



Official Rules – Grades 4-6 Apex Basketball

Game Format

1. Games will consist of 4 periods lasting 6 minutes each. There will be a 1 minute break in between quarters and a 3 minute break for halftime. If necessary, overtime will be 2 minutes.
2. The goal will be set to a height of 10 feet.
3. Games will be played with a regulation size men's basketball for the boys (or co-ed) league and a size 28.5 ball for the girls league.
4. Each team will be given two (2) 60-second timeouts per half and one (1) additional timeout for each overtime. Unused timeouts do not carry over from the first half to the second half or to the overtime(s). Consecutive dead ball timeouts are not allowed.
5. Score will be kept. Each team will be responsible for providing one parent volunteer scorekeeper for each game.
6. Coaches will be used to officiate all games. Coaches will be expected to officiate either the game immediately before or after their team's game. Coaches will be notified of that schedule in advance.

Offensive Rules

1. The over and back rule will be enforced.
2. The 3-second lane becomes 5-seconds.
3. Free throw shooters may not touch or cross the line until the ball hits the rim. All other players lined up on the lane for free throws may enter the lane on the shooter's release of the ball.
4. No shot clock will be used. However, the offense must purposefully attack the defense in every situation to prevent stalling.
5. No team shall run an offense that is designed as an isolation or clear-out type of offense.

Defensive Rules

1. After a team scores, they must go to the other end of the floor to set up for defense. No backcourt press defense will be allowed. The same rule applies on a rebound or any other change of possession.
2. Man-to-man defense is the only defensive formation allowed. It is the coach's responsibility to make sure each of their players knows who he/she is guarding.

Substitutions/Playing Time

1. It is the desire of the league that every child has an equal amount of playing time throughout the season. It may not happen within a single game but it should even out by the end of the entire season.
2. Free substitutions are allowed during the game as long as every effort is made by each coach to give every player an equal amount of playing time.
3. Every player should be placed in the starting lineup for at least half of the games during the season.
4. Every child will receive equal playing time throughout the season assuming that he/she is present and on time to all practices and games and fully participates. Coaches have the freedom to reward effort, attendance, and punctuality with playing time.
5. If all players from a team show up for a game, no one player will be allowed to play the entire game.
6. If a player arrives to the game during the first half, the coach is not obligated to play that player until the following quarter. If a player arrives to the game during the second half, the coach is not obligated to play him/her at all.

Miscellaneous

1. 5 personal fouls disqualify a player.
2. The I-and-I bonus foul shot will be taken on the 7th team foul each half. The double bonus foul shots will be taken on the 10th team foul each half.

3. If one team should be in the lead by 20 or more points, the game clock will run through all dead balls, except for timeouts, until the lead goes back under 20 points.
4. Only players and coaches are allowed on the bench during the game.
5. For their safety, players must remove all jewelry before beginning to play.
6. Any player with a cast, splint, etc. will not be permitted to practice or play for their health and safety and for the safety of their teammates and other players.
7. All players and coaches must wear shoes with non-marking soles in the Gym for all practices and games.
8. Any practice cancelled due to weather or other emergencies will not be rescheduled. Games cancelled due to weather will be made up to the best of our ability and all teams will be notified of updated schedules.
9. Selfless play is always encouraged in Apex Sports. No single player should be permitted by their coach to dominate the offensive play of their team.
10. It should be assumed that any rule not specifically mentioned in the Apex Basketball Official Rules is to be enforced according to IHSAA regulations.

