

Sandwich Youth Basketball –Rules and Guidelines

5th/6th Grade Boys & Girls

Updated October 20, 2025

All NFHS & MIAA High School Basketball rules apply with the following exceptions:

General:

1. 14-minute stop time halves with a 2 minute half-time.
2. Two (2) 30-second Time Outs per half. No carryover.
3. Bonus Foul Shots: A two shot bonus will be awarded upon the 10th common foul in a half.

Playing Time & Substitutions

1. NO PLAYER may play more than one shift more than any other player. To ensure balanced playing time, use of a SYB Player substitution grid is required. Rotation Grids are available at www.sandwichyouthbasketball.org under the 'In Town Rec League' Tab.
2. With the exception of player injury, substitutions are only allowed every 3-½ minutes. Officials will attempt to stop play as close as possible to 10:30, 7:00 & 3:30 on the clock for substitutions.
3. **All players on the bench must be substituted into the game.** *This is **not** a time-out, and your players should be ready to step onto the court and play.*

Defense

1. Man-to-Man defense only. All players must maintain a closely guarded position (within 6 ft) of their man while inside the 3-point arc. Defenders are not required to follow their player outside the arc. Double-teaming of the ball is allowed inside the 3-point arc only. Since only man-to-man defense is allowed, deliberate isolation plays by the offense are not permitted.
2. Full court, man-to-man defense (no double teaming or trapping outside the 3-point arc) is permitted during the last two (2) minutes of the game & all of overtime if teams are separated by 12 points or less. Only the losing team is allowed to press if separated by greater than 12 points.
3. First violation of defense rules 1 & 2 above will result in a warning. If there is a loss of possession due to the violation, the ball will be returned to the offense. Subsequent violations will result in a team technical foul.

Overtime

1. If needed, a two (2) minute overtime will commence immediately at the end of the 4th quarter.
2. 1 timeout per overtime with no carryovers.
3. Any 5 players can begin the overtime. Substitutions are permitted in the event of an injury only (not during a dead ball). At the beginning of the 2nd and each subsequent overtime (if needed), all players on the bench must be substituted into the game in the same manner as regulation play.

Player and Coach Conduct

Any player or coach ejected from a game due to technical fouls or poor sportsmanship will be disqualified from participating in the next game. All Player/Coach technical fouls and/or ejections should be reported by the responsible Head Coach to the SYB Executive Board within 24 hours for further review. This does not apply to a player who is removed from the game due to 5 personal fouls.