



5v5 Basketball Rules – 6/8 Grade Boys Division

Court	<ul style="list-style-type: none"> ● The playing area is full court with 10-ft basket
Court Monitor (league staff)	<ul style="list-style-type: none"> ● 2 referees per court - paid
Time-outs (*Running Clock)	<ul style="list-style-type: none"> ● 2 timeouts per game
Initial possession	<ul style="list-style-type: none"> ● Jump ball to start each game. Possession arrow will determine other held balls & to start 2nd half <p><i>Note: If in overtime, repeat process above to decide first overtime possession</i></p>
Scoring	<ul style="list-style-type: none"> ● Regulation basketball scoring
Game Duration	<ul style="list-style-type: none"> ● Four 8-minute quarters. Sub on the 4-minute mark
Overtime	<ul style="list-style-type: none"> ● OT Initial Possession: Jump ball ● 2-minute overtime – coach may pick 5 players
Shot Clock	<ul style="list-style-type: none"> ● No Shot Clock, however, holding ball to run clock not allowed ● Must initiate action or change of possession will be awarded to defense
Free Throws	<ul style="list-style-type: none"> ● Standard lineup ● Possession changed after free throw taken except for double bonus
<p>Fouls</p> <p>Procedure: If Defensive foul, team foul recorded by monitor and offensive team continues possession.</p> <p>If offensive foul, team foul recorded by monitor and defense gets possession.</p> <p>Intentional fouls will be 2 shots plus the ball back. All technical fouls will be 2 shots.</p>	<ul style="list-style-type: none"> ● Five (5) fouls per player. Player can foul out of the game after receiving their 5th foul ● Shooting fouls result in 2 shots ● Coaches allowed to sub in the middle of a quarter if a player picks up his 3rd team foul or more for the game. Player substituted must be the lowest rated player on the bench. Sub must happen immediately following the player picking up the foul ● Teams will shoot one-and-one free throws after the 7th team foul of the half ● Teams will shoot two free throws after the 10th team foul of the half ● Technical fouls will result in 2 shots, and player will sit for the remainder of the half
Possession following a successful goal	<ul style="list-style-type: none"> ● Defense gets possession after made basket ● Defensive team must pick up offense at the half-court line to allow offense time to set up. ● Inbound player cannot dribble and must pass ball in to begin possession ● Inbound player has 10 seconds to cross the half-court line
...following a steal	<ul style="list-style-type: none"> ● Fast Break is allowed
...following a rebound or missed shot	<ul style="list-style-type: none"> ● Fast Break is allowed
...following a jump ball situation	<ul style="list-style-type: none"> ● Follow the possession arrow
Substitution	<ul style="list-style-type: none"> ● Four 8-minute quarters. Sub on the 4-minute mark
<p>Notes:</p> <p>Teams must always initiate action no matter the score. Teams that attempt to run the clock and hold the ball will be penalized and forced to give up possession of the ball. Players must hustle at all times to provide the maximum amount of playing time for everyone. No double teaming.</p>	<ul style="list-style-type: none"> ● Man-to-Man defense only ● Full court defense during the last 2 minutes of the game only. You may press under two conditions: You are losing or tied or you are winning by 3 points or less. ● Clock runs continuously except for below: ● Regulation clock the last two minutes of the game. Clock stops during timeouts (2 per game), free throws in the last 2 minutes of the 4th quarter, and all dead balls in the last 2 minutes of the 4th quarter ● Injuries: if a player is injured during play, the player may be substituted for the next player on the rotation.
Basketball Size	<ul style="list-style-type: none"> ● 29.5-inch ball
Basket Height	<ul style="list-style-type: none"> ● 10-ft basket