

SWL Basketball Rules **4th-6th Grade**

All rules follow NFHS/WIAA rules with the following exceptions and clarifications:

General Rules

- Two 20 minute halves. Running clock except the last 2 minutes of each half.
- Overtime: One overtime period per game. 2 minutes with a 30 second timeout for each team. No carryover of timeouts. Clock stops on dead ball. No additional overtime periods will be played.
- Game Ball – An official women's regulation size basketball will be chosen by the officials.
- 2 timeouts per half. Timeouts do not carry over.
- 3 point baskets allowed, courts must have a 3 point line.
- Technical Fouls: All technical fouls will result in an automatic two points for the other team and possession of the ball.
- Bonus on the 7th team foul. Double bonus on the 10th team foul.
- Players can play up one grade level, but not down.
- Officials – The league strongly recommends one WIAA referee for each 5th and 6th grade game

4th & 5th Grade Rules

- Free Throws: Players will shoot free throws from behind the free throw line & they may step into the lane with their follow through. The player shooting the free throw cannot be the first player to touch the ball on a rebound (if shooter is first player to touch the ball following the shot, the defense will be awarded the ball out of bounds).
- Lane violations are four seconds instead of three.
- Full court press is allowed the last two minutes of the half and game (NO PRESS IN 4TH GRADE). 5th grade can trap in the back court but must return to man-2-man once the ball is in the front court. Help defense in the lane is allowed. Players must recover after helping in the lane.
- If a team is up by 10 points, the team cannot press.
- No zone defenses allowed.
- No clear outs allowed.
- Team will get two warnings per half for illegal zones or clear outs. After the 2nd warning the other team will be granted one point and the ball out of bounds at half court.

6th Grade Rules

- Lane violations are three seconds.
- If a team is up by 15 points, the team cannot press.
- NO zone defense allowed.

7th and 8th Grade Rules

- Lane violations are three seconds
- If a team is up by 15 points or more, the team cannot press
- Zones are allowed
- 20 minutes halves with running clock.
- 5 minutes warm-ups, and 5 minutes halftimes
- Each team will get 2 timeouts per half
- Overtime is 3 minutes with one timeout. Timeouts do not carry over from regulation.
- Technical fouls are two points plus the ball
- Free throw rule – the shooter has to wait for the ball to hit the rim. The lane players may cross on the release
- **All other WIAA Rules apply unless noted above**