

Great Falls Basketball Synopsis of House League Playing Rules

Here is a brief outline of key House League playing rules. We strongly encourage you to review the complete rules so that you are fully aware of how we do things in Great Falls Basketball.

Key rules common to all age groups

- Players may not wear watches, rings, FitBits, necklaces, earrings, bracelets, hard casts (even if wrapped) or other items that could present a safety hazard to themselves or other players.
- A game consists of 4 quarters of 8 minutes duration each. Games are played with a running clock.
- Each player **MUST** play in two (2) complete quarters, one in each half; No player may play more than three full quarters unless all other players will have played at least three full quarters.
- Each team is allowed 2 one minute time-outs per half. Time-outs cannot be carried over from half to half.
- If needed, overtime periods are 3 minutes in duration. In overtime, each team is allowed 1 one minute time-out (no carryover of unused time-outs from regulation play or one overtime period to another).
- A team forfeits if the team is unable to field 4 players within 5 minutes of scheduled game start.
- If previous game runs late, next game starts in five minutes.

Grade Group specific rules summary

	GRADE GROUP			
Rule or Issue	Boys Grade 2 Girls Grade 2 Girls Grade 3	Boys Grade 3 Boys Grade 4 Girls Grade 4 Boys Grade 5 Girls Grade 5	Boys Grade 6 Girls Grade 6	Boys Grade 7 Boys Grade 8 Girls Grade 7/8 Boys Grade 9 Boys Grade 10
Zone Defense and/or Isolation Offense	No	No	Yes	Yes
Man-to-Man Defense	Yes	Yes	Yes	Yes
Double Teaming	Allowed Under Certain Conditions	Allowed Under Certain Conditions	Yes	Yes

Full Court Press	No in addition, G3 cannot play defense on the ball until it has crossed the 3 point line at least once on the possession.	No in addition, B3 cannot play defense on the ball until it has crossed the 3 point line at least once on the possession.	Girls - No; Boys - Yes	Yes
Basket Height	8 Feet	B3, G4 9 Feet B4, G5, B5 10 Feet	10 Feet	10 Feet
Free Throw Line	13 Feet	B3, B4, G4, G5 13 Feet B5 15 Feet	15 Feet	15 Feet
Lane Violation	5 Seconds	B3 5 Seconds, Others 3 Seconds	3 Seconds	3 Seconds
Ball Size	27.5"	28.5"	28.5"	Girls - 28.5"; Boys - Men's Regulation
3 Point Shot	No	No	Yes	Yes
May enter the Lane on a Free Throw	B2, B3, G2, G3 - When the ball hits the rim	B4, G4 and up - When the ball leaves the shooter's hand	When the ball leaves the shooter's hand	When the ball leaves the shooter's hand
Standings Kept	Yes	Yes	Yes	Yes
End of Season Tournament	Yes	Yes	Yes	Yes
All Stars Selected	Yes	Yes	Yes	Yes