

**NORTHWEST CATHOLIC CONFERENCE**  
Current IHSA rules apply, except as noted BELOW.  
(Updated 11-2024)

5TH GRADE BASKETBALL LEAGUE RULES

1. **5th** grade will use a running clock with four 10-minute quarters. The clock will stop on all **whistles** in **the last one minute of the second quarter and the last two minutes of the fourth quarter**. If a team has a 10-point or greater lead the clock will **not stop on whistles**.
2. (2) **1-minute** timeouts **per half, no carry over. NO TIMEOUTS in overtime** (see below) Overtime - (1) **1-minute** quarter will **be played**. The clock will stop on all whistles. The game will **end** at the completion of **the (1) minute OT period**.
3. **(3) minute HALFTIME**.
4. **No (3) point field goals**.
5. **Free** throws may **be taken from the "marked" 12ft** line.
6. **ALL TEAMS MUST play Man to Man Defense for the entire season. "No Zones"**
7. Offensive **players (with the ball) must be allowed to get to the 10ft line before teams can start playing defense**. There shall be no **double teaming** the ball at **the 10ft** line. (Ball can **NOT BE STOLEN** above the line during **the INITIAL ENTRY** by the **offensive team**.)
8. **NO PRESSING ALLOWED**. The penalty for **not following the rule follows: A warning from the referee; the second and every time thereafter the referee will stop the clock and award a team technical foul to the defensive team. The team will be awarded 2 points and the ball at half court**.
9. Free throws will **be shot on the 5th foul** each quarter. **The count is restarted** each quarter. All fouls are 2 shot fouls.
10. Every player dressed on **the bench must play** in a league game and have equal playing time. **If a team does not play all its players and have equal playing time, They risk forfeiting the game**.
11. **All** players are limited to (6) Quarters on any given day.
12. **28.5** Size ball will be used.
13. **With a 12+ point lead, the team with the lead must play defense within the arc**. No zone allowed.