

New Century Fieldhouse 5 on 5 Basketball

3rd/4th Grade Game Rules

Basketball Size

- 28.5"

Time-outs

- Two 30-second time-outs per half (no carryover); 1 time-out per overtime (no carryover)

Defense/Double Teams/Pressing

- Teams must play man-to-man defense
- Double teams and traps are not allowed except in the lane
- Full court pressing will not be allowed
 - EXCEPTION: Full court man-to-man defense will be allowed by either team during the final two minutes of the game; **only** when there's a **10-point spread or less**.

Overtime

- 1st OT – 2 minutes
- 2nd OT – sudden death

Timing

- Games will consist of four (4) 10-minute running clock quarters
- EXCEPTION: Last 2 minutes of second half with a 10-point spread or less
- EXCEPTION: Clock will stop on **all** substitutions

Goal Height

- 3rd/4th grade – 9 feet

Substitution Rules

- ALL players must start one (1) quarter per game
- Substitution may occur freely