

NORTHWEST CATHOLIC CONFERENCE

5TH GRADE BASKETBALL LEAGUE RULES

Current IESA/ IHSA rules apply, except as noted BELOW.
(Updated 11-2021)

- 1) **No Jump ball to start the game; visiting team will get ball at half court**
- 2) **Athletes will receive a (1 minute) mask break at the mid-way point of each quarter.**
- 3) (4) 6 minute quarters.
- 4) (4) 1-minute timeouts per game. **NO TIMOUTS** in over time(see below)
Overtime- (1) 1-minute period will be played. The clock will stop on all whistles.
The game will end at the completion of the (1) minutes OT period.
- 5) (3) minute HALFTIME
- 6) **No (3) point field goals.**
- 7) **Free throws may be taken from the “marked” 12ft line if need be.**
- 8) **ALL TEAMS MUST play Man to Man Defense for the entire season. “No Zones”**
- 9) **Offensive players (with the ball) must be allowed to get to the 10ft line before teams can start playing defense. There shall be no double teaming the ball at the 10ft line.**
- 10) **No pressing Allowed**
- 11) Bonus is shot on the 7th team foul. No super bonus
- 12) Every player dressed on the bench must play in a league games. If a team does not play all their players, they risk forfeiting the game.
- 13) **All players are limited to (6) Quarters in any giving day**
- 14) 28.5 size ball will be used.
- 15) **With a 12+ point lead, the team with the lead must play man to man defense within the arc. NO ZONE allowed.**
- 16) **A 20+ point lead in the 4th quarter, will result in a running clock for remainder of game no matter whether the score goes below 20 points or not.**

The penalty for not following the rules above (#8 and #9 in particular) are as follows: A warning from the referee; the second and every time thereafter the referee will stop the clock and award a team technical foul to the defensive team. The team will be awarded 2 points and the ball at half court.