

# **PARKLAND BASKETBALL RULES**

## **5<sup>th</sup> & 6<sup>th</sup> GRADE GIRLS**

- PRE-GAME REVIEW:** Referees and coaches must review guidelines before each game.  
Allow 5 minutes warm-up before start of game.
- GAME START:** Jump ball will start the game.  
Alternate possession rule will apply for remainder of game.
- PERIOD LENGTH:** 10 minute running clock quarters.  
Time limit between all quarters will be 2 minutes.  
Last period will be adjusted to end within the 1 hour time limit.  
All games will end by the gym wall clock.
- TIME OUTS:** Each team is allowed two - 1 minute time-outs per half.
- LANE VIOLATION:** 5 seconds
- BACKCOURT VIOLATION:** None
- TEN SECONDS VIOLATION:** None
- FOUL SHOTS:** Shooting fouls only. Player and team fouls are not totaled. Player must shoot ball from behind the foul line but can cross line after release of shot.
- DEFENSE:** Play man-to-man defense only - no zone defense.  
No backcourt or full court defense.  
Defensive players can pick-up opposing players at half court line.
- FAST BREAK:** Allowed on steals and defensive rebounds.