

Great Falls Basketball
Synopsis of House League Playing Rules
Girls Grade 5

Here is a brief outline of key House League playing rules. We strongly encourage you to review the complete rules so that you are fully aware of how we do things in Great Falls Basketball. The full rules can be found on the GF Hoops website.

Key Rules Common to All Age Groups

- Players may not wear watches, rings, necklaces, earrings, bracelets, hard casts (even if wrapped) or other items that could present a safety hazard to themselves or other players.
- A game consists of 4 quarters of 8 minutes duration each.
- Each player MUST play in two (2) complete quarters, no player may play more than three full quarters unless all other players will have played at least three full quarters.
- Substitutions can only occur at the midpoint of the 4th quarter or when there is an injury.
- If needed, overtime periods are 3 minutes in duration. In overtime, each team is allowed 1 one minute time-out (no carryover of unused time-outs from regulation play or one overtime period to another).
- A team forfeits if the team is unable to field 4 players within 5 minutes of scheduled game start.
- If previous game runs late, next game starts five minutes after the previous game ends.

Grade Group specific rules summary for Girls Grade 5:

- There is no Zone Defense
- There is no Isolation Offense
- Each team is allowed 4 one minute time-outs per half. Time-outs can be used at any point during the game.
- These groups must play man-to-man defense: there must be a reasonable “arm’s-length” distance between defender and the player they are covering. It is the responsibility of the defender to remain with the player they are covering.
- Double Teaming is allowed only when the shooter is below foul-line-extended and making a legitimate try for goal – this is called “Help Defense.”
- Full-court-press is not allowed under any circumstances in these groups.
- Basket height is 10 feet.
- Free Throw line is 13 feet.
- Lane violation is 3 seconds. This applies only to the offense – no lane violation will be administered against the defense. A lane violation will occur on the offense when an offensive player not in possession of the ball remains in the lane for a full 3 seconds; however, if a shot is taken, the 3-second clock resets.
- Ball size for these groups is 28.5”.
- There is no three-point-shot awarded for these age groups.
- Free-throws: players on the lane during a free-throw may not leave their position until the ball leaves the shooter’s hand.
- Standings are kept.
- This group will have a playoff tournament and select All Stars.