



## GAME RULES

- 1) National Federation Basketball Rules, MIAA Modifications with certain exceptions below
- 2) Games will be played in 8 Minute Quarters. Stop time.
- 3) 4 time outs PER game. 1 ADDITIONAL time out is added of Overtime. Timeouts are 45 seconds
- 4) Overtime is 3 minutes long. Games will not end in a tie
- 5) Bonus is on the 7 Team foul, double bonus on the 10<sup>th</sup> team foul.
- 6) A player fouls out on his/her 5<sup>th</sup> foul.
- 7) Each team must provide one person to work the scores table during the game.
- 8) Pressing is not allowed in 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup>, grade with a lead of more than 10 points.  
Pressing is not allowed in 7<sup>th</sup> and 8<sup>th</sup> grade with a lead more than 15 points.
- 9) ONLY the Head Coach of a team is allowed to stand. Assistant coaches may only stand with the team to cheer a good play, but then return to their seat. The Assistants may also stand during timeouts. Assistant Coaches should not have contact with scoring, clock personnel or officials during the game.

The Head Coach should remain in the "Coaches Box" during the game while standing. This is a 12 foot long area in front of their teams' bench. The Head Coach should be the only coach calling a timeout from the bench. If a coach leaves the bench for any reason without being called out by the official it is an Automatic Technical. If the coach leaves bench to argue a call it is an ejection.

- 10) 4<sup>th</sup> -5<sup>th</sup> Graders are allowed to cross over the free throw line when shooting. (They must start behind the line)
- 11) A 29.5 regulation sized ball for boy's 7<sup>th</sup> and 8<sup>th</sup> grade.

28.5 for Girls and boys 4<sup>th</sup>-5<sup>th</sup>-6<sup>th</sup> grade

PLEASE READ CAREFULLY

## **ZONE AND PRESS RULES.**

1. 7<sup>th</sup> and 8<sup>th</sup> grade Zone and Pressing is allowed.
2. 6<sup>th</sup> grade pressing is allowed the entire game. Man to Man defense is required until Jan 15<sup>th</sup>. This includes pressing and half court. Please read guidelines below. This will help with transition to 7<sup>th</sup> grade and for Non-league games and tournament games where zone is allowed.
3. 4<sup>th</sup> and 5<sup>th</sup> Grade man-to-man defense is required for the entire season.
  - A. Pressing (Man-to-man only) is allowed during last 2 minutes of each half and final 2 minutes of Overtime.
  - B. Man to Man Defense means to keep within 4 to 6 feet of your man on strong side. Weak side defenders may play off their opponent in help position. No double-teaming will take place. Switching and helping is allowed. As a switch occurs a double team may form but defenders must be making an honest attempt to move away from a double team.
  - C. Officials can award a one- shot illegal defense free throw for defenses that continue to violate the double team/zone rule.
  - D. Offenses cannot create clear outs. An official should provide a warning and then call a violation on the offense for repeat clear-out situations.