

## **Game Rules**

All grade levels will use Nation Federation of High Schools (NFHS) Rules to Govern play, with the following exceptions

### **Grades 1st & 2<sup>nd</sup>**

1. Game Length
  - Games will consist of four 8-minute periods with a 5-minute halftime break. Clock will stop for all free throws.
  - Clock will stop the last 1 minute of each half for all whistles and free throws.
  - Possession Arrow will determine possession at start of each quarter, except 1<sup>st</sup> quarter.
  - Score will be kept.
2. Playing Time & Substitution Requirement
  - Each child is guaranteed a minimum of 2 quarters a game (or as close as possible). If the league receives complaints about playing time. Then the coach will be required to fill out and follow a rotation sheet or receive a technical foul for each violation. Rotation sheets are furnished, and all players shall play in accordance of them to the fullest extent possible.
3. Goal Height, Scoring, Ball Size, Court
  - Goals will be at regulation height (9 foot).
  - Baskets will count as 2 points, unless shot from behind the three-point line.
  - A youth size ball (27.5" diameter) will be used.
  - The court size will be side to side
4. Defense
  - Man-to-man defense WILL be played at ALL times.
  - **No Pressing at any time**
5. Time Outs
  - Each team is allowed two 1-minute timeouts per half.
  - Clock stops during each timeout.
6. Overtime – Overtime will be sudden death (i.e. the first team to score)

## Grades 3<sup>rd</sup> & 4<sup>th</sup>

### 1. Game Length

- Games will consist of four 8-minute periods with a 5-minute halftime break. Clock will run continuously except for injuries.
- Clock will stop the last 2 minutes of each half for all whistles and free throws.
- Clock will run continuously for entire game (exceptions of time-outs and injuries) if a team is ahead by more 20 points.

### 2. Playing Time & Substitution Requirement

- Each child is guaranteed a minimum of 2 quarters a game (or as close as possible). If the league receives complaints about playing time. Then the coach will be required to fill out and follow a rotation sheet or receive a technical foul for each violation. Rotation sheets are furnished, and all players shall play in accordance of them to the fullest extent possible.

### 3. Goal Height, Scoring, Ball Size

- Goals will be at 8 feet for girls and 10 feet for boys.
- Baskets will count as 2 points, unless shot from behind the three point line.
- A women's size ball (28.5" diameter) will be used.
- Score will be kept.

### 4. Free Shots

- The distance will be 12 feet from the backboard.

### 5. Pressing

- Pressing allowed for 3/4 (Volley ball attacking line) of the court.
- Full court Pressing allowed during the last 2 minutes of the **4th quarter**.
- When a team is ahead by 20 or more points no pressing is allowed by leading team.

### 6. Lane Violations

- Lane Violations will be at 5-seconds.

### 7. Time Outs

- Each team is allowed 4 time outs per game (3-30 second and 1-1 minute).

### 8. Overtime – There will be (1) 2-minute overtime. If game is tied at end of overtime, game ends in a tie.

## Grades 5<sup>th</sup> & 6<sup>th</sup>

### 1. Game Length

- Games will consist of four 8-minute periods with a 5-minute halftime break. Clock will stop for all free throws, time-outs and injuries.
- Clock will stop the last 2 minutes of each half for all whistles and free throws.
- Clock will run continuously for entire game (exceptions of time-outs and injuries) if a team is ahead by more 20 points.
- Score will be kept.

### 2. Playing Time & Substitution Requirement

- Each child is guaranteed a minimum of 2 quarters a game (or as close as possible). If the league receives complaints about playing time. Then the coach will be required to fill out and follow a rotation sheet or receive a technical foul for each violation. Rotation sheets are furnished, and all players shall play in accordance of them to the fullest extent possible.

### 3. Goal Height, Scoring, Ball Size

- Goals will be at regulation height (10 foot).
- Baskets will count as 2 points, unless shot from behind the three point line.
- A women's size ball (28.5" diameter) will be used for girls.
- A men's size ball (29.5" diameter) will be used for boys.

### 4. Pressing

- Full Court Press allowed at all times
- If team is ahead by 20 or points no pressing is allowed by leading team.

### 5. Three point shots are allowed.

### 6. Time Outs

- Each team is allowed 4 time outs per game (3-30 second and 1-1 minute).

### 7. Overtime – There will be 1 2-minute overtime. If game is tied at end of overtime, game ends in a tie.