

Highway 55 Basketball Rules
5th and 6th grade boys and girls
OFFICIAL RULES

Jump balls to begin the game. (thereafter alternate possessions with first possession to a team which did not receive opening tip-off) Overtime will begin with a jump ball.

16 Minute halves – running time. Stop time on dead balls for the last minute of each half and overtime. Game times can be adjusted according to circumstances.

overtime period – 2 minutes, start with jump ball, sudden death after the first overtime.

Halftime 3 minutes.

2 timeouts per half are permitted. No Carryover. 1 timeout allowed in overtime period.

NO Zone Defenses are allowed. Referees determine a zone defense. Official warning for first offense, second time opposing team will be given a two-shot penalty with possession of the ball. Note: Parking a player in the lane is considered a zone defense if he isn't guarding one player. Help defense is not considered a zone defense, and this does not mean that players need to defend their player within a specified distance. No stacking sidelines with players and expecting the defense to stand next to them.

Switching and Double Teaming that occurs naturally after a screen and roll are allowed, this is not a zone defense. Double team should be temporary and not intentional

Pressing is allowed the last two minutes of the game. Teams ahead by **ten or more points may NOT press.** There are no double teams or traps allowed in press, strictly man to man

After a team acquires a defensive rebound, teams must retreat to half court and allow the offensive team to cross mid-court line. Team must have possession for this rule.

5th grade girls may shoot free throws with feet on line and go over. This is for 5th grade girls only.

1-1 free throws on 7th team foul, 2 shots on 10th team foul. Individual fouls will be recorded. All other MSHSL rules apply.

All refs and people assisting are volunteers, they do their best job, please respect their decisions. Required for highway 55 games 1 adult (minimum) and 1 high school player

Teams are responsible for providing their own balls (28.5").

Players are allowed to play up a grade level, but not down

Any time you are scheduled to compete in a highway 55 league game and you can't attend it is your responsibility to contact other coach with conflict or find a team to take your place on the schedule