

Bremen Parks & Recreation Department

Basketball Rules for 5 & 6 Coed League



Promoting Healthy & Enriching Lifestyles

1. A coin toss between coaches will be held to determine the first possession to start the game.
2. A 27-inch ball should be used.
3. Goals should be lowered to 8 1/2 feet.
4. Teams should have at least at least 3 players to play the game.
5. The score will not be kept. This age should be an Instructional league with no emphasis put on winning. Coaches should teach dribbling, shooting and passing the ball. Most of all let the kids have fun.
6. Each community should use parent volunteers or staff members to officiate the games. If no officials, both coaches should officiate.
7. The game will be played with (four) 6-minute quarters with a continuous running clock. The clock will stop only on Injuries, time outs or if the officials have to retrieve the ball. There will be a 5-minute halftime.
8. Try to let both teams have a 5-minute warm up before the game.
9. Defense--when on defense the players must keep both feet inside the lane. The defense may only break the zone to retrieve a rebound or to retrieve a loose ball.
10. There will not be any calls for walking or double dribbling, but coaches should take the time to explain this to the players.
11. Fouls for reaching, holding, pushing and etc. should be called but the ball not taken out. The officials and coaches should explain the fouls to the players. No player should foul out.
12. The defense cannot pressure the offensive player with the ball until the player penetrates the lane.
13. Fast breaks are not allowed. The offense must let the defense get to set up.
14. No lane violations.
15. Free throws will not be shot during the game.
16. Player's Playing Time -- At the 3-minute mark of each quarter, the clock will stop and both coaches will make substitutions so each player will play the same amount.
17. Players cannot wear any type of jewelry while playing.

18. All players on teams should wear the same color t-shirt during the game.
19. Players are not allowed to play with any type cast on any part of his/her body.
20. Awards will not be given to players by the West Georgia Basketball League.
21. All coaches must wear their coaching pass when entering the gate and while on the sidelines
22. All head coaches will be responsible for the action of their assistants and players at all times. Coaches must keep everyone away from the bench area except players and coaches.
23. All coaches must pass a background check in order to be eligible to coach and team in any sport in The West Georgia Youth League.
24. The West Georgia League will not hold any after the season tournaments for this age group.
25. To help with each Recreation Department expenses, there will be a \$2.00 charge for adults and \$1.00 for students.
26. All coaches must know these rules and all games must be played by these rules.