

## 2026 Gold Crown Competitive Basketball League - Game Rules

**Rules:** The Gold Crown Competitive Basketball League will use the National Federation of High School Association's (NFHS) basketball rules, and follow modified Jr. NBA Guidelines *except for*:

**Game Time:** Each game consists of four 10-minute running quarters with the clock stopping on all dead balls in the last two minutes of the fourth quarter. The exception to this would be if the score differential is 15 points or more during the last two minutes of the fourth quarter (the clock will continue running unless a time-out or injury occurs).

**Roster:** Each team must have a minimum of five players to start the game. A team may finish the game with less than five players. If needed, there will be a 5-minute 'grace period' for teams to have five players on the court and ready for play.

**Fouls/Bonus:** Teams will reach the bonus when their opponent commits five fouls in each quarter. Teams will shoot two free throws for common fouls when in the bonus. Team fouls will reset at the end of each quarter.

**Time-Outs:** Each team will have three full time-outs. However, only two of the three time-outs carry over into the second half. All time-outs are full time-outs; there will be no 30-second time outs.

**Warm-up:** There will be a maximum of four minutes to warm-up before games begin, except for the first game if time allows. Halftime will consist of three minutes. Games will not start earlier than the scheduled start time unless both coaches agree to start early.

**Overtime:** When a game ends with a tie score, teams will play one two-minute overtime period with the clock stopping on all dead balls. Each team will have one full time-out in the overtime period. If the score is tied after one overtime period, the game will go to sudden death with the following guidelines: after a jump ball at center court, the first team to score any combination of **two** points will be the winner. There will be no time-outs in the sudden death overtime period.

**Scorekeeping:** Each team must provide one person to keep the clock or scorebook for their game. A minimum of two people are required for each game. The clock operator and scorekeeper must be age 16 or older.

**Uniforms:** If two teams have similar colored uniforms, the officials will determine which team will switch to a different color or who will wear pullover jerseys to differentiate teams. There is no designation of home and away teams/colors.

### **\*\*Boys 5th - 8th Grade; Girls 6th - 8th Grade Divisions\*\***

**Game Ball:** Girls 6th-8th grade and Boys 5th grade; size 6 ball (28.5"). Boys 6th-8th grade; size 7 ball (29.5")

**Set Defense/Double Teaming:** There are no restrictions, all allowed throughout the competition at coaches discretion.

**Pressing Defense:** Pressing allowed throughout the competition; however, the leading team may not press in the backcourt when leading by 15 points or more. **Note:** There are no pressing restrictions in the Elite Division only.

### **\*\*Boys 4th Grade; Girls 4th/5th Grade Divisions\*\***

**Game Ball:** Size 6 ball (28.5")

**Set Defense/Double Teaming:** Only player-to-player defense is allowed throughout the competition, and deliberate "double-teaming" is not allowed. Note: If an offensive player with the ball advances past their defensive player, another defender may rotate to guard that offensive player, and then recover back to the player they were guarding.

**Pressing Defense:** Teams are not allowed to press in the backcourt, except in the fourth quarter and overtime(s). However, if a team is leading by 15 or more points they are not allowed to press in the fourth quarter and overtime(s). **Note:** Only player-to-player pressing is allowed in the backcourt (i.e. no zone press is allowed).

**Free Throw Rule:** No violation will be called if the player releases the shot behind the free throw line and crosses the line after the shot is released.

### **Unsportsmanlike Behavior/Zero Tolerance Policy**

Gold Crown has implemented a **ZERO TOLERANCE POLICY** regarding unsportsmanlike behavior during Gold Crown events. Any spectator, coach, or player who is ejected from a game is automatically disqualified from attending any games for the remainder of the event. Once the person has been ejected from a game, he/she must leave the facility immediately. If the person does not leave the facility in a timely manner, the local authorities will be contacted. **Note:** If the person who was ejected attempts to attend any subsequent games during the event, the team that he/she is associated with will automatically forfeit their remaining game(s) and no refund will be given.