

MASON CITY PARKS & RECREATION DEPARTMENT

100 S Federal Ave, #201

MASON CITY, IA 50401 // 421-3673

**5<sup>th</sup> & 6<sup>th</sup> Grade Basketball Rules – 2025**

GENERAL:

1. All players will play the same amount of time each game.
2. No swearing, arguing or fighting with other players, coaches or officials – SHOW GOOD SPORTSMANSHIP.
3. Players and coaches will shake hands after each game
4. Coaches will help collect equipment at the end of play and give to official/staff.
5. Teams will play with 5 players on the court at one time.
6. If a team is short players, they can play with the players they have or pick up players from another team in their league. If they play short, the other team does not have to play short. You may not pick up players that are outside of our league or outside of the grade division your team is in. This rule does not apply in tournament games.
7. Home team will receive the ball first and possession will alternate after that-Home team noted on schedule
8. Length of play 4–8-minute quarters with 3-minute breaks between quarters.  
We will stop that clock for one minute halfway through each quarter for subs and coaching.
9. Score will be kept by a parent from the home team (coach find). If a team gets a 20 point lead no more points will be recorded for that team until the other team scores 10 points.

Special Rules:

1. Half court defense will be enforced
2. Players are not allowed to go over and back at center court.
3. No double teaming or trapping.
4. Man on man defense only!! Must stay within 5 feet of the player you are guarding!
5. The ball can only be stolen from the offensive player: While in the 3-pt circle or passes. Can not steal ball while dribbling or possession – except in 3-pt circle.
6. Maximum of 3 seconds in the lane
7. There will be a “5 second rule” on ball possession and putting the ball in play.
8. The “10 second rule” will be in effect when bringing the ball up the court.
9. **No Free Throws - All fouls will be on the floor fouls.**
  - A. In the 4<sup>th</sup> quarter, all shooting fouls will be an automatic 2/3 points with defense taking the ball out.
10. There is no fouling out, however excessive or belligerent fouling can result in temporary or permanent ejection from the game.
11. Players & Coaches may receive a technical and be ejected from the game. If a player/coach receives a technical foul they will be out of the game and maybe asked to leave the building. Suspension maybe temporary or permanent.
12. Basket height will be 10 feet
13. Will use intermediate balls or 28.5

Parents, Players & Coaches: Remember it is a youth game, a learning opportunity – not a high school or college game!! Do Not emphasize winning but rather doing your best!!

*The Mason City Recreation Department's Philosophy and goals for the program:*

- ☺ *Let the participants have fun*
- ☺ *Teach the participants basketball fundamentals*
- ☺ *Introduce the participants to individuals from other schools*
- ☺ *Teach each participant the importance of demonstrating good sportsmanship*
- ☺ *Introduce the participants to a competitive environment with no harm to them physically, mentally or emotionally*