



## 5<sup>th</sup>-6<sup>th</sup> GRADE RULES

<i>Rule</i>	<i>Explanation/Comments</i>
Goal Height	10 feet
Ball Size	28.5"
Games consist of 6, six-minute quarters	Teams will follow the substitution system which ensures equal playing time
No doubling teaming or zone defense. Players can switch or help-and-recover on screens. <b>No color bands at this level.</b>	This provides a greater opportunity for the offense to attack the basket.
Overtimes are 2 minutes in length	Gives both teams the opportunity to win the game with reasonable extended time. If still tied at the end of the overtime period, the game ends in a tie.
Teams are allowed one (1) 30-second timeout per half (1 per team per half)	This allows a coach to meet with players and adjust strategy during a game
All games will be played full-court.	Over and back will be called. 10 seconds allowed to cross half court. No backcourt press.
A jump ball is used to start the game and overtime period. Three point shots will also be counted.	These additions are part of our strategic plan to transition players into basketball life after Upward.
All players are allowed five (5) fouls each game. After the 5th foul is committed, the player is out for the remainder of the game	This rule follows traditional middle school rules format
Clock runs continuously with special rules in effect with fewer than two minutes remaining in the game: <ul style="list-style-type: none"> <li>&gt; Non-shooting fouls result in the offensive team getting one point and the ball.</li> <li>&gt; Shooting fouls result in the offensive team scoring two points. The opposing team then takes possession.</li> <li>&gt; Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession.</li> </ul>	Because the clock does not stop, this rule keeps the game moving without wasting time lining up for and shooting free throws.