

Quick Rules

K-1st Grade

Start of game

Designated home team wears gold or light side of jersey

8 ½ ' rim

27" basketball

Team's warm-up on the same side they are sitting.

Team's shoot at the same basket all four quarters

The game will start with home team throwing the ball in from the side.

Clock

Running Clock for the duration of the game

Clock only stops for timeouts, free throws, and injuries

Quarters – Four – 8 minute quarters

At four minutes - clock will stop for player substitution

At four minutes – clock will stop but buzzer will not sound until ball becomes dead or there is a break in the action

Between quarters – one minute break

Between halves – five minutes, if games are running long, reduce half time break

Clock is only used for timekeeping, horn and keeping track of quarters.

During game

Time outs – one time out 1st half, two time outs 2nd half

Lane violation is not enforced

Substitutions can be made at four minute mark or during game

Team substitutes must check-in at scorers table and be whistled in prior to entering game

Free throws – shoot 10' from basket

No score will be kept

Playing time – a player who attends regular practices **MUST** play at least half of the game

Defense

No zone defense

No double teaming outside the paint

No full court press

During transition defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

No stealing on the dribble or when offensive player is holding or attempting to pass or shoot the ball inside or outside the key

Quick Rules

2nd – 3rd Grade

Start of game

Designated home team wears gold or light side of jersey
10' rim
27" basketball
Team's warm-up on the opposite side they are sitting.
Team's switch baskets at the half
The game starts with a jump ball.

Clock

Running Clock for the duration of the game
Clock only stops for timeouts, free throws, and injuries
Quarters – Four – 8 minute quarters
At four minutes - clock will stop for player substitution
At four minutes – clock will stop but buzzer will not sound until ball becomes dead
Between quarters – one minute break
Between halves – five minutes, if games are running long, reduce half time break

During game

Time outs – one time out 1st half, two time outs 2nd half
Lane violation is five seconds
Substitutes must check-in at scorers table and be whistled in prior to entering game
No overtime, game will end in a tie.
Free throws – shoot 10' from basket, players line-up starting under the first block
Playing time – a player who attends regular practices **MUST** play at least half of the game

Defense

No zone defense
No double teaming outside the paint, *first infraction warning, next infraction - team foul*
Switching players is allowed
No full court press

During transition defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

No stealing on the dribble or when offensive player is holding or attempting to pass or shoot the ball inside or outside the key (2nd grade only)

Quick Rules

4th - 5th Grade

Start of game

Designated home team wears gold or light side of jersey
28.5" basketball
Team's warm-up on the opposite side they are sitting.
Team's switch baskets at the half
The game starts with a jump ball.

Clock

Running Clock

Clock only stops for timeouts, free throws, and injuries

Quarters – Four – 8 minute quarters

Between quarters – one minute break

Between halves – five minutes, if games are running long, reduce half time break

Overtime – Five minute running clock

Final two minutes of game

Clock will stop at dead ball situations when score is within 10 points.

Running clock will be used when score exceeds 10 points.

During game

Time outs – one time out 1st half, two time outs 2nd half

Lane violation is five seconds

Substitutes must check-in at scorers table and be whistled in prior to entering game

Free Throws – 4th grade shoots 10' from basket, 5th grade shoots 15' from basket. Players line-up starting under the first block for 4th grade.

Three pointers allowed only in the last two minutes of the game

Overtime – One five minute overtime, jump ball to start overtime; first team that scores wins; final two minutes of 4th quarter rules apply, except stop clock. One timeout per team

Defense

No zone defense

No double teaming outside the paint, *first infraction warning, next infraction - team foul*

Switching players is allowed

Full court press is allowed only in the final two minutes of 4th quarter when score is within 10 points

Double teaming allowed by both teams only during final two minutes of the game when score is within 10 points

During transition defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

Quick Rules

6th – 8th Grade

Start of game

Designated home team wears gold or light side of jersey
28.5" basketball
Team's warm-up on the opposite side they are sitting.
Team's switch baskets at the half
The game starts with a jump ball.

Clock

Running Clock

Clock only stops for timeouts, free throws, and injuries

Quarters – Four – 10 minute quarters

Between quarters – one minute break

Between halves – five minutes, if games are running long, reduce half time break

Overtime – Five minute running clock

Final two minutes of game

Clock will stop at dead ball situations when score is within 10 points.

Running clock will be used when score exceeds 10 points.

During game

Time outs – one time out 1st half, two time outs 2nd half

Lane violation is five seconds

Substitutes must check-in at scorers table and be whistled in prior to entering game

Three pointers are allowed

Overtime – One five minute overtime, jump ball to start overtime; first team that scores wins; final two minutes of 4th quarter rules apply, except stop clock. One timeout per team

Defense

Man-to-Man and Zone defense are both legal

During transition defense (made basket, defensive rebound, in-bounds) the defense must drop back past volleyball court line. This only occurs during transition defense, the offense has five seconds to establish itself on its side of the court, *after five seconds, the defensive team can legally cross the transition line.*

Full court press is allowed only in the final two minutes of the 4th quarter when score is within 10 points