

## 5th/6th Grade:

**Basketball Size:** This grade group plays with an Intermediate Ball (28.5")

**Game Play:** Games will have a 20 minute running clock with the last two minutes of each half using a stopped clock format. If the score is tied at the end of regulation time, a Sudden death format will be used meaning after a jump ball, the first team to lead by one or more points will win the game.

There is no full court press or zone defense man-to-man only.

1 timeout will be allowed depending on game progression and it is at the discretion of the referee.

**Hoop Height:** Standard 10ft hoops are used.

**Coaching:** All of our coaches are volunteers and come from a variety of different skill levels. Coaches will be encouraged to stress proper shooting techniques, good sportsmanship, and proper game play.

## Rules:

5th and 6th grade game rules will align with National Federation of High Schools regulations. NFHS basketball rules are extensive, and can be found

on the NFHS website. Digital copies of the rule books can be purchased online as well.

NFHS also has a number of free resources including a youtube channel and

NFHSlern.com that has several free training courses.