



Enhanced Rules for 3rd-5th Grade Leagues

Rules for Governing Play

Man defense only

- Press Defense is NOT ALLOWED. Man to man only and no traps. Defenders may switch on picks/screens and fast breaks.
- 4 Quarters/10 min each with a running clock. Clock will stop on whistles in the last 2 minutes of the 2nd and 4th quarters
- Overtime 2 min
- Stop Clock
- One 30 sec timeout per half (1 per team per half)
- Jump Ball to start game and overtime
- 9 ft goals
- Full court
- 28.5 inch ball
- Keep records & League Standings
- Regular Season Champion (determined by final league standings)
- 5 Fouls per player. Players do not foul out in a segment (with 2 fouls) but can foul out of the game with 5. After 7th team foul in half, go to 1 & 1 free throws
- 3 point line (if available)
- 2 Quality and uniformed officials per game

Practice

- Minimum of 60 minutes per week

Playing Time

- 1/4 game minimum per player – Must play in both halves
- Must appear in both halves

Registration

- Register as individual.

League Standings and Tournaments (to be determined)

- League standings will be kept to determine league champion,