

Beginner 6U Basketball Rules

Alamance Athletic Cooperative

Ball: Spalding Lite Ball / Hoop Height: 8 ft. / Free Throw Line: 12 ft./ Quarter Length: 8 minutes / No Overtime

Clock Rules

- Each team receives two timeouts (2) timeouts per half. They do not carry over. Each team will receive one (1) timeout per overtime period.
- There will be a running clock during game play with the following exceptions:
 - The clock will stop for all free throws
 - The clock will stop in the last 10 seconds of the 1st, 2nd, and 3rd quarters (like a regular game)
 - During the last one (1) minute of the game and overtime, the clock will stop as in a regulation high school game
- Clock will not stop for:
 - The clock will NOT stop for foul calls

Defense Rules

- Defense can only be played up to the three-point line arc
- Defense cannot be played outside of this line at any point in the game. Players cannot reach across the line to pressure a dribbler and cannot come across the line to steal a loose ball.

Playing Time Rules

- Around the halfway mark of each quarter, teams will be required to sub their entire bench (up to 5 players). This rule will be in effect for the first 3 quarters. The 4th quarter is free sub

Rule Modifications*

- Free throw distance is 12 ft. Players can choose to shoot from the 15 ft. line if they prefer. If a player attempts from the 15 ft. line they are not allowed to move up to the 12 ft. line on their second attempt of the series.
- On free throws from 12 ft. or closer, non-shooters will line up with the lowest player being below the block.
- On foul shots, all players except for the shooter may leave once the ball is released. The shooter must wait until the ball hits the rim. The shooter may be on the line or in front of the line (the goal is for them to make the shot)
- Any shooting foul will not result in a clock stoppage, instead the team that is fouled will receive 1 point and the ball back to the nearest end line (baseline/sideline) with the following exception:
 - The final minute of the game teams will shoot free throws for both the bonus and/or shooting fouls
- There will be NO 1&1 in effect. When a team reaches 7 fouls in the half the fouled team will receive 1 point and the ball; if a team has reached 10+ fouls when free throws are in effect (final minute of the game) then 2 free throws will be shot (double bonus)
- Shooting fouls in which the basket is made will result in an automatic 3 point play. The opposing team will then receive the ball
- The offense has ten (10) seconds to initiate an offensive play once ball has crossed half court or it will be whistled for a turnover. Exception: last one (1) minute of game.
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- All made field goals will count as two points (no 3-point field goals).
- Stealing of the ball while controlled by offensive player is not allowed. No slapping or reaching in at the ball. Stealing a ball while in the air via a pass is allowed.

Game Management Rules

- Only two (2) coaches are allowed on the bench during a game.
- One coach may be on the playing court; however they must remain near the sidelines and outside of the defensive area (three-point line extended).
- There will be a ten (10) minute grace period for the first game of each night.* All other rules and regulations will follow the North Carolina High School Federation Basketball rules and will be called at the discretion of the officials.