

**Diocesan Athletic Conference**  
**Basketball Rules**  
**5th-6th Grade**

**I. BASE RULES: TSSAA - NATIONAL FEDERATION OF HIGH SCHOOL ASSOCIATIONS**

**II. SEASON: 1<sup>ST</sup> WEEK OF DECEMBER THROUGH THE LAST SATURDAY OF FEBRUARY.**

**III. ELIGIBILITY**

- A. Team rosters must be submitted to the DAD before the first regular season game. Failure to submit will result in forfeiture of the first game. It may also result in suspension of the coach and forfeiture of future games.
- B. It is the coach's responsibility to control fans and/or parents during the games.
- C. Each player participating in the League must meet eligibility requirements set forth by the Diocesan Athletic Conference.
- D. The League will be limited to students in the 5th and 6th grades. If a team needs additional players, they may allow 4th graders on the team. No children in K-3 will be eligible to participate.
- E. All eligible children in participating schools should be allowed to participate. The Diocesan Athletic Committee admonishes "cutting", and encourages the participation of all students who wish to play.

**IV. LEAGUE RULES AND REGULATIONS**

- A. Each team will receive 3 "full" time-outs and 2 "twenty second" time-outs per game. A coach or player may call time-out.
- B. The DAC will coordinate game officials for all league games and tournaments.
- C. Coaches and players will be ejected from the gym on the 2nd technical foul. In addition, they will be suspended for the next game.
- D. Coaches will notify the opposing coach before a game of any player(s) not participating in the game because of illness, injury, disciplinary reasons, etc.
- E. After the first 3 minutes of the 1st and 3rd quarters, the clock will stop, but play will continue until there is a dead ball. Scoring a basket is not a dead ball situation. The referee will stop play

and both teams must substitute 5 new players, if they have 5 or more substitutes on the bench. If the coach fails to substitute players, a bench technical shall be called.

F. If a team does not have 5 new players to substitute, then the opposing team will not have to substitute 5 players. Both teams will only be forced to substitute equal number of players. With the exception of injury and a player fouling out, the only substituting during the 1st and 3rd quarters will be at the 3 minute split.

G. If a player fouls out, any player on the bench may be substituted for that player. The opposing coach will have the option of substituting any player on their bench at that time as well. All children on the bench must play in every game. In the case of injury, the injured player cannot be replaced by a starter as long as there are other substitutes available.

H. Each quarter will be six minutes in length.

I. There will be no league standings kept, league trophies given, or tournaments held.

J. Warm ups prior to game will be 6 minutes.

K. Uniforms with legal basketball numbers on the front and back are recommended. Players may wear a tee shirt under their uniform top that is consistent with one of their two primary colors.

L. The official ball will be a rubber TSSAA Approved Women's Basketball - 28.5.

M. In the event the score is tied at the end of regulation play, there shall be one 3 minute overtime period played. There will be no required playing time or substitutions required during this time period.

P. The league will be divided into two divisions. One division will allow full court pressing the entire game - National. In the other division no backcourt pressing will be allowed in the 1<sup>st</sup> and 3<sup>rd</sup> quarters. Pressing will be allowed in the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters. The backcourt pressing rule will be strictly enforced - American. On the third offense of each half, there will be a technical foul assessed to the offending team. Technical fouls will be assessed on each subsequent offense.

Q. If a team is ahead by 20 or more points, they may not full court press during the last minute of the game.

R. The wearing of jewelry, except medical alert items, is prohibited. This includes pierced earrings (even if they are covered with a band-aid).

S. There will be no more 1 and 1's. Teams will be in the double bonus after 5 fouls. Fouls will reset each quarter.