

SDBA Grade 4/5 co-ed League Rules



All Basketball BC rules apply, except as noted below.

- Two 25-minute halves. In the playoffs there will be stop time during the last 3 minutes of 2nd half provided the teams are within ten (10) points
- Man-to-man defence only. The coaches and or the Referee's will choose the player match ups. Bubble zone is in effect (no reaching in or stealing the ball) until the commissioner re-asses in January. No zones allowed. No double teams outside the key.
- Half court defence throughout the game.
- One (1) 1-minute time-out allowed by each team per half. Unused time-outs cannot be carried over into the second half.
- Scorekeeper will buzz for substitutions during a stoppage in play at approximate intervals of 5 minutes.
- Fouls are not recorded.
- Substitution sheets must be filled out and shown to the refs before the game. Thus ensuring equal playing time for every player.
- There is a five (5) minute warm-up
- Half time will be five (5) minutes.
- Every basket will count as two (2) points. Except fouls shots which will count for a single (1) point. There are no three (3) point baskets in this age group.
- There will be no scores kept until January.
- There will be a five (5) second violation for inbounding and for a frozen ball will be situation. The ref will count out the time and will explain the call to the player.
- There will be a ten (10) second violation for not bringing the ball across the half court. The ref will count out the time and will explain the call to the player.
- Picks and screens will not be allowed.
- 15. Over and back will be called and explained to the player.