



2022-2023 Rules Abstract

3rd - 4th Grades

1. DURATION - Four 8 minute periods with a running clock. Regulation Clock in the last 2 minutes of 4th quarter. Running clock in effect during the last 2 minutes if one team has a 12+ point lead. Running clock continues even if lead drops below 12 points.

2. OVERTIME - No Overtime.

3. FOUL COUNTS & FREE THROWS - 5th foul of period - shoot 2 shots. Resets at beginning of each period

4. BALL SIZE - 28.5 Ball; 9ft Basket; 12ft Free Throw Line – first offensive players line up below the block.

5. TIMEOUTS - two 60 sec & one 30 sec.

6. SUBSTITUTIONS at the beginning of every quarter and at the 4minute mark of each quarter. Free substitutions after each player noted in scorebook has played three complete segments unless the head coach has declared to the referee a player injured. This declaration must happen immediately after the injury.

7. SCOREKEEPER track substitutions as part of the official book.

8. DEFENSE - Must play man-to-man defense.

9. DEFENSE - Defense cannot guard beyond the 3-point line until 10 seconds has elapsed, as noted by the officials count. After 10 seconds or after the offense penetrates the 3-point area via the dribble or a pass the defense may guard to half court. Each team has one 10 second count per offensive possession. **PLEASE REFERENCE THE CMLA POLICIES AND RULES OF PLAY FOR MORE COMPLETE DETAILS. (THIS MUST BE COVERED WITH THE HEAD COACHES IN THE PRE-GAME)**

10. DEFENSE - During the last 2 minutes of the game, the 10 second count is not in effect and teams may play defense to half court unless the Equalizer Rule (12 point or greater lead) is in effect.

11. FIELD GOALS - No 3-point baskets – all made field goals from outside the 3-point line count as 2 points.

12. PRESSING - No full court pressing is allowed at any time during the game.

13. MERCY RULE - If a team obtains **a lead of 12 points or more**, no half court presses are allowed (even in last 2 minutes) by the leading team. The leading team **may** fast break into the front court, however this team is not allowed to make a play on the offensive basket until the trailing team's defensive has fully recovered and is set.





2022-2023 Rules Abstract

5th - 8th Grades

1. DURATION - Four 10 minute periods with a running clock. Regulation Clock in the last 2 minutes of the 4th period. Running clock in the last 2 minutes if one team has had at least a 15+ point lead. Running clock continues even if lead drops below 15 points.

2. FOUL COUNTS & FREE THROWS - 5th foul of period - shoot 2 shots. Resets at beginning of each period

3. BALL SIZE - **28.5 Ball (5th Boys, 6th Boys and all Girls)**; 29.5 Ball (7th-8th Boys)

4. 15ft Free Throw Line – first offensive players line up above the block.

5. TIMEOUTS - two 60 sec & two 30 sec. Unused timeouts carry over to overtime

7. SUBSTITUTIONS at the beginning of every quarter and at the 5-minute mark of each quarter. **Clock does not stop at the 5:00 minute interval when both teams have met free substitution requirements.** Free substitutions after each player noted in scorebook has played three complete segments unless the head coach has declared to the referee a player injured. This declaration must happen immediately after the injury.

8. OVERTIME - Overtime is played as a 2-minute period. Overtime periods will continue until a winner is declared. 1st minute is running clock and 2nd minute is regulation clock.

9. DEFENSE - All types of defenses can be played until a team obtains a lead of 15 points or greater, at which time the leading team is not allowed to press. The leading team **may** fast break into the front court, however this team is not allowed to make a play on the offensive basket until the trailing team's defensive has fully recovered and is set.

