



5v5 RULES

GRADES: 3RD- 6TH | GOAL HEIGHT: 10 FEET (5th & 6th); 9 FEET (3rd & 4th)

BALL SIZE: REGULATION (All will use the 28.5 size basketball)

1. A game consists of two 20 minute halves with a continuous running clock stopping on the referee's whistle for injuries, time-outs, in the last minute of each half.
2. Overtime begins with a jump ball and will be 1 minute. The second overtime will be sudden death--the 1st team that scores (free throw or field goal) wins. No extra timeouts will be awarded for overtime.
3. A team must start with five players. Game time is forfeit time.
4. Each team has two timeouts per half: one 1-minute and one 30-second. Unused time-outs do not carry over to the next half.
5. Half-time is 2 minutes long.
6. Full-court and half-court man-to-man and zone defenses are allowed.
7. Players will foul out on their 5th foul.
8. It is recommended that each player on the team play a minimum of 15 minutes.
9. The scoreboard will never show more than a 20-point differential.
10. The bonus one-and-one free throw will be shot on the 7th foul, and the double bonus will be shot on the 10th foul.
11. 3rd & 4th Grades (boys & girls): Free throws will be shot from 13.5 feet rather than 15 feet to encourage proper form.
12. Coaches must remain in a "Coaching Box" which extends to both ends of each team's bench. Only the Head Coach can stand and coach during the game. Two assistants will be allowed on the bench and he/she must remain seated during play. After one technical foul on a coach, that coach must stay seated.
13. Team listed first is the home team, will wear the light colored jerseys, and will sit to the right of the score table (facing table from floor). Teams will warm up opposite their bench.
14. Both teams will bump fists respectfully after each game.
15. Please direct all other "rules related questions" to Coach Joshua Lester.
16. All other rules for this grade level will align with the NFHS Basketball Rules Book.