



Winfield Youth Basketball Quick Rules

3rd-6th grade

1. THE COURT AND BASKETBALL GOALS

- a. All games will be played on full court.
- b. Goal Heights
 - i. 3rd-4th: 9 ft.
 - ii. 5th-6th: 10 ft

2. THE BALL

- a. Intermediate Size (28.5")

3. THE PLAYERS AND SUBSTITUTIONS

- a. Teams will play 5v5. A game may start and end with three players on the court.
- b. No substitutions until the game has reached the 4 minute mark in each quarter. Players need to check in at the score table and wait until they are waved onto the court by an official at the next dead ball.

4. THE OFFICIALS

- a. Two referees will be used along with one scorekeeper.

5. DURATION OF THE GAME/TIMEOUTS

- a. Games will consist of four 10-minute quarters
- b. Overtime will consist of a 2-minute period with a regulation clock. If the score is still tied after the first overtime, the game will go to a sudden victory. The team scoring first will win the game.
- c. Timeouts: each team will receive three 60 second timeouts per half. In overtime each team will receive an additional timeout.

6. FOULS AND VIOLATIONS

- a. Players are disqualified for the game upon receiving 5 personal fouls, 2 technical fouls, 1 unsportsmanlike technical foul, or 1 flagrant foul.
- b. Free Throws
 - i. Free throws: 3rd-4th will shoot from 12 ft. 5th-6th will shoot from 15 ft.
 - ii. Alignment: no more than 4 defensive and 3 offensive players including the shooter will be allowed on the marked lane spaces during free throws.



7. JUMP BALL AND POSSESSIONS

- a. 3rd-6th grades will begin with a jump ball to start each game and overtime periods (if played). Each quarter and half, control of the ball will start with alternating possession.
- b. **Possessed tie ups:** Possessed tie ups are allowed and will follow the alternating possession rules. Players also may steal the ball from the opponent's hands.

8. DEFENSE

- a. **3rd-4th grades:** Man-Man Defense only. Players are not allowed to double team or trap. **No full court press.** Teams must pick up the opposing player beyond the half court line. Players may be in "help position" if the offensive player is past the defensive player.
- b. **5th-6th grades:** Man-Man or Zone Defenses are allowed. **Full court press is allowed in second half only.** When a team is leading by 15 or more points, the press must be back to a half court man-man or zone.