

Goal Height **7 feet**

Ball Size **25”**

Time **Games consist of six, 4-minute segments and an 8 minute halftime.**
One minute is allotted for substitutions between segments.
This keeps games to approximately a 45-minute time frame.
It also allows each player to be in the game for shorter segments than older age divisions.

Score Score is not kept.

The focus of this age is to learn fundamentals, not winning and losing.

3-second violation is not called.

Referees should advise players of this potential violation but not penalize.

Coaches are allowed on the floor with players.

The focus is for coaches to instruct and encourage players at all times.

Stealing the ball from the dribbler is not allowed.

To encourage the offensive player to dribble with correct form without the pressure of having the ball stolen.

Stealing the ball off a pass is not allowed.

To encourage the offensive player to pass with correct form without the pressure of having the ball stolen.

Violation is not called for having two hands on the ball while dribbling.

Due to limited hand-eye coordination, this allows a player to establish correct dribbling form through rhythm and pressure on the ball.

Violation for double dribbling is called but does not result in a turnover.

Players should learn the concept of double dribble but should be allowed the opportunity to correct it without penalty.

Violation for traveling is called but does not result in a turnover.

Players should learn the concept of traveling but should be allowed the opportunity to correct it without penalty.

Violation for traveling is not called when a player shuffles feet when trying to set up for a shot.

Because this age group is single skill focused, players will tend to shuffle their feet when focusing on setting up for a shot. This is corrected as the player develops in skill as he gets older.

Fast breaks are not allowed in any transition situation.

This promotes a controlled game. Players at this age learn better when the pace is controlled.

Shooting fouls do not result in free throw attempts.

A player who gets fouled while shooting gets to retry his/her shot from the spot of the foul without being defended.

Ball is live after shot is attempted.

This allows a player to attempt a shot that he was trying to take prior to the foul from the same spot.

Goal Height	8 feet
Ball Size	25"
Time	Games consist of six, 6-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments. <i>This keeps games to approximately one hour time frame.</i> <i>It also allows each player to be in the game for shorter segments than older age divisions.</i>
Score	Score is not kept.

Young athletes at this age should not focus on the score but rather the developmental skills being taught.

3-second violation is not called.

Young athletes at this age should focus on offensive basics (dribbling, passing, shooting, and rebounding).

Coaches are allowed to walk the sidelines to encourage and instruct players.

The focus is for coaches to instruct and encourage players at all times.

Free throws are awarded on all shooting fouls.

Two shots are attempted by the fouled player at the 10' line. Coaches may quickly come onto the court to line up remaining players in proper free throw positions. After the second shot, the ball will be inbounded by the opposing team regardless of shot result.

Stealing the ball off a dribble or pass is allowed.

Players at this age should be taught and held to these basic basketball rules.

Double dribble violation is called in all circumstances.

Traveling violation is called in all circumstances.

Fast breaks are allowed in any transition situation.

Goal Height	9 feet
Ball Size	28.5”
Time	Games consist of six, 6-minute segments and an 8 minute halftime. One minute is allotted for substitutions between segments. <i>This keeps games to approximately one hour time frame.</i> <i>It also allows each player to be in the game for shorter segments than older age divisions.</i>
Score	Score is not kept.

Young athletes at this age should learn how to handle winning and losing after competition. This translates into life lessons.

3-second violation is called and results in a turnover.

At this age, young athletes should understand the concept of offensive movement by not allowing a player to stay in the lane more than 3 seconds.

Coaches allowed to walk the sidelines to encourage and instruct players.

The focus is for coaches to instruct and encourage players at all times.

Clock runs continuously with special rules in effect with fewer than two minutes remaining in the game:

Non-shooting fouls result in the offensive team getting one point and the ball.

Shooting fouls result in the offensive team scoring two points. The opposing team then takes possession.

Players fouled in the act of shooting and making the basket are credited with the basket plus one point. The opposing team then takes possession. Because the clock does not stop, this rule keeps the game moving without wasting the running game clock on lining up for free throw attempts.

Free throws are awarded on all shooting fouls.

Two shots are attempted by the fouled player at the 12' line. Remaining players assume proper free throw positioning. Ball is live if second shot is missed.

Stealing the ball off a dribble or pass is allowed.

Players at this age should be taught and held to these basic basketball rules.

Double dribble violation is called in all circumstances.

Traveling violation is called in all circumstances.

Fast breaks are allowed in any transition situation.

UPWARDS BASKETBALL LEVEL 4

(5th-8th Grade)

Goal Height 10 feet

Ball Size 28.5 (girls) 29.5 (boys)

Time Games are 4 quarters, each of which are 6 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) thirty second timeout per half (one per team per half.)

All games are played on full-sized regulation court (no cross-court play.)

The following rules are exclusive to Level 4.

They follow a more traditional middle school format and game play.

Except where the following rules apply, play is governed by the National Federation of State High School Associations' (NFHS) Rules Book (www.nfhs.org).

Referees lead both teams in prayer at center court before every game. This sets the tone and focus for the game.

Rules for Play

A jump ball is used to start the game and the overtime period.

Zone and man defenses are allowed (both should be used throughout the season.)

Press defense is allowed in the backcourt at all times except if a team has a 15 point advantage.

All players are allowed five (5) fouls each game. Players do not foul out in a segment (with 2 fouls.) but can foul out of the game with five.

After the seventh team foul in the half, bonus free throws are awarded (1 and 1.)

Three point shots are allowed and encouraged. Courts must feature a three point line.

Teams are not required to use the substitution system as detailed in Guide X. Playing time requirements for this division are:

Each young athlete plays a minimum of ¼ of each game.

Each young athlete must play in both halves of each game.