

Level 3/4 Rules (4th-6th Grade)

*The following rules are exclusive to Level 3/4.

Game Format

- › Referees lead both teams in prayer at center court before every game. This sets the tone and focus for the game.
- › Games are 4 quarters, each of which are 7 minutes in length
- › The clock stops at each whistle (violations, fouls, out of bounds play, timeouts, etc.)
- › Overtimes are 2 minutes in length (regulation clock)
- › Teams are allowed one (1) 30-second timeout per half (1 per team per half)
- › All games are played on full-sized regulation court (no cross-court play)
- › Goal height: 10 feet
- › Ball size: 28.5

Rules for Play

- › A jump ball is used to start the game and the overtime period
- › Only man to man defenses are allowed – guarding wrist band color
- › Press defense is allowed in the backcourt (but not encouraged unless the team is trailing). Exception, it is not allowed if a team has a 10 point advantage.
- › All players are allowed five (5) fouls each game.
After the seventh team foul in the half, bonus free throws are awarded (1 and 1).
- › Three point shots are allowed.
- › Teams are required to use the Upward Substitution System. Stealing the ball will be permitted off a pass and off the dribble (provided that the defense has not reached in and slapped at the ball, but played hard fundamental defense).
- Over and Back will be enforced. 10 seconds to bring the ball up to half court will be enforced.
- 5 seconds to pass the ball in from out of bounds (referees discretion).