

Swish Summer League Rules - Grades 3-5
2026

Length of Game

Two 20-minute halves.

Halftime Free Throws

At halftime, each player will shoot one free throw. Every successful free throw will be added to the team's score before the second half begins. If one team has fewer players than the other, player(s) from the smaller roster may shoot additional free throws so that both teams attempt the same total number of free throws.

Sudden Basket (Overtime)

If the game is tied at the end of regulation, a sudden basket overtime will be played. The first team to score wins the game.

Game Clock

The first half will be played with a running clock. The second half and any overtime period(s), if necessary, will be played with a stopped clock.

Timeouts

Two 30-second timeouts per game. No additional timeouts will be awarded in overtime.

Substitutions

All substitutions must check in at the scorers table before they enter the game. Open substitutions are permitted, and coaches may substitute players at their discretion.

Free Throws

All players must begin their shot from behind the free-throw line. They may cross the line during their shooting motion, provided they are not attempting to gain an advantage for a potential rebound.

Fouls

Individual and team fouls will not be tracked. However, player safety is a priority. If an official determines that a player is engaging in excessive or overly rough play, they may remove that player from the game at their discretion.

Defense

Only player-to-player defense is permitted; zone defense is prohibited. When an offensive player is outside the three-point line, the defending player must stay within three feet of the three-point line and remain near their assigned player. Defenders may not occupy or linger in the paint while their player is outside the three-point line. Teams will receive one warning for an illegal defense. If the violation occurs a second time, it will result in a team technical foul.

Double-teaming is permitted only in the front court.

Full-court pressing is allowed only during the final two minutes of the second half. Only player-to-player presses are permitted; double-teaming is not allowed. If an offensive player voluntarily places themselves in a position that results in a double team, no infraction will be called, and play will continue. **Teams may not full-court press if they are leading by 10 points or more.**