

FDL AREA LEAGUE - 5th Grade Rules

WIAA rules will be followed with the following exceptions:

TIME RULES

- 3 minute pre-game warmup (longer will be allowed if ahead of schedule).
- Four 10 minute quarters – running clock.
- **Clock will stop on all whistles in the last 2 minutes of the 4th Quarter only.**
- Clock will NOT stop in the last 2 minutes of 4th Quarter if lead if 15 points or more.
- Clock will stop on all timeouts and for injuries.
- Half time will be 3 minutes.
- Each team is allotted **3 full timeouts per game**.

OVERTIME RULES

- 2 minute overtime.
- Clock stops on all dead balls.
- One (1) additional timeout granted for overtime period.
- Maximum of 1 timeout allowed in overtime period.
- If no winner after 1ST overtime period the game will **end in a tie**.

DEFENSIVE RULES

- Man to man defense must be played.
- **Double-teaming** is allowed when the ball is in the lane, when a player is attacking the basket, and any time the ball is in the low or high post - until there is a shot, a pass or a turnover. After a pass there must be an attempt by the defense to recover and find the man they were initially covering.
- **Sagging/helping** is allowed in the lane if the ball is on one side of the court and a defensive man's person is on the other side of the court. *Example: a clear out for one player or if a team runs picks to one side of the court and sends players opposite as decoys. The defensive team must not be penalized for playing good man to man defense if the offensive team has players who are not involved in the offensive play.*
- **Switching is only allowed on ball screens**.
- 1st infraction is a warning; additional infractions result in a technical foul.

PRESSING RULES

- **Pressing is allowed during the last 2 minutes of the 2nd and 4th quarters & OT.**
- No pressing by a team that is ahead by 10 points or more.

OTHER RULES

- The free-throw line will be **15 feet**. Players must start behind the line but can jump over the line.
- Bonus on 7th foul; double bonus on 10th foul.
- Play the release on free throws.
- Technical foul will result in 2 two points and possession for opposing team.
- No protests allowed - referee's decision is final.
- Head coach is allowed to stand unless instructed to sit by a referee.
- 28.5" ball will be used and should be furnished by the host team.
- **One certified referee** must officiate every game.
- A team must start a game with 5 players but can finish the game with less than 5.
- If a team must forfeit, the opposing team and host community must be notified by the Wednesday prior to the scheduled game or the forfeiting team must pay for BOTH officials.
- Schools are to be open a half hour before the first game.