



Winfield Recreation

Youth Basketball Quick Rules

3rd-6th grades

1. THE COURT AND BASKETBALL GOALS

- a. All games will be played on full court.
- b. Goal Heights
 - i. 3rd-4th: 9 ft.
 - ii. 5th-6th: 10 ft

2. THE BALL

- a. Intermediate Size (28.5")

3. THE PLAYERS AND SUBSTITUTIONS

- a. Teams will play 5v5. A game may start and end with three players on the court.
- b. 3rd-4th Grade: No substitutions until the game has reached the 4-minute mark in each quarter.
- c. 5th-6th Grade leagues will have regular substitutions throughout the game.
- d. Players need to check in at the score table and wait until they are waved onto the court by an official at the next dead ball.

4. THE OFFICIALS

- a. Two referees will be used along with one scorekeeper.

5. DURATION OF THE GAME/TIMEOUTS

- a. 3rd-4th Grade Games will consist of four 8-minute quarters.
- b. 5th-6th Grade Games will consist of four 10-minute quarters.
- c. Overtime will consist of a 2-minute period with a regulation clock. If the score is still tied after the first overtime, the game will go to a sudden victory. The team scoring first will win the game.
- d. Timeouts: each team will receive three 60 second timeouts per half. In overtime each team will receive one 60 second timeout per overtime.

6. FOULS AND VIOLATIONS

- a. Players are disqualified for the game upon receiving 5 personal fouls, 2 technical fouls, 1 unsportsmanlike technical foul, or 1 flagrant foul.
- b. Free Throws
 - i. Free throws: **3rd-4th** will shoot from 12 ft. **5th-6th** will shoot from 15 ft.
 - ii. Alignment: no more than 4 defensive and 3 offensive players including the shooter will be allowed on the marked lane spaces during free throws.

7. JUMP BALL AND POSSESSIONS

- a. **3rd-6th grades** will begin with a jump ball to start each game and overtime periods (if played). Each quarter and half, control of the ball will start with alternating possession.
- b. **Possessed tie ups:** Possessed tie ups are allowed and will follow the alternating possession rules. Players also may steal the ball from the opponent's hands.

8. DEFENSE

- a. **3rd-4th grades:** Man-Man Defense only. Players are not allowed to double team or trap. **No full court press.** Teams must pick up the opposing player beyond the half court line. Players may be in "help position" if the offensive player is past the defensive player.

5th-6th grades: Man-Man or Zone Defenses are allowed. **Full court press is allowed in second half only.** When a team is leading by 15 or more points, the defense must be back to a half court man-man or zone.

