

Northwest Catholic Conference
Current IHSA rules apply, except as noted below
(Update 11-2025)

5th Grade Basketball League Rules

1. Game Time - Four (4) - 10 Minute quarters.
 - a. 5th Grade will use a **RUNNING CLOCK**.
 - b. Clock *stops* on all whistles as noted below:
 - i. Last one (1) minute of first half
 - ii. Last two (2) minutes of second half.
 - c. If a ten-point (10) point or greater lead, it will remain a running clock.
 - d. Overtime – One (1) minute in length (Game ends after one overtime)
2. Timeouts –
 - a. One Timeout per half – No Carryover
 - b. No Timeouts in Overtime
3. Halftime – Three (3) minutes in length
4. No three (3) point field goals
5. Free throws may be taken from the designated 12-foot line.
 - a. Players may go over but not be the first to touch the ball on a miss.
6. All teams must play Man-to-Man defense the entire season. NO ZONES. See Appendix A.
7. Offensive players (with the ball) must be allowed to get to the designated 10-foot line before teams can start playing defense – Safety Zone. There shall be no double teaming the ball at the 10-foot line. (Ball can NOT be stolen above the line during the Initial Entry by the offensive team. See Appendix B.)
8. NO PRESSING ALLOWED
 - a. Penalty for not following the Rule.
 - i. First Infraction - Verbal warning from official
 - ii. Second Infraction and every time after – Technical Foul
 1. Technical Foul is two (2) points and awarded ball at halfcourt.
9. Bonus – ISHA Rule is used.
 - a. After the fifth foul – bonus is awarded – Bonus is two free throws.
 - b. Reset each quarter.

10. Every player dressed on the bench must play in a league game. If a team does not play all its players, they risk forfeiting the game.
11. Player Participation Limit
 - a. Each player may participate in a maximum of six (6) Quarters per day.
 - b. Participation in any portion of a quarter counts as one toward the daily limit.
12. Basketball – 28.5 sized ball will be used.
13. Mercy Rule – 12-point lead, the team leading must play within the arc. No Zone allowed.

Appendix

A

Zone - The player shall not be considered playing a zone as long as they are between their man and the basket. They can leave their player to “help” but must attempt or play the ball. Example: If a player goes out to the wing/sideline, defensive player does NOT have to go out there, just has to be between them and the basket. No violation. If the defensive player is on the block and is legally between their defender and the basket and the ball gets passed to the other side of the court on the wing and this player goes to the other block – Violation. The defensive player would have to attempt to double team the ball on the wing for a violation to not occur. Players will be considered legal if they are on the “Help Line.”

B

The 10-Foot line. On the first time down, OF EVERY POSSESSION, the defender can **NOT** steal the ball in any fashion until they cross the 10-foot line – *Safety Zone* - (should be marked or use the volleyball line). Treat it like half court. Until BOTH FEET AND THE BALL CROSS, the defender can NOT steal the ball. Example, Player A dribbles up right to the line and has not crossed it, but the defender is behind the line on his side but is able to swat or take the ball, THIS IS A VIOLATION. Ball returns to the offensive team. Now, once they cross, they can defend anywhere in the half court. So, if Player A dribbles up and crosses the line and passes in the corner and then Player B dribbles up above the 10-foot line, the defender can play defense above the line. This rule only applies on the initial entry on each possession for the offensive player bringing the ball up. The spirit of the rule is to allow teams to start their offense as well as give the coaches an opportunity to have multiple players dribble the ball up without losing possession. Consider this a *Safety Zone*. If the Offensive player passes to his teammate in the *Safety Zone* on the initial time down, the ball can **NOT** be stolen. If the Offensive player passes to his teammate who is below the line, the ball **CAN** be stolen.