DIII

YOUTH BASKETBALL RULES

(4th – 5th Grade)

I. Game Play

a. Game will be played on a 10 ft. basket.
b. Women's size ball will be used.
c. Two 15-minute halves with a running clock. If the game is tied at the end of regulation, there will be a jump ball with 3 minutes on the clock, and the first team to score wins. If the score is still tied at 3 minutes, the game will end in a tie.
d. Each team will receive one 1-minute timeout per half. Timeouts cannot be carried over into the second half.
e. Players must receive equal playing time. We want everyone to be able to get repetitions on the court, so please let one of our staff know if you notice a player out for an extended period of time.
f. Substitutions must be made during a dead ball.
g. Each player is allowed 6 personal fouls a game.
h. Games will be played 5 on 5.
i. There will be a 15-point maximum lead. When the trailing team scores, the points will be added to the trailing team's score. The leading team will not receive points until their next made basket.

II. Offense

a. Any offensive player is allowed 5 seconds in the lane.
b. Double dribble and traveling result in turnover.

III. Defense

a. Both Man-to-man & Zone defenses are allowed.
b. Trailing team may press with 5 minutes or less to play in the 2nd half.
c. Steals are allowed off the dribble and pass.
d. Defense may block shots.



BCMC

YOUTH BASKETBALL LEAGUE