inbounded by the offended team exception being the last minute of the half
- All fouls result in free throws 1 and 1 with one minute left or bonus situation
- 12 foot lane line for free throws

Offense

- Fast breaks, motion offenses, pick/screens and pivoting are all allowed and encouraged.
- 10 second back court violation rule does NOT apply (Referee will counsel players who are taking too much time)
- No lane violation (Referee will counsel players camping in the lane)
- Inbound rule does NOT apply.
- 3 point shots are discouraged. All made shots from the perimeter will count as 2 points.
- The regulation free-throw line is NOT observed but a 12 foot is observed
- Double dribble/ traveling violations MAY be enforced (Referees will use their discretion on a player by player basis depending on player skill level. Referees are encouraged to counsel players on traveling violations as a teaching tool as well as enforce violations when appropriate)
- No score will be awarded for a basket made in the wrong goal. Referees will Instead treat this as a turnover.

Timeouts

- Coach has one timeout per half. Clock stops with 20 seconds left for any issue each quarter. This may be changed based on Sports Ministry officials.

Sportsmanship

- Every Coach, Referee, Player and Volunteer is expected to practice the highest standard of sportsmanship and good will, consistent with the values and standards found within the Holy Bible and which would ultimately be pleasing to our Lord and Savior, Jesus Christ.

Practices

Due to liability issues you cannot hold practices away from church. All practices must happen at the assigned time in the assigned location. The assigned location is the FLC of Good Hope Baptist Church.