Recreational Youth Basketball Game Rules
5-6s Boys, Girls and Co-Ed

Developmental/Non-Competitive Leage

Updated: October 16, 2026

Goal Height: 8 feet 0 inches

Ball Size: 25.5”/Size 4

League Type: 4 v 4 format with Skills Competition to take place prior to the game. Reference the details included for Skills Competition format.

Quarter Lengths: 8 minutes running time.

Half Time: 2 minutes

Overtime: None

Court Size: Half Court

Full Court Press: NO pressing

Fast Break: No

Playing Time: Every player is required to play a minimum of 2 quarters.

Jump Balls: Jump balls will only be used to start a game.

Minimum Players: Teams may begin game play with as few as three players.

Free Throw Line: The free throw line will be set at 7’0” from the backboard.

Referees: Coaches ref the game (very loosely as you can imagine)

Defense: Defense is always in the lane unless both coaches agree upon an area for defense to be played. If coaches cannot agree then it is in the lane by default. No full court pressing and kids cannot come out of their area unless it is for a rebound.

This is a non-competitive league. We want coaches to be focused on developing the players' skills and knowledge of the game at this age level. We will not be keeping score in the game format to promote the non-competitive aspect. Scoreboards will be put used during game play to run the time only and keep track of the skills competition results only.

5/6 BASKETBALL GAME FORMAT

Skills | Development | Participation | Fun

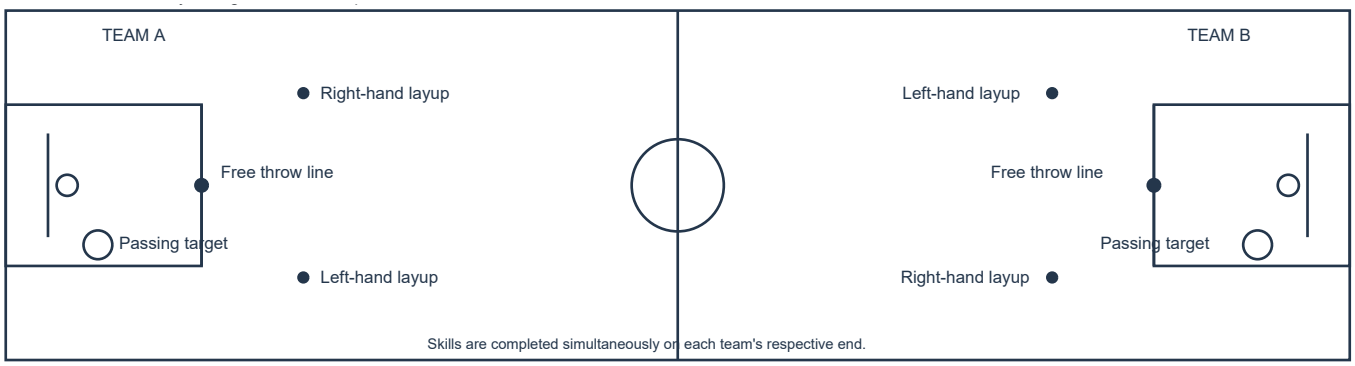
PURPOSE

A new game structure for the 5/6-year-old division is being implemented. It is designed to increase participation, emphasize fundamental skill development, and provide every child with an opportunity to contribute. The scheduled game would remain the same as in previous seasons. Each game would consist of a Skills Competition followed by the existing 4-on-4 basketball format.

PART 1 - SKILLS COMPETITION

Activity	Format	Scoring	Max
Layup	2 right-side + 2 left-side attempts	2 points per make	8
Free Throws	2 rounds of 2 attempts	1 point per make	4
Passing	2 rounds of 2 chest passes through target	1 point per make	4
Total per player	12 skill attempts		16

Both teams participate simultaneously on their respective ends of the court. Coaches manually track points and report totals for display on the scoreboard. The scoreboard is used only during the Skills Competition. If teams do not have the same number of players, the team with less players will be provided additional attempts so total attempts are the same for both teams. It is suggested the attempts be split as evenly among the players as possible.



PART 2 - 4-ON-4 BASKETBALL

Following the Skills Competition, teams transition into the existing full-court 4-on-4 format using the same developmental rules currently in place. The proposed game length is four (4) 8-minute quarters with a running clock. Score would not be kept during this portion, allowing the focus to remain on spacing, passing, dribbling, defense, movement, teamwork, and sportsmanship.

WHY THIS FORMAT?

At this age, traditional games can naturally create more opportunities for advanced players while less experienced players may go long stretches without handling the ball or attempting a shot. This structure guarantees that every player gets the basketball, every player shoots, every player passes, and every player has an opportunity to contribute points to the team. It also gives volunteer coaches clear weekly skills to teach and gives players, coaches, and parents a tangible way to recognize improvement throughout the season.

Every player participates. Every player contributes. Every player develops. Every player has an opportunity to succeed.