

	Elementary (Grades 3-5)	Middle (Grades 6-8)	High School (Grades 9-12)
Man to Man or Zone	Man to Man at top of circle	Grade 6: Man to Man at half court Grade 7/8: Man to Man or zone Girls: Man to Man	Man to Man or Zone
Full Court Press	Last 2 minutes of 4th quarter * Allowed with 10 point lead or less	Last 2 minutes of 3rd/4th quarter * Allowed with 10 point lead or less	Allowed, with 10 point lead or less
Backcourt Rule	Yes, instructional	Yes	Yes
Double Team	Girls: No Boys: Grades 3/4-None Grade 5-within the lane	Girls: Within the 3pt arc Boys: Grade 6– within the lane Boys Grade 7– within the 3pt arc Boys Grade 8– within half court	Yes
Foul Shot Line	~13 feet (flexible) Grade 3/4: One step in from line Grade 5: jumps in front permitted	15 feet	15 feet
3 second rule	5 seconds, give warning	3 seconds	3 seconds
Time Outs	3 per game, max 2 per half	3 per game, max 2 per half	3 per game, max 2 per half
Bonus Foul	7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots)	7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots)	7 team fouls (1-1: 7- 9th foul, 10+ = 2 shots)
Technical Foul/ Flagrant Foul	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league	Technical/Flagrant= 2 free throws & possession 2 technical/game=ejection ejection= player suspended 1 game Ejected 2x= player removed from league
Overtime	None Playoff only—2 minutes	None Playoff only—2 minutes	None Playoff only—2 minutes
Basketball	Junior (28.5)	Grade 6: (28.5) Grades 7/8: (29.5)	Regulation (29.5)
Playing Time	Equal Playing Time * Non-compliance results in forfeit	Equal Playing Time * Non-compliance results in forfeit	Equal Playing Time recommended * Non-compliance results in forfeit
Time Played	(4) seven minute stop time no break in between quarters	(4) seven minute stop time no break in between quarters	(4) seven minute stop time no break in between quarters