



3<sup>rd</sup>

-

6<sup>th</sup>

Grade

Basketball

Rules



*(Updated December 2025)*

**High School rules will govern play with the exception of the rules below:**

**1. Court & Equipment**

- a. **Ball Size:** 3<sup>rd</sup> & 4<sup>th</sup> grade will use 27.5" | 5<sup>th</sup> & 6<sup>th</sup> grade will use 28.5"
- b. **Basket Height:** 10'
- c. **Free Throw Line:** 12' (3<sup>rd</sup> & 4<sup>th</sup> grade) | 15' (5<sup>th</sup> & 6<sup>th</sup> grade)
- d. **Jerseys:** All teams will wear their official team jersey, provided by Berthoud Recreation. Shirts must be tucked into both the front and back of the player's shorts when possible. Players must wear shorts or sweats without pockets or zippers.
- e. **Jewelry:** Earrings, bracelets, necklaces, rings, or other exposed items can't be worn during practice or games. Religious and medical-alert medals are not considered jewelry.

**2. Rules of the Game**

- a. **Game Time & Clock:** Games will consist of four (4) 10-minute quarters with a continuous running clock except for the last 2-minutes of the 4<sup>th</sup> quarter if the score is 10 points or less. At this time, the clock will stop on all dead balls. The clock will also stop on called timeouts, referee stoppage, or the scorekeeper may stop the clock due to an injury or any other situation that they feel warrants the time to stop.

- i. Each team will receive two (2) 30-second timeouts per half. Timeouts do not carry over.
  - ii. Halftime will be three (3) minutes long but could be cut shorter if games are running behind. The officials and supervisors have the authority to shorten the time.
  - iii. Overtime will consist of one 2-minute period; the clock will stop on all dead balls.
    1. If the score is tied at the end of the overtime period, the game ends in a tie.
    2. Each team will receive 1 (30 second) time out in overtime.

- b. Initial Start of the Game:** Jump ball at half court.

- c. Game Score:**

- i. Free Throw - 1 point
  - ii. Inside the 3-Point Arc - 2 points
  - iii. Behind the 3-Point Arc - 3 points

- d. Playing Time & Substitutions**

- i. All games will be 5 v 5, but a team must have a minimum of four (4) players registered in the scorebook to start a game. If they have less than four (4), the team can borrow a player from the team they are playing against in order to play the game. If a team is unable to produce enough players and the opposing team cannot supply another player, the game will be a forfeit. Every player on the roster **must** play at least half of the game.
- ii. All players must check-in at the scorer's table before entering the game, regardless of the quarter. The referee will wave all substitutions in before resuming play.

e. **Defense:**

- i. 3rd/4th Defense- Man to man only
  1. Full Court Press: Teams may apply full-court pressure defense during the final 2 minutes of the 4th quarter. Before this time, teams must fall back to half court.
  2. Trapping: A trap—two defenders actively converging on the ball handler—is only allowed during the permitted full court press time. Traps outside this period should be whistled or warned immediately.
  3. Double-Teaming:
    - a. Allowed: If it occurs naturally as part of help defense (e.g., rotating to stop a drive, helping in the paint, or switching on a screen).
    - b. Not allowed: Intentional double-teaming of a ball handler outside the press period or away from help-defense situations.
  4. Penalties: Intentional double-teams outside of the allowed situations may result in a team warning, and repeated violations may result in further penalties at the official's discretion.
  5. Players cannot pick-up a player on defense until across half court (unless pressing (unless pressing during the last two minutes of the 4<sup>th</sup> quarter).
  6. Stealing is allowed.
  7. Shot Blocking is allowed.
- ii. 5th/6th Defense - Man to man only
  1. Full Court Press: Teams may apply full-court pressure defense during the last 2 minutes of the 2nd & 4th quarter. Before this time, teams must fall back to half court.
  2. Trapping: A trap—two defenders actively converging on the ball handler—is only allowed during the permitted full court press time. Traps outside this period should be whistled or warned immediately.
  3. Double-Teaming:
    - a. Allowed: If it occurs naturally as part of help defense (e.g., rotating to stop a drive, helping in the paint, or switching on a screen).
    - b. Not allowed: Intentional double-teaming of a ball handler outside the press period or away from help-defense situations.
  4. Penalties: Intentional double-teams outside of the allowed situations may result in a team warning, and repeated violations may result in further penalties at the official's discretion.

5. Players cannot pick-up a player on defense until across half court (unless pressing during the last two minutes of the 2<sup>nd</sup> & 4<sup>th</sup> quarter).
6. Stealing is allowed.
7. Shot Blocking is allowed.

**f. Offense:**

- i. Any type of offense is allowed.
- ii. Lane Violation: Offensive player is in the lane for more than three seconds.

**g. Fouls & Violations:**

- i. If a foul is made while the participant is shooting, the shooting foul will be handled in the following way:
  1. AND 1: Count the basket, and one free throw is awarded. A missed free throw becomes a live ball.
  2. MISSED SHOT: Two free throws are awarded for a shot within the 3-point arc. Three free throws are awarded for a shot behind the 3-point arc.
  3. FOUL BONUS: (1-n-1) If the shooter makes the first free throw, another attempt is awarded. If a shooter misses the first free throw, it's a live ball and either team can rebound the ball. If the shooter makes the second free throw, the opposing team will inbound the ball from the baseline. If the shooter misses the second free throw, it's a live ball and either team can rebound the ball.
  4. During free throws, players can line the key in alternating order based on the team shooting the free throw. Once all spots around the key are full, the remaining players must line up at the half-court line.
- ii. All players will be disqualified upon receiving their 5th foul.
- iii. On the 7<sup>th</sup> team foul of the half – Enter the Foul Bonus (1-n-1 Free Throws)
- iv. On the 10<sup>th</sup> team foul of the half – Two free throw shots will be awarded.
- v. Technical Fouls: other team awarded two free throw shots and possession of the ball.
  1. Technical Fouls include but are not limited to:
    - a. For Unsportsmanlike Acts by players or coaches
    - b. Flagrant Fouls committed by players

**h. Misconduct:**

- i. Ejected Player: A player may be ejected for an unsportsmanlike act toward anyone or by committing a flagrant foul against another player. The penalty shall be disqualification + 1 game suspension in the next game.
- ii. Ejected Coach: A coach may be ejected for any un-sportsmanlike act toward anyone or by receiving two technical fouls. After the first technical foul, the coach will be asked to sit down for the rest of the game. If a second technical foul occurs, the coach will be asked to leave the facility and will be disqualified and suspended for the next game.