

ONE GOAL SPORTS: **BASKETBALL RULES BY AGE GROUP**

6-7 Year Olds

I. GENERAL RULES

- 1.01 League Standings – There will be NO league standings kept throughout the season.
- 1.02 Scoring – Official score will NOT be kept OR posted on the score clock. Coaches are not permitted to keep score on the bench.
- 1.03 Statistics – Coaches may record game statistics (i.e. rebounds, assists, etc.) for the purpose of positive reinforcement and as a source of encouragement to your players throughout the season.
- 1.04 Discipline – You, the coach, are responsible for keeping good discipline with your players on the bench and on the court during a game.
- 1.05 Injury - Games will be stopped for a possible injury situation. Depending on the injury, the player may be taken out and replaced with a substitute (see 3.01.1). If blood is involved, then time will be taken to remove all blood from the floor and the player must be removed from the game until the injury is properly wrapped.
- 1.06 Equipment – The 6-7 year old children will practice and play on an eight (8) foot goal and use a junior size 27” basketball for practices and games.

II. GAMES

- 2.01 Prayer - Each game will begin with a prayer led by one of the referees, coaches, or One Goal Staff.
- 2.02 Game/Quarter Length - Ages group 6-7 will have 6 periods. Each period will consist of 5:00 minutes.
- 2.03 Stoppage - The clock will not stop except at the end of each period or for injury.
- 2.04 Time-outs – No time-outs will be given except for injury.
- 2.05 Match-ups - All players will be “matched-up” according to size, age, and/or playing ability before each period in a way that they understand whom they are defensively responsible for in Man-to-Man defense.

III. SUBSTITUTION

- 3.01 Substitution Rule – Players will play at least 1/3 of the game (2 quarters).
 - 3.01.1 Coaches are responsible for maintaining an equal rotation throughout the entire game so that each player plays an equal amount of time. This responsibility will be placed completely on the coach and may be monitored by the referee. Subs will only be allowed at period breaks or for injury. Players cannot play back-to-back periods unless numbers or injury dictates so.

IV. OFFENSE

- 4.01 Plays – There is no mandatory offense for each team, but keys to consider are keeping the floor well spread and applying pick and rolls.

- 4.02 Holding the ball – No team is allowed to hold the ball or run the clock down. We want to take advantage of as much playing time as we can.
- 4.03 5 Second call – Once a player has picked up his/her dribble, he/she must pass the ball before 5 seconds elapses.
- 4.04 Wrong goal – If a ball is shot into the opposing team's goal, the referee will explain to the player what has happened and the opposing team will be awarded possession of the ball. The basket will not count.
- 4.05 Backcourt – No backcourt violations will be called.
- 4.06 Scoring – Official score will not be kept. Nor should any coach keep score on the bench.
- 4.07 Free Throws – Free throws will not be awarded for fouls.

V. DEFENSE

- 5.01 Match-ups - 6 & 7's -The players on the court will be evenly matched before each period by coaches and referees. Each player must guard their assignment the entire period unless the coach tells them otherwise. **Matched players will wear the same color wristbands to help identify who that are responsible for guarding (ex. Player #1 for Team A and player #1 for Team B will wear yellow wristbands during the quarter and so on).**
- 5.02 Man-to-Man – Only a man-to-man defense is allowed.
- 5.03 Zone – No zone defense allowed.
- 5.04 Illegal - If a team is called for illegal defense, the possession will be awarded back to the offense and the ball will be taken out from the point of the call.
- 5.05 Double Teams/Trapping – No double teams or trapping is allowed
- 5.06 Defense Pick-up – Defense will pick up the offense once the offense crosses half court.

VI. VIOLATIONS

- 6.01 Turnover - All turnovers will be called by the referee and will result in a loss of possession. The ball will be thrown in from the nearest point of the turnover.
 - 6.01.1 The player is only allowed to use one hand to dribble and must pass or shoot once dribble is stopped.
 - 6.01.2 Once both feet are planted on the floor, the player can only use one pivot foot when holding the basketball. Two steps are allowed after pick-up on a lay-up.
 - 6.01.3 There will be no 3-second lane violations.
- 6.02 Fouls - For age group 6-7 no fouls will be kept. No free throws will be awarded. The referee will have permission to take a player out of a game if fouling persists after warning the player. A warning will be given when a child has fouled at least 3 times in one period. No player will have an opportunity to foul out of the game completely.
- 6.03 Technical Fouls - There should be no need for issuing technical fouls. However, if an official deems it necessary to issue a technical foul due to the un-sportsmanlike conduct of a player or coach toward the opposing team or official, he/she may do so.