

LEVEL 4 (5TH GRADE AND UP) RULES

**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*

RULE	EXPLANATION / COMMENTS
Referees lead both team in prayer at center court before every game	This sets the tone and focus for the game
Goal Height	10 feet
Ball Size	28.5" (girls), 29.5' (boys)
Games consist of 4, six minute quarters	Follows middle school rules and allows game to begin and end within an hour timeframe
The clock stops at each whistle	Stoppage of play includes violations, fouls, out-of-bounds play, timeouts, and injury
Overtimes are 2 minutes in length (regulation clock)	Gives both teams the opportunity to win the game with reasonably extended time. If the game is still tied at the end of the first overtime period, you have two options: <ul style="list-style-type: none"> • The game ends in a tie • First team to score a basket wins the game (no extra time needed)
Teams are allowed one 30-second timeout per half (1 per team per half)	This allows a coach to meet with players and adjust strategy during a game
All games are played on a full-sized regulation court (no cross court)	This is appropriate floor size for players at this level
A jump ball is used to start the game and overtime period	Athletes at this age have the physical ability to jump for the ball to obtain possession. It also follows the NFHS rules for starting a game or overtime
Zone and man defenses are allowed (both may be used throughout the season)	Players at this level possess the ability to defend and attack both zone and man principles. Zone and man defenses are a part of the game of basketball and should be understood by players as they prepare for the next level.
Press defense is allowed in the backcourt at all times except if a team has a 15-point advantage	To promote fairness and integrity of the game, teams with a 15-point advantage should drop into a basic half-court defense.

(cont.)

LEVEL 4 (5TH GRADE AND UP) RULES (CONT.)

RULE	EXPLANATION / COMMENTS
<p>All players are allowed five fouls each game. After the 5th foul is committed, the player is out for the remainder of the game.</p> <p>-----</p>	
<p>After the seventh team foul in each half, bonus free throws are awarded to the fouled team (1 and 1)</p> <p>-----</p>	<p>This rule follows traditional middle school rules format</p>
<p>After the tenth team foul in each half, double bonus free throws are awarded to the fouled team (2 shots)</p>	
<p>Three point shots are allowed only if the court features a three-point arc.</p>	<p>Courts without a 3-point line should not award 3 points no matter the shot distance</p>
<p>Playing time requirements for each player in Level 4 are:</p> <ul style="list-style-type: none"> • Each athlete plays a minimum of ¼ of each game • Each athlete must play in both halves of each game 	<p>Level 4 does not use the substitution system found in Levels 1-3. This allows flexibility in managing playing time for each coach based on the game situation while promoting fair game participation for all players.</p>
<p>End of season tournaments are encouraged for Level 4</p>	<p>End of season tournament play adds excitement to your league. (see Resources on MyUpward.org for tournament templates).</p>