



FRIDAY NIGHT HOOPS

RULES: 3rd–7th Grade, Boys and Girls

Goal Height: 3rd Grade – 9 feet

4th–7th – 10 feet

Ball Size: Girls and Boys – 3rd Grade–5th Grade – will use 28.5

Boys – 6th Grade and 7th Grade – will use regulation ball, 29.5

- A game consists of 4–6 minute quarters with a continuous running clock stopping for injuries and time-outs. It will also stop in the last 30 seconds of the 1st, 2nd, and 3rd Quarters, and the last 2 minutes of the 4th Quarter on the referees whistle.
- A team must start with 5 players. Game time is forfeit time.
- Each team will receive 2 time-outs per half, one full time-out (1 minute) and a 30 second time-out. Unused time-outs do not carry over.
- Overtime will be 1 minute and will begin with a jump ball. Second overtime will be sudden death, the 1st team that scores wins. The 2nd overtime will also begin with a jump ball.
- There will be a 4 minute half-time, 2 minutes if games are running behind.
- Man-to-man and zone defenses are allowed, full and half court.
- Full court press is not allowed if a team is ahead by 15 points.
- The bonus one-and-one free throw will be shot on the 7th team foul, and the double bonus will be shot on the 10th team foul.
- Players will foul out on their 5th foul.
- Free Throw Distance: 3rd Grade Boys and Girls will shoot from 13 feet, all other grades will shoot from the regulation of 15 feet.
- No requirement for playing time, but please play each player a fair amount of time.
- Teams listed 1st on the schedule will be the home team on the scoreboard and will wear light colored jerseys. Teams should warm up opposite their bench.
- There will be a 5 minute warm-up between games. Games can start early.

- A maximum of 3 coaches are allowed on the bench, 1 head coach and up to 2 assistants. Only the head coach can stand and coach during the game. Assistant coaches must remain seated at all times. The head coach must remain in the coach's box which extends to both ends of the team bench. After one technical foul the head coach must remain seated. A 2nd technical will result in an ejection from the game and an automatic one game suspension from the next scheduled game.
- Any player ejected from a game for fighting will be suspended from the next scheduled game.
- Any fan ejected from the gym must leave the A-Game campus.
- Friday Night Hoops promotes good sportsmanship with both teams shaking hands after the game.
- A-Game will provide basketballs for warm-ups and a game ball on Friday night's. Teams should provide their own balls for practices during the week. **NO OUTSIDE BALLS ALLOWED IN THE FACILITY ON GAME DAYS.**
- Water Coolers will be provided during games.
- All other rules will follow the National Federation of High School Basketball Rules.