



Basketball Rules 5th-6th Grade Girls

Game Time: There will be four 7-minute quarters. The clock will not stop except for timeouts (2 timeouts per half; approximately 60 seconds) and free throws. There will be a 1 minute break between quarters & 5 minute half time. Teams will switch goals at halftime.

Goal Height: 10 ft.

Ball Size: 28.5"

Substitution: Substitutions can be made between quarters, at halftime, and during a time-out. Players must wait by score table until the Referee signals or tells players to enter the game.

- During multiple free throws from personal fouls, substitutions may be made only before the final free throw attempt and after the final attempt has been converted.

Scoring: We will keep official score. If a game ends in a tie, we will play ONE 3-minute overtime period. Each team must provide 1 volunteer (2 total) to run the clock & stat book.

Minimum participation: Each player must play a minimum of two quarters and no more than three quarters. Also, every player must be given at least one opportunity to attempt to score during the course of the game. Isolation of players will not be tolerated. All players must remain in active participation; everyone must get a chance to dribble and shoot. This will be a judgment call by the official.

- WFC staff may enforce the use of rotation sheets.

Defense: Man-to-Man and Zone defenses are both allowed. Backcourt presses are allowed unless a team is ahead by 15(+) points.

Jump Ball: We will do a jump ball at the beginning of the game. Referees/officials will keep track of possession during the game.

Shot Blocks: Blocking shots is allowed.

Lane Violation: 5 seconds in the lane, called by referee, will result in a turnover.

Team fouls: Bonus free throws (one & one) will begin at 7 team fouls during each half; double bonus free throws will begin at 10 team fouls.

Players will foul out after committing 5 personal fouls.

Free Throw Line: Regulation free throw line. Lane violations will be enforced, which includes the shooter. Intentional/flagrant fouls will result in 2 free throws for the offense and possession of the ball; the player that committed the foul will not be allowed to play the remainder of the quarter. Intentional fouls made by the offensive team will result in loss of possession; the player that committed the foul will not be allowed to play the remainder of the quarter.

Other Violations: Traveling and double dribble will be enforced; will result in a turnover. Illegal (moving) screens will be enforced, as well.

Back Court Time: Players will have 10 seconds to bring the ball across the half court line.

Coaches Position: Coaches may not be on the court.

**Absolutely no disrespect towards
the officials will be allowed by the coaches,
players, or spectators/fans.**