

## 2025 REC Way Basketball Rules: 4<sup>th</sup> – 5<sup>th</sup> Grade Division

### GOAL HEIGHTS

1. 4<sup>th</sup> – 5<sup>th</sup> Grade: 9'6"
2. Heights can be adjusted when we begin playing if too high or too low for groups.

### RULES

1. Play will be 5 on 5
2. Games will last approximately 1 hour from beginning to end.
3. Players who attend practice play equal amounts of time. If a player misses practice it will be the discretion of the coach how much playing time he/she gets but all players will play during games.
4. Man-to-man defense only.
5. Teams may not play defense until the ball has crossed the white volleyball line just past the half-line of the court, and there is no double teaming a player or the ball.
6. All quarters will begin with a jump ball at center court.
7. Players going into the game while a quarter is being played, must report to the scorer's table. Substitute players will be buzzed in on a dead ball.
8. Teams will switch ends at halftime.
9. 5 seconds closely guarded and 5 seconds in the lane will not be called.
10. Players will be given a second chance to correct a walk or double dribble. A walk occurs when a player moves his/her feet without dribbling. A double dribble occurs when a player dribbles, picks up his/her dribble, and then dribbles again. This will be called tighter as the season progresses.
11. Free throws will be shot for shooting fouls. Individual and team fouls will not be kept so there will be no bonus free throws.
12. Players will be able to steal the ball off a pass in the 3<sup>rd</sup> and 4<sup>th</sup> quarters. The ball can't be stolen until it crosses the white volleyball line. Players may not steal a ball from the ball handler directly.
13. Coaches should stay on the sideline at the bench during this age group. Coaches should also monitor the players on the bench.
14. Coaches may call one timeout per half. Timeouts may not be carried over from the first half if not used.
15. The red line will serve as out of bounds on the baselines.
16. **Coaches, players, and parents must show respect to our officials. They work hard to make calls that are age and skill level appropriate while being fair and honest.**

### CLOCK RULES

Quarters are 6 minutes long. Quarter breaks will last one minute. Halftime will last three minutes. Score is kept for the whole game. If a team is up 10 points or more, the score will be removed from the scoreboard until the difference is less than 10 points. The running score should still be kept on paper during times it is removed from the scoreboard. Stop the clock on whistles for fouls, out of bounds, rule violations, free throws, and timeouts. Do not stop the clock on the throw-in after a made field goal.

## 4<sup>th</sup> - 5<sup>th</sup> GRADE LEAGUE GOALS (Play 5 on 5)

1. Begin to understand the responsibility of positions and the area position covers
2. Begin to understand the basic offensive and defensive game concept.
3. Point guard brings ball down court and handles ball—face the goal
4. Rebound and pass to outlet or point guard—go to position
5. Pass the ball and move to a new place on floor (moving without ball)
6. Move without the ball and try to get open for a pass (Example: feints and jab steps).  
Don't call the name of person with ball
7. Face the goal on offense.
8. Play defense on the man and not the ball—play man not the passing lane.
9. Transition from offense to defense and defense to offense
10. Play under control in transition.
11. Look for open players
12. Begin to understand shot selection
13. Begin to understand cutting off the player with the ball (stop player with ball)
14. Learn proper techniques for stealing the ball from a pass. Players will be able to steal the ball off a pass in the 3<sup>rd</sup> and 4<sup>th</sup> quarters. The ball can't be stolen until it crosses the white volleyball line.
15. Ball handler must learn to pass the ball to keep defense from stealing the ball.
16. Learn how to line up for free throws.



PADUCAH PARKS & RECREATION

ALWAYS SOMETHING TO DO!