



2026 Youth Basketball League Rules

5 - 6 Year Boys and Girls

Games are played at the IOP Recreation Department on Saturdays at 11:00am and 12:00pm using the following Isle of Palms Recreation rules:

1. Games will consist of four (4), five (5) minute quarters. Substitutions will be made at the (2min. 30sec.) intervals during each quarter. Running clock with exception of the clock stopping for injuries and substitutions; One (1) min break between quarters and three (3) min halftime.
2. There is no tournament
3. The clock only stops for injuries and for substitutions. **(Game is played 5 on 5)**
4. Play will be on the side baskets using a 8 foot goal and a compact size 27.5 basketball. A coin toss will decide the first possession. Possession will alternate. Teams do not switch goals at half time.
5. No time outs.
6. No three point shots. No foul shots.
7. No backcourt guarding or double teaming.
8. **DEFENSIVE RULE:** Defensive scheme must be a 2-3 Zone Defense **at all times**
 - a. Ruling will create more chances for offensive players to shoot more freely
9. Fouls are **not** recorded.
10. Score is **not** kept.
11. **All players must participate in every quarter unless there is a disciplinary reason or illness.** The coach must notify the Recreation Department, the individual's parents, and the scorekeeper prior to the start of the game with justification for disciplinary action.
12. Profanity, alcohol, and smoking are not permitted on the Recreation property at any time.
13. **Coaches** are allowed to help their players on the court as long as they do not interfere with the regular play of the game.
14. **Shorts with pockets and/or zippers are not allowed. Jewelry, such as but not limited to, rings, earrings, bracelets, etc., is not allowed during practices or games. No Exceptions!!**
15. Coaches officiate games – Recreation Staff control the timing.

*****The Recreation Department reserves the right to interpret all rules as they see fit for each particular situation. The Recreation Director will have the final decision.***