



## **5v5 Game Rules**

**The NOCO Sports Center follows all NFHS rules with some exceptions:**

- Only rostered players and coaching staff are permitted in the bench area.
- The home team shall wear a light colored uniform. The visiting team shall wear a dark colored uniform.
- Any player or coach receiving (2) technical fouls in a game will be ejected from that game and may receive a one game suspension.
- Game Time (Running Clock): Four (10) minute quarters, (1) minute in between each quarter, (2) minute halftime.
- One timeout, per team in the First Half. One full timeout and one 30 second timeout, per team in the Second Half.
- Clock stops at the last minute of the Second Quarter and the last minute of the Fourth Quarter, if the score differential is 10 points or less.
- 1st OT: One minute, stopped clock. One 30 second timeout in the first overtime, per team. 2nd OT: First team to score a point wins. No timeouts.
- Technical fouls and Intentional fouls will result in shooting two free throws and the ball back.
- No Press rule: A no press rule is in effect at 20 points. If a team is up by 20 points, they cannot full court press. If the point differential drops to 19 points or below, they may resume the full-court press.
- 3rd through 5th Grade: No Full Court Press is allowed. Half Court pressing defense is allowed. No Zone Defense is allowed. Double teaming is allowed.  
\*\*\* If both Head Coaches agree to full court pressing and/or zone defense, then an exception to this rule can be allowed.
- Each quarter, on the 5th team foul, the fouled player will shoot two free throws. Fouls reset at the end of each quarter.
- 3rd through 5th Grade will use a 28.5 Ball (Size 6) and use the 12 foot Free Throw line.
- 6th through 8th Grade will use a 29.5 Ball (Size 7) and use the 15 foot Free Throw line.