



Girls 4th/5th/6th Grade Rules



Playing Time – It is the coach’s responsibility to make sure all players get equal playing time, regardless of ability or position.

Game Times

- **Four seven-minute quarters – running clock (see exceptions below)**
- **Clock will ONLY stop during the final minute of the 4th quarter for all dead balls. Clock also stops during time-outs and Free Throws.** Clock will not stop if a team is leading by **15 points** or more in the **4th quarter**. NOTE - Resume stopped clock **IF** deficit goes under 15 points.

Basket Height

- The height of the rim will be 10 feet.

Ball Size

- 4th/5th & 6th Grade divisions will use a 28.5 ball.

Number of Players/format

- 5-on-5

Start of Game

- A jump ball will take place to start the game. The alternating possession arrow will be used after the tip.

Half-Time & Quarters

- There will be a three-minute halftime period. There will be a one-minute break between quarters.

Substitutions

- Substitutes must check-in at the scorer’s table and wait until the official waves them onto the court.
- The scorekeeper shall sound the horn as soon as the first dead ball occurs if/when subs are at the table.

Time-Outs

- A team is allowed two 30-second time-outs per half. The clock will stop for time-outs.
- Unused time-outs in the first half are **not** carried over to the second half.

Scoring

- Two points are awarded for baskets scored inside the 3-point arc.
- Three points are awarded for baskets scored beyond the 3-point arc.
- One point is awarded for each made free throw.

Out of Bounds

- All out of bounds plays will start nearest the spot where the ball went out or where the foul occurred.

Mid Court

- The offensive team will have ten seconds to cross midcourt.
- Backcourt violations **will** be called.

Dribble Count

- There will be a closely-guarded (five second) dribble count and a player can only hold the ball for 5 seconds if they are closely guarded.

Lane Violations

- Only three seconds in the lane will be allowed by the offense when in possession in their half.

Defense

- Zone defenses are **not** permitted. Teams must play man-to-man defense only. The intent of this rule is to teach basic defensive positioning and fundamentals.

- If a referee determines that a zone defense is being played, then a warning will be issued. Additional infractions will result in the offensive team receiving two points & possession of the ball.
- Man-to-man regulations:
 - Double teaming and trapping are **not** allowed (only exception is during full/half-court pressing).
 - Switching is permitted.
 - “HELP” defense is allowed if the defensive player moves into position after a defender is beaten; but, once the beaten defender recovers back to their opponent, then the helping defensive player must also return back to the player they were originally guarding.

Full Court Press

- A full court press (or half-court press) may be applied during **the 4th quarter ONLY** (team leading by 10 or more points CANNOT press full-court at any time). If a team has more than a 10-point lead, the defense may not pick up their players until the team has crossed the half-court line.

Fouls

- Individual fouls will be counted and each player is allowed only five fouls per game before disqualification.
- Shooting fouls will result in two free throws or three free throws; depending on where the foul occurred. If the shot is made, then shooter will be granted one free throw.
- ***New for 2024 – Players will shoot two free throws after opposing team commits 5th foul in a quarter. Team fouls will be reset at the start of each new quarter. Fouls will NOT be reset if a game goes into overtime. Free throws will NOT be shot after a team or player-control foul.**
- Players lined up in the lane lines may enter the lane on free throws when the ball **is released**. The shooter (and players positioned outside the 3-pt. arc) must wait until ball hits rim before they can enter the lane.
- Flagrant fouls will be deemed technical fouls.

Technical & Intentional Fouls

- If a technical or an intentional foul is called, then it will be an automatic two points and possession for the opponent.
- A player committing a conduct technical foul will be ejected for the remainder of the game and suspended for the next game. A second ejection during the same season will result in suspension from the league.
- A coach receiving two technical fouls during a game will be ejected for the remainder of the game and suspended for the next game. A coach who is ejected twice during the same season will be suspended for the remainder of the season. Additional penalties could be administered depending on the severity of the actions and/or the point in which the second ejection occurred during the season.
- A player committing an intentional act of violence will result in an automatic suspension.
- A bench technical WILL BE ISSUED TO THE COACH. Please take responsibility for your players/bench.
- A technical given to a fan WILL BE ISSUED TO THE TEAM. The game will not continue until the ejected fan is removed from the gym/venue.

Overtime Guidelines

- The following overtime procedures will be used:
 - A two-minute overtime period will be played in the first overtime period.
 - A one-minute overtime period will be played in the second overtime period.
 - In the third overtime period, the first team to lead by two points will win the game.
 - Each team will get **one** 30-second timeout in the first overtime period ONLY. Unused time-outs from the second half carry over to the overtime periods.
 - ***The clock stops on all dead balls in the overtime periods.***

* No team may start with less than four players. If a team doesn't have five players at the scheduled start time, they will be given a five-minute grace period before a forfeit is declared. If both teams agree, a team can “borrow” players from the opposing team to continue/play a game. In this situation, a forfeit is declared; however, we will stay play a game in “scrimmage” mode.

For additional questions or information, contact:
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