

2026 4th & 5th Grade Basketball Rules

1. Equipment: Ball size is 28.5 inches; Goal height is 10 feet.
2. Teams will play 5v5 or 4v4 if both teams are shorthanded and both coaches agree. The game is played full court.
3. Each team receives two (60-second) time-outs per half.
4. The game shall consist of two 20-minute halves running clock. The clock will only stop in the **second half only** for the last two minutes of the game if the score is within 10 points (10 or less), on time-outs, or injuries. Half-time is 5 minutes. There will be no overtime if the game is tied at the end of game regulation. **Games will end in a tie.**
5. Mercy rule: If a team is 30 points ahead in the second half, score becomes locked; rest of game shall continue without addition of any further points with running clock.
6. Substitutions are made during dead balls, timeouts, or to replace an injured player. Each player shall play approximately 50% of each game. There will be a minimum of 4 players on the court. If one team is shorthanded and playing with 4, it is okay to barrow players; or the opposing team **WILL** play shorthanded as well. This helps with equalizing touches for equal playing time.
7. Defense may only be played after the opposing team crosses half court. Defense must retreat 10ft past the half court line once possession has changed.

Full-Court Press Clause:

Either team may institute a full court press in the last two minutes of the second half only.

NFHS free throw rules apply, including shooting 1 & 1 on the 7th team foul and shooting 2 free throws on the 10th team foul, excluding player and team control fouls. Players will foul out on their fifth foul. **(If a player cannot reach the rim on a free throw, they may take two steps forward.)**

8. A jump ball will be used to start the game. Alternating possession will be used from then on.
9. The black/white reversible jerseys must be worn at all times.

Emphases at the 4th & 5th Grade Level: Fundamentals, consistent rule enforcement, and normalized play. Fouls will be called when they are “plain to see” by the official/s. Limited instruction will be provided regarding basic rules, while an explanation will be provided for more complex concepts and procedures.

Infraction/Foul emphases: Traveling, double dribble, jump ball, 3-second violation, block/charge, reaching, hacking, illegal screens, push, backcourt, 5-second closely guarded violation, 10-second backcourt violation, and 10-second free throw violation.

Flagrant fouls and other misconduct: It is at the officials’ discretion to sub-out offending player(s).

Alamosa Family Recreation Center Rules:

Non-members of the AFRC have restricted access to the facility; they will only be allowed into the gymnasiums for spectating and have use of the restrooms on game and practice days. Non-members are welcome to pay the appropriate daily use fee to enjoy full access to the facility. Children not participating in Parks & Recreation basketball programs must be under the close supervision of an adult at all times, not disrupt practices and must be seated next to their parents at all times. Rec center games: Children 15 years old and under are not allowed on the upper track unsupervised. Also, the upper track is members only who are there to walk/jog for their workout. Basketball spectators are not allowed to stand on the upper track to watch games as it is a safety hazard.

Games/Practices at OMS: there is no running around the facility. All spectators are to be in the gym of the game/practices they are there to watch and may use the restrooms. Parents/guardians must have their kids stay seated with them in the gym at all times. We ask to please respect the school so we do not lose their partnership for your child’s and future kids practices/games.