

Highway 55 Basketball Rules

4th grade boys and girls

OFFICIAL RULES

1. 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.
 2. 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 periods – 2 minute each, start with jump ball, sudden death after the first overtime. Halftime 3 minutes.
 3. 2 timeouts per half are permitted. No Carryover. 1 timeout allowed in overtime period.
 4. 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 ball. Note: Parking a player in the lane is considered a zone defense if he/she 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. This has been an issue in the past, coaches please take the lead on this and work together so play is fair.
 5. 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
 6. **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
 7. After a team acquires defensive rebound, teams must retreat to half court and allow the offensive team to cross the mid-court line. Team must have possession for this rule.
 8. Free throws - shooters may begin two feet ahead of the FT line and are allowed to jump forward.
 9. 1-1 free throws on 7th team foul, 2 shots on 10th team foul. Individual fouls will **not** be recorded. All other MSHSL rules apply.
 10. 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
 11. Teams are responsible for providing their own balls (28.5 is standard, but BOTH coaches have to agree on a 27.5" before game). Also be a good guest, eat in specified areas and clean up after yourselves.
 12. **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 coaches and host school with conflict or find a team to take your place on the schedule**
 13. Each host site needs to provide a host site coordinator who is responsible for the games that day. (rules, schedules, coaches questions, etc.)
 14. Schools with multiple teams at the same grade level may need to have a player play on both teams, please discuss with the opposing coach first. This is allowed
 15. Players may play up a grade level, but may not play down
- **Host schools make the call on weather related cancellations and alert attending schools coming to their site. Do in an appropriate time frame to give coaches opportunities to contact players**