

## BOYS - NEC BASKETBALL RULES 2023-24

<b>Clock</b>	<ul style="list-style-type: none"> <li>● 5 minute warmup / between games</li> <li>● 14 minute stop-time halves</li> <li>● 2 minute overtime periods (after 2 overtime periods, go to sudden death)</li> <li>● 5 minute half time</li> </ul>
<b>Time outs</b>	<ul style="list-style-type: none"> <li>● 3 x 60-second timeouts</li> </ul>

<b>4th Grade</b>	<b>Defense</b>	Man-to-man only (no zone)
	<b>Pressing</b>	Man-to-man press allowed in final 2 minutes of each half unless up by more than 15 (no zone press allowed)
	<b>Free throws</b>	12 ft (shorter line) Cannot jump over the line

<b>5th Grade</b>	<b>Defense</b>	Man-to-man only (no zone)
	<b>Pressing</b>	Man-to-man press allowed anytime unless up by more than 15 (No zone press allowed)
	<b>Free throws</b>	15 ft (regular free throw line) Cannot jump over the line

<b>6th Grade</b>	<b>Defense</b>	Any (man-to-man, zone, half-court trap is allowed) No "junk" defense where kids all attack the ball
	<b>Pressing</b>	Any press allowed anytime unless up by more than 15 (Both man-to-man and zone press is allowed)
	<b>Free throws</b>	15 ft (regular free throw line) Cannot jump over the line

- Players may play up a grade or two but no one is allowed to play down a grade.
- Players may play multiple grades but not at the same time.  
Example: 5th grader plays @ noon first half of 5th grade and enters the 6th grade game for the second half. Pick a game and stick with it. Fine to play in the 12noon 5th grade game and 1pm 6th grade game.