

Totowa Boys and Girls Basketball Rules

Rule	Girls 3 rd and 4 th	Boys 3 rd and 4 th	Girls 5 th and 6 th	Boys 5 th and 6 th	Girls 7 th and 8 th	Boys 7 th and 8 th
Time per period	Two 20 min running halves/ stop and go last 2 minutes of the game	Two 20 min running halves/ stop and go last 2 minutes of the game	7 minutes /Stop and go	7 minutes/ Stop and go	8 minutes /Stop and go	8 minutes /Stop and go
Basket height	8 feet	8 feet	10 feet	10 feet	10 feet	10 feet
Full court pressing	None	None	Last 2 minutes of the game	Last 2 minutes of the game	Last 2 minutes of game	Entire game unless pressing team is up by more than 15 points
Defense can pick up	At half court	At half court	At half court	At half court	At half court	Full Court
Fast breaking	Yes	Yes	Yes	Yes	Yes	Yes
3 pointers	No	No	Yes	Yes	Yes	Yes
<u>Playing time</u>	<p>All Players must play 2 full quarters! (Substitutions will occur at 1/2 quarters!) The game will be stopped at each ½ quarter and subs will be put in.</p> <p>If we find out that any coach is not following this rule we will go back to full quarters for that coach only. There will be no exceptions to this rule and no warnings!</p>					
Time outs	5 full time outs at every level					
Individual fouls	5 individuals fouls and the player is out of the game. (Except at the 3 rd & 4 th grade levels)					