



2022-2023 6U Basketball Playing Rules

(Anything not covered in this rules package will revert NFHS Rules will be applied.)

1. Each quarter will be six (6) minutes in length, 4 total quarters. The clock will run continuously only stopping for injury's, timeouts and free throws. Half time will be four (4) minutes in length or shorter if both coaches agree to shorten.
2. Teams must submit a written lineup (before the start of each game) of all players intending to participate in the game.
3. Each team is entitled to two (2), 90 second time outs during each half of regulation. Un-used timeouts do not carry over to the next half or game.
4. Substitutions shall report to the scorer's table prior to entering the game at the next dead ball.
5. Personal and technical fouls are combined for player disqualification at a total of 5 fouls.
6. Personal and technical fouls are combined to reach the bonus which begins with the 7th team foul in the half. On the 7th, 8th, 9th, team fouls a bonus free throw will be awarded if the first free throw is made. Beginning with the team's 10th foul in each half the bonus is awarded regardless if the first free throw attempt is made or not. **Offensive fouls are not team fouls towards the bonus.**
7. Alternating Possessions – In all jump ball situations other than the start of the game, the teams will alternate possessions. The team that wins the opening tip will also be awarded the ball to start the 3rd quarter. The team that does not win opening tip will get the ball to start the 2nd and 4th. The Possession Arrow will reset to the defensive team at the start of each **quarter**.
8. Players along the free throw lane during a free throw attempt may not enter the lane until the ball is released from the shooters hand. There is to be only 4 defensive and 2 offensive players (plus shooter) permitted in marked spaces of the free throw lane prior to the free throw.
9. Score will not be kept.
10. Will play on an 7ft goal.
11. Will use at 27.5" ball.
12. 6's will shoot free throws from 8ft. Shooter will be lined up at the second hash line above the block for their free throw attempt..
13. 6's **must remain inside the 3-point line when defending** their goal while the opposing team is in possession of the ball. For purposes of this rule the defender's FEET must remain behind the 3-point line.
 - a. During a loose ball situation, players may defend outside the 3-point line. Once the offense re-establishes possession of the ball all defenders must return to defense inside the 3-point line.
 - b. A ball in flight during a pass is NOT considered a loose ball until it is not received.
 - c. Repeated violations of defending Outside the 3-point line will result in a personal foul called against the defender that is outside the 3-point line.
14. Fouls will be called on all intentional contact shooting or otherwise. (Teach your players to mirror or shadow their opponent but not touch).
15. Ball handlers must be attempting to dribble at some point during their possession.
16. 3 seconds in the lane will not be called in the 6U division.