



# 5th/6th Grade Girls Rules and Regulations 2025

- Coaches are responsible for finding a parent volunteer to control the clock and the scorebook
- **Game Start Time:** game should start at the :05 mark of the hour (or :35 minute mark if a :30 start)
- **Game Stop Time:** game must end at the :55 mark of the hour (or :25 mark if start time is :30)
- 28.5" size basketball
- 10 foot rim height
- Free throws at free throw line (15 feet)
- 7 minute quarters with regulated clock
  - Clock stops on primary dead ball situations (foul shots, time outs, substitutions, and injuries)
- One minute breaks between quarters, 3 minute halftime (can be shortened if running late)
- Two 60-second time outs permitted in each half, unused timeouts cannot be carried over into second half
- Jump ball to determine start of game possession
- All players should receive approximate equal playing time
  - Substitutions allowed on normal dead ball situations
- 5v5 play. If a team doesn't have 5 players, the teams can play 4v4 by mutual agreement of the coaches. 4 players required to start the game
- Tie at the end of regulation equals a 3 minute overtime. If there is still a tie at the end of the 3 minutes, the game ends.

# Rules of Play

- Man-to-man defense only (no zone)
  - Double Teaming allowed throughout game
  - Stealing allowed throughout game
- Injury time outs allowed as needed during the game
- Teams can substitute when the clock is stopped
- Full court press is allowed only in the last two minutes of the second and fourth period and the overtime period
  - Leading team cannot extend the defense over half court when leading by 10 points or more at any time
  - Losing team by more than 10 points can play full court defense until the game is within 10 points
- If a team reaches a 20 point lead, modifications should be made to keep from running up the score
  - 5 passes before a short, no stealing, or any other changes that will both challenge the leading team and help benefit the losing team



## **Rules of Play (continued)**

- 3 point shots are counted only if there are markings on the floor (some elementary schools don't have them)
- All normal and customary time violations will be called
  - 3 seconds in the paint
  - 5 seconds to inbound the ball
  - 10 seconds to cross half court
- Backcourt violations will be called
- Fouls should be counted, and a player can foul out (5 fouls per game)
  - 8 fouls in one half equals one-in-one
    - A parent needs to keep the scorebook, if no parent volunteers, then fouls cannot be tracked.

**No unsportsmanlike conduct will be tolerated from players, coaches, or fans. Rough play or flagrant fouls at any time is forbidden. If the conduct of a player, coach, or fan is deemed unsportsmanlike, malicious, or too aggressive by the referee, the player, coach, or fan will either receive a warning followed by a technical foul, and/or be ejected from the game/gym depending on severity.**

