

2020 Gold Crown 3x5 Fall League – Game Rules

Rules: The Gold Crown 3x5 Basketball Program will use the National Federation of High School Association's (NFHS) basketball rules, and follow modified Jr. NBA Guidelines *except for*:

Game Time: Each 5-on-5 full court game consists of two 15-minute, running-clock halves. Note: Each 3-on-3 half court game consists of one 20-minute, running-clock game.

Time-Outs: Each team will have two 30-second time-outs per game. Unused time-outs do not carry over into overtime, or sudden death.

Halftime: Halftime will consist of two minutes.

Overtime: When a game ends with a tie score, the game will go into 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.

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.

Equal Playing Time: Equal playing time is required of every team.

Boys & Girls 9 – 10 Year Old Division

Game Ball: Size 6 ball (28.5"); **Height of Basket:** 9'

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.

Set Defense: Player-to-player defense ONLY.

Pressing Defense: Player-to-player defense allowed to extend full court in the 4th quarter and overtime only. The leading team may not extend the defense over half court when leading by 15 points or more.

Free Throw Rule: 14' free throw line. 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.

3-Point Field Goals: Although the 3-point arc may exist on the court, all baskets made beyond this arc only count as two points.

Boys & Girls 11 – 14 Year Old Division

Game Ball: Size 7 (29.5"); **Height of Basket:** 10'

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 when leading by 15 points or more.

3-Point Field Goals: All 3-point field goals are allowed throughout the competition at coaches discretion.

Bench Decorum/Warning

Bench Decorum: The head coach of each team is responsible for the conduct and behavior of their assistant coach, players, and spectators. **If any coach, player or spectator is ejected from a game, they MUST sit out their next game.**

Bench Warning: Officials will not permit unsportsmanlike behavior by the head coach or any personnel on the bench who engages in spontaneous reactions to officiating calls and no-calls. **At the officials discretion, repeated spontaneous reactions or unsportsmanlike behavior by the head coach, bench personnel, players and/or spectators may result in a warning with subsequent incidents resulting in a technical foul(s).**