Official Rules - Grades 5-6
2026-2027

Start of Game:

Coaches and players should be on site 10 minutes prior to the scheduled start time.

Each team will be allowed a five-minute warm-up period beginning at the scheduled start time. Games will start when each team has at least five players present. If a team has four players, the game may be played 4-on-4 **only if both coaches agree**. If either coach does not agree, the officials will declare a forfeit and the game will be recorded as an exhibition. Teams will then be formed using the players present from both teams, and the exhibition game will be played.

Length of Game

Games consist of **four quarters, each lasting eight minutes**, with the clock stopping for all stoppages in play.

Halftime (NEW FOR 2026-2027 SEASON)

Each player on each team shall attempt one free throw. All successful free throws shall be added to their respective team's total score. In the event that teams have an unequal number of players, the team with fewer players may select players to attempt additional free throws to match the opposing team's number of attempts. No player shall attempt more than two free throws in total.

Overtime

Regular Season: If the game is tied at the end of regulation, a two-minute overtime period will be played. If the score is still tied after the 1st overtime period teams will play a "first to score" overtime period.

Postseason: If the game is tied at the end of regulation, a two-minute overtime period will be played. Overtime periods will continue until a winner is determined.

Clock Stoppage

The clock will stop any time the whistle is blown, including for timeouts, out-of-bounds plays, fouls, injuries, or any other delay deemed necessary by the officials.

Running Clock

A running clock will be used if the score margin reaches 20 points or more.

Timeouts

Each team is allotted two 30-second timeouts and one 60-second timeout per game. Timeouts do not carry over into overtime. During overtime, each team will receive one 30-second timeout. Teams are encouraged to use their timeouts strategically.

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. **However, all players must participate for a minimum of one full quarter and one half-quarter (12 total minutes) over the course of the game. This time does not need to be consecutive but must equal the required total. Additionally, every player must play for at least four minutes in the first half.**

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.

Players will have ten seconds to attempt a free throw. Exceeding the ten-second limit will result in a violation and forfeiture of that free-throw attempt.

Players positioned along the lane may not enter the paint until the ball has been released from the shooter's hand.

Personal/Technical Fouls
Each player is allowed a maximum of five personal fouls; players may foul out. Player and team fouls will be recorded at the scorer's table. No free throws are awarded for player-control fouls; however, such fouls count toward both the player's personal foul total and the team's foul count.

Bonus: When a team reaches seven team fouls in a half, the opposing team is awarded a "one-and-one" free throw.

Double Bonus: When a team reaches ten team fouls in a half, the opposing team is awarded two free throws on each subsequent foul.

All technical or flagrant fouls will result in two free throws for the opposing team. In addition, the fouled team will retain possession of the ball.

If a player or coach receives two technical fouls in a single game, they will be ejected. If a coach accumulates more than two technical fouls over the course of a season, they will no longer be permitted to coach.

Three Second Violation
An offensive player may remain in the lane for a maximum of three seconds. Exceeding this limit results in loss of possession.

Back Court Violation
If the offensive team returns the ball over the center line into their own backcourt after it has crossed into the frontcourt, without first being touched by a defender, the team loses possession.

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 2nd and 4th quarters. 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.**

Miscellaneous

- Basket height**:**10 feet
- Basketball: 28.5
- Three-point field goals are permitted.
- All players must wear their team uniform during game play. No alterations to team uniforms is
- permitted (i.e., removing sleeves).
- Players are not permitted to wear any jewelry, including necklaces, earrings, rings, bracelets, or similar items, during competition.
- Street shoes are not permitted on the court playing surface.
- All league games will be officiated by certified Junior IAABO officials.
- **Zero Tolerance:** Referees, league officials, and facility supervisors have the authority to eject any individual, including fans, who exhibit unsportsmanlike behavior. All ejections will be reviewed by the league.
- In the event of a snowstorm, coaches will be notified by email regarding the status of games scheduled for that day. If games are postponed, every effort will be made to reschedule them.

Playoffs

Seeding
Playoff seeds will be determined by each team's regular season record.

Tiebreaker
If teams have identical records, playoff seeding will be determined by point differential (points scored minus points allowed).

Other Rules
All regular season rules, including playing time requirements, remain in effect during the playoffs.

Awards
A team trophy and individual awards will be presented to the League Champion and League Runner-Up.