

4th/5th Grade Girls League

- **No team may begin a game with less than 4 players. If a team has less than 4 players to start a game, it will forfeit the game. There is a 5 minute grace period before a forfeit is awarded.**

PLAY: 4 on 4 crosscourt.

BASKET HEIGHT: 9 Feet

CLOCK:

8 minute quarters. Running clock: except for mid-quarter substitutions (4-minute) and last two minutes of 4th quarter (will then stop on every whistle). Clock will always stop on foul-shots.

BASKETBALL SIZE: Standard Women's (28.5")

TIMEOUTS: 2 timeouts per half (note: unused timeouts do not carry over)

FOUL SHOTS:

Short Free Throw Line - Each player will shoot one foul-shot at the end of the 1st and 3rd quarters only and made baskets do count toward the team's score. Each team will shoot the same number of foul shots at the end of the quarter (i.e. if one team has 5 players and one team has 6 players, the team with 5 will have one extra shot from the first player to have missed their first shot).

LANE VIOLATION:

4 seconds in the lane – short foul-line to regular foul-line is not considered part of the lane. It is encouraged that this rule be more strictly enforced as the season progresses.

10 SECOND RULE: There is now a 10-second rule for bringing the ball past mid-court.

OVERTIME: 1overtime period only (3 minutes) – if the game remains tied, the game is over and results in a tie (except only for tournament games). Overtime will continue until the game is won.

SUBSTITUTION:

Substitutions must occur at the mid-quarter (4-minute) and end-of-quarter points. All players must play at least half of the game and each player must sit out the equivalent of one quarter (unless a team fields less than 6 players). No player should sit out more than 1 quarter before every player has sat out a quarter.

FAST BREAKS AND PRESSING:

Fast-breaks are legal at any time during the game. Any ball out-of-bounds in the offensive zone will be inbounded by the side closest to the curtain. **Full-court pressing is legal only during the last two minutes of the 2nd and 4th quarters and the last minute of the overtime period.** During the rest of the game, once a defensive player gets possession of the ball in the backcourt, then the opposing team cannot press until the ball passes the half-court line. There is no penalty for pressing, only a warning by the referee. Intentionally fouling a player who breaks away on an uncontested lay-up on a fast break will result in two shots plus possession of the ball. (Note: pressing is no longer allowed when a 15+ point advantage is gained).

DEFENSE:

Man-to-Man & Zone defense can be added at this level to encourage the advancement of the children's' basketball skills and knowledge.