

GAME RULES: 5x5

AGE / GRADE: 10 – 14 years old / 5th thru 8th grade

PLACEMENT: Team placement is determined by a combination of age and skill level. Skilled players may be moved up a level. Age is recorded as age on Sept. 1 of the session year.

BALL SIZE: 28.5" – 5/6th Division; 29.5" – 7/8th Division

COURT & BASKET HEIGHT: full-court / 10'

TEAM SIZE: 5 on 5, 4 on 4 (depending on number of participants)

GAME TIME: 4 quarters of 6 minutes each; 2-minute half-time break. The clock will run except for quarter marks, substitutions, time outs, injuries, foul shots and the last 2 minutes of each half. (TOTAL 35-41 min.)

POSSESSION: Games begin with center jump. Alternating possessions used for jump balls and start of each quarter.

DEFENSE: Zone defense allowed.

PRESSING: During last 2 minutes in Quarter 2 and 4, full court pressing allowed. If a team has built a lead of 12 points or more, full-court press is not allowed.

DOUBLE-TEAMING: Allowed.

5-SECOND VIOLATION: Called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

FOULS: 6 allowed per half. With 7th team foul, opponent will receive a 1-and-1 free throw. With 10th foul, opponent will receive 2 foul shots.

OVERTIME: 1 overtime; 2 minutes

TIMEOUTS: 4 total per team, per game: two @ 30 seconds (half) and two @ 60 seconds (full). During an overtime period each team receives 1 additional 30-second timeout.

GAME RULES: 3x3

AGE / GRADE: 8 – 9 years old / 3rd and 4th grade

PLACEMENT: Team placement is determined by a combination of age and skill level. Skilled players may be moved up a level. Age is recorded as age on Sept. 1 of the session year.

BALL SIZE: 28.5"

COURT & BASKET HEIGHT: full-court / 10'

TEAM SIZE: 3 on 3, at least 4-5 players per team

GAME TIME: 2 halves of 10 minutes each; 3-minute half-time break. The clock will run except for half marks, substitutions, time outs, injuries, foul shots and the last 2 minutes of each half. (TOTAL 30-36 min.)

POINTS: Inside arc = 2 point. Outside arc = 3 points.

POSSESSION: Games begin with center jump. Alternating possessions used for jump balls and start of each quarter.

PRESSING: Full-court press is not allowed.

DOUBLE-TEAMING: Allowed.

5-SECOND VIOLATION: Called when the offensive player is immediately guarded, and is inactive (is not dribbling, passing, or shooting) for more than five seconds. Also, players have 5 seconds to inbound the ball.

FOULS: 6 allowed per half. With 7th team foul, opponent will receive a 1-and-1 free throw. With 10th foul, opponent will receive 2 foul shots.

OVERTIME: 1 overtime; 2 minutes

TIMEOUTS: 6 total per team, per game: three @ 30 seconds. During an overtime period each team receives 1 additional 30-second timeout.

PLAYING TIME + SUBSTITUTIONS

Each players will be played as evenly as possible. When substitutions are made, all sitting players must go in at next substitution break. No player will remain on the bench for two consecutive sessions.

Grades 5-8

5-ON-5 (8 sessions)

# OF PLAYERS	AMOUNT PLAYED
10	4 sessions each
9	4 play 5 sessions 5 play 4 sessions
8	5 sessions each
7	5 play 6 sessions 2 play 5 sessions
6	5 play 7 sessions 2 play 6 sessions

4-ON-4 (8 sessions)

# OF PLAYERS	AMOUNT PLAYED
7	4 play 5 sessions 3 play 4 sessions
6	4 play 5 sessions 2 play 6 sessions
5	3 play 7 sessions 2 play 6 sessions

3-ON-3 (8 sessions)

# OF PLAYERS	AMOUNT PLAYED
6	4 sessions each
5	2 play 6 sessions 3 play 4 sessions
4	4 sessions each

Grades 3-4

3-ON-3 (4 sessions)

# OF PLAYERS	AMOUNT PLAYED
6	2 sessions each
5	2 play 3 sessions 3 play 2 sessions
4	3 sessions each

SCOREBOOK PROCEDURES

This is a running score used as a backup in case there is a discrepancy or malfunction with the score board.

- 1) **POINTS:** Points should be marked in the column for each quarter. Place a “2” or “3” for the number of points scored for each basket. Do not give a 3-point field goal unless verified by the referee.
- 2) **FOUL SHOTS:** If a player shoots a foul shot, place a “0” in the appropriate place. If the player makes the shot, cross it out with an “X”. If they miss it, leave it open (blank).
- 3) **SCORE CHECKING:** At the end of each quarter, total the number of points scored at the bottom of the column. Use this as a cross-check with the score board during each quarter.

At the end of the game, total each player’s points and place the total in the column labeled “Total Points”. Be sure your points equal the FINAL score which you placed in the space below the running score.

- 4) **TEAM FOULS:** If a player is called for a foul, mark it in the foul column. On the fifth foul a player is ejected from the game.

After you have marked an individual’s foul, mark a team foul for appropriate half.

On the seventh foul, the opposing team shoots 1-and-1. On the tenth foul the opposing team shoots 2 foul shots.

If a foul occurs when a player was in the act of shooting, an automatic 2-shot foul is awarded. The referee may ask you how many team fouls each team has acquired during the game.

- 5) **TIME-OUTS:** Each team is given 4 timeouts per game and one during overtime. This is recorded at the bottom of the page.

GAME CLOCK PROCEDURES

The games use a running clock – once the game begins, only stop the clock for the following:

- 1) At each half-quarter mark for substitutions,
- 2) When a team calls time out,
- 3) When a referee directs you to due to an injury, equipment problem,
- 4) During foul shots – begin the clock when the ball hits the rim on the second or last foul shot,
- 5) During the last 2 minutes of each half, each time the ball goes out of bounds.

SCORE TABLE: With exception of those volunteering with game clock and scorekeeping, score table is off limits.