

## Level 4 Modifications (5th-7th Grade)

**Goal Height:** 10'

**Ball Size:** 28.5" (Girls), 29.5" (Boys)

### Game Format

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

Games consist of 4, 6-minute quarters

The clock stops at each whistle (violations, fouls, out of bounds play, timeouts, etc.)

Overtimes are 2 minutes in length (regulation clock) There are no timeouts in Overtime. Only one Overtime will be played; at the end of Overtime, if a game is still tied, it ends as a tie.

Teams are allowed one (1) 30-second timeout per half (1 per team per half)

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

### Rules for Play

The Guest Team will have possession first and it will alternate each quarter

The Home Team will start with the **jump ball possession** and it will rotate with each jump ball; This doesn't affect the possession to start each quarter

› 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 will 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 10.

Playing time requirements for this division are:

› Each young athlete plays a minimum of 1/4 of each game

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