



High Hoops League Rules and Regulations **Boy & Girls 5th/6th Grade Division**

Games – There will be (2) 14-minute halves of stoppage time on every whistle.

Time-outs - Each Team will have 3 time outs per a game with 1 additional time out for each overtime period. Time outs do not accumulate or carry over.

Half Time - There will be a 3 minutes intermission each game.

Player Fouls - Players will be disqualified on the 6th personal foul.

Bonus Free Throws - Teams will shoot 2 free throws on the 12th team foul per half.

Clock Operator – 1 team must provide a clock operator for each game or will forfeit the game.

Scorekeeper – 1 team must provide a scorekeeper to do the book for each game or will forfeit the game.

Zone Defenses - Standard basketball rules apply. Zone defenses are not allowed for this age group. Teams can only play (man to man) defense and will not be allowed to double team or trap.

Full Court Press Restrictions – Teams are only allowed to press if they are losing during the last 3 minutes of the half or game however must remain man to man.

Overtime periods - 2 min of extra stoppage time on every whistle if needed.

Free Throw Line - Players will be allowed to jump over the foul line after releasing the ball.

Technical Fouls – Two technical fouls by any coach or player in a game will result in disqualification and will be asked to leave the facility.