

2027 Rocky Sports Rules

Game Rules	1st-2nd Grade Boys & Girls	3rd-4th Grade Division II Boys & 3rd-4th Grade Girls	3rd-4th Grade Division I Boys 5th-6th Grade Boys and Girls
Goal Height	8 ft.	9 ft.	10 ft.
Ball Size	27.5 in.	28.5 in.	28.5 in.
Players on Court	4	4	5
Game Length	Game consists of six, 6 minute periods. Regular Season & Tournament: The 6th period will be played with a running clock. The final 2 minutes will switch to a stop clock, unless a team is leading by 10 points or more, in which case the clock will continue to run. During stop-clock play, the clock will stop on every whistle and restart when the referee signals play to resume.	Game consists of six, 6 minute periods. Regular Season & Tournament: The 6th period will be played with a running clock. The final 2 minutes will switch to a stop clock, unless a team is leading by 10 points or more, in which case the clock will continue to run. During stop-clock play, the clock will stop on every whistle and restart when the referee signals play to resume.	Game consists of six, 6 minute periods. Regular Season & Tournament: The 6th period will be played with a running clock. The final 2 minutes will switch to a stop clock, unless a team is leading by 10 points or more, in which case the clock will continue to run. During stop-clock play, the clock will stop on every whistle and restart when the referee signals play to resume.
Score Kept?	Yes *3-pointers do not count—court is too short	Yes *3-pointers do not count—court is too short	Yes
To Start the Game...	Home Team receives the ball first. At the beginning of each new period ball possession is determined by the possession arrow.	Home Team receives the ball first. At the beginning of each new period ball possession is determined by the possession arrow.	Jump Ball at the center of the court
Time-Outs?	Regular Season & Tournament: Yes Each team is permitted one 30-second timeout during the 6th period of play, if needed. *Timeouts may only be called when a team has possession of the ball or during a dead ball situation.	Regular Season & Tournament: Yes Each team is permitted one 30-second timeout during the 6th period of play, if needed. *Timeouts may only be called when a team has possession of the ball or during a dead ball situation.	One 30 second time-out during the 6th period, if needed. Coaches may substitute at a time-out, please see Substitution rules. If the game goes into overtime, coaches may have 1 additional 30 second time-out. *Timeouts may be called only when a team has possession of the ball or during a dead ball situation
Traveling Violation Called?	Yes	Yes	Yes
Double Dribble Called?	Yes	Yes	Yes
Substitution	Each player is guaranteed to play half of the game (started 3 periods) unless they have missed practice. If a player is playing only 2	Each player is guaranteed to play half of the game (3 started periods) unless they have missed practice. If a player is playing only 2	Each player is guaranteed to play half of the game (3 defined periods) unless they have missed practice. If a player is playing only 2 periods, the coach must alert the score table at the start of the game.

	periods, the coach must alert the score table at the start of the game. Each player must sit out for at least one period unless the team has no available substitutes. If a player's sit-out occurs during the 6th period, that player may <u>not</u> substitute into the game during that period, unless there are no other available substitutes. Matchups At the start of each period, coaches will coordinate player matchups with the opposing coach. Players should line up according to ability, with referees assisting by communicating where the most skilled players should line up to help create balanced matchups. Each team's strongest players should be matched against one another whenever possible. Wristbands are provided to help players identify who they are responsible for guarding. Matchups may be adjusted when necessary (such as for height differences or other clear mismatch concerns). Coaches are expected to work together to ensure fair, competitive play that supports athlete development for both teams.	periods, the coach must alert the score table at the start of the game. Each player must sit out for at least one period unless the team has no available substitutes. If a player's sit-out occurs during the 6th period, that player may <u>not</u> substitute into the game during that period, unless there are no other available substitutes. Matchups At the start of each period, coaches will coordinate player matchups with the opposing coach. Players should line up according to ability, with referees assisting by communicating where the most skilled players should line up to help create balanced matchups. Each team's strongest players should be matched against one another whenever possible. Matchups may be adjusted when necessary (such as for height differences or other clear mismatch concerns). Coaches are expected to work together to ensure fair, competitive play that supports athlete development for both teams.	Each player must sit out for at least one period unless the team has no available substitutes. If a player's sit-out occurs during the 6th period, that player may <u>not</u> substitute into the game during that period, unless there are no other available substitutes. A coach may substitute a player due to foul trouble; however, that player may not re-enter the game until the start of the next period. What is foul trouble? • Player with 2 fouls in first period • Player with 3 fouls in first half • Player with 4 fouls in the 4th or 5th period • 6th period only-only player substitution allowed for fouls is if a player gains their 5th foul and fouls out Coaches may substitute at a time-out during the 6th period. *Substitution is allowed as long as the player being subbed out has played 3 defined periods (started 3 previous periods or played 3 previous full periods; subbing in does not count as a starting period)
Fouls	Players who receive 2 fouls in one period must leave the game for the remainder of that period. Coach may substitute another player, though it does not count towards that player's 3 started periods. Teams receive 2 points if a shooting foul is called. The opposing team will then be awarded possession, as it would be following completed free throws. On the 7th, 8th, and 9th team foul of the half, a team receives one point. The other team gets the ball.	Players who receive 2 fouls in one period must leave the game for the remainder of that period. Coach may substitute another player, though it does not count towards that player's 3 started periods. Teams enter the bonus (2 free throws) on the 5th team foul per period.	Players foul out of the game on their 5th foul. Teams enter the bonus (2 shots) on the 5th team foul per period.

	On the 10th team foul (and beyond) of the half, a team receives two points. The other team gets the ball.		
Overtime?	Regular Season: No Tournament: Yes Overtime consists of one 2-minute period with a stop clock. A new jump ball will be used to begin overtime. Possession will be established by a game of rock, paper, scissors between the coaches. If a second overtime is required, it will be played as sudden death. No clock will be used, and the first team to score wins.	Regular Season: No Tournament: Yes Overtime consists of one 2-minute period with a stop clock. A new jump ball will be used to begin overtime. Possession will be established by a game of rock, paper, scissors between the coaches. If a second overtime is required, it will be played as sudden death. No clock will be used, and the first team to score wins.	Yes Overtime consists of one 2-minute period with a stop clock. A new jump ball will be used to begin overtime. If a second overtime is required, it will be played as sudden death. No clock will be used, and the first team to score wins.
Free throws?	No Teams receive 2 points if a shooting foul is called. The opposing team will then be awarded possession, as it would be following completed free throws. On the 7th, 8th, and 9th team foul of the half, a team receives one point. The other team gets the ball. On the 10th team foul (and beyond) of the half, a team receives two points. The other team gets the ball.	Yes Free throws are shot at the free throw line. Lane violations will be called. Players lined up in marked lane spaces may move upon the release of the ball; all other players may move once the ball hits the rim or backboard. Ball is live if the second shot is missed. *The shooter must not cross the free throw line until the ball hits the rim or backboard.	Yes Free throws are shot at the free throw line. Players lined up in marked lane spaces may move upon the release of the ball; all other players may move once the ball hits the rim or backboard. Ball is live if the second shot is missed. *There is no line violation for the 3rd-4th grade shooters; however, after releasing the ball, shooters may not attempt to get a rebound until the ball hits the rim or backboard.
Defense Allowed	Man-to-Man	Man-to-Man	Man-to-Man
Full Court Defense Allowed?	No Teams have 10 seconds to cross half court. Once a team crosses half court, defense may play on both sides.	No Teams have 10 seconds to cross half court. Once a team crosses half court, defense may play on both sides.	Yes If a team leads by 10 points or more, full-court defense is not permitted.
Double-teaming Allowed?	Yes for help defense Double teaming to help stop a player who is fast breaking or driving to the basket is allowed and encouraged. What is NOT ALLOWED? Trapping is not allowed. This is where one or more players	Yes for help defense Double teaming to help stop a player who is fast breaking or driving to the basket is allowed and encouraged. What is NOT ALLOWED? Trapping is not allowed. This is where one or more players	Yes for help defense Double teaming to help stop a player who is fast breaking or driving to the basket is allowed and encouraged. What is NOT ALLOWED? Trapping is not allowed. This is where one or more players chase after the ball trying to double team the ball.

	chase after the ball trying to double team the ball. Illegal defense should not be called when the offense is bunched near the ball and the defense naturally matches that spacing. It is natural that turnovers occurring in these situations should not be considered illegal defense.	chase after the ball trying to double team the ball. Illegal defense should not be called when the offense is bunched near the ball and the defense naturally matches that spacing. It is natural that turnovers occurring in these situations should not be considered illegal defense.	Illegal defense should not be called when the offense is bunched near the ball and the defense naturally matches that spacing. It is natural that turnovers occurring in these situations should not be considered illegal defense.
3 Second Violation Called?	No	No	Yes
5 Second Violation Called?	Yes Players have 5 seconds to inbound the ball. Players closely guarded (6 feet) have 5 seconds to dribble and then an additional 5 seconds to pass the ball.	Yes Players have 5 seconds to inbound the ball. Players closely guarded (6 feet) have 5 seconds to dribble and then an additional 5 seconds to pass the ball.	Yes Players have 5 seconds to inbound the ball. Players closely guarded (6 feet) have 5 seconds to dribble and then an additional 5 seconds to pass the ball.
Backcourt Violation Called?	No The court is too short. However, once the offensive team crosses the half-court line, the defense may play full court. On a dead ball, the defense must once again wait for the other team to cross half court before they can pick them up.	No The court is too short. However, once the offensive team crosses the half-court line, the defense may play full court. On a dead ball, the defense must once again wait for the other team to cross half court before they can pick them up.	Yes Players must establish all three points of contact in the front court before a violation can be called. The three points of contact are ball, foot, and foot.
Intentional, flagrant, or technical fouls?	Intentional, flagrant, or technical fouls (including delay of game) results in 2 points to the other team and the ball. Referees will give a warning for delay of game. A technical foul on a spectator will result in 2 points to the other team and the ball. Referees will give a warning to the coach (coaches are responsible for spectators). Referees, Site Managers, Sports Leadership have the discretion to remove anyone from a game. If a parent is asked to leave, they must take their player with them. Refer to Athlete/Family Playbook.	Intentional, flagrant, or technical fouls (including delay of game) results in 2 points to the other team and the ball. Referees will give a warning for delay of game. A technical foul on a spectator will result in 2 points to the other team and the ball. Referees will give a warning to the coach (coaches are responsible for spectators). Referees, Site Managers, Sports Leadership have the discretion to remove anyone from a game. If a parent is asked to leave, they must take their player with them. Refer to Athlete/Family Playbook.	Intentional, flagrant, or technical fouls (including delay of game) results in 2 points to the other team and the ball. Referees will give a warning for delay of game. A technical foul on a spectator will result in 2 points to the other team and the ball. Referees will give a warning to the coach (coaches are responsible for spectators). Referees, Site Managers, Sports Leadership have the discretion to remove anyone from a game. If a parent is asked to leave, they must take their player with them. Refer to Athlete/Family Playbook.

Illegal Defense	Illegal Defense: ● Chasing after the ball with the express purpose of trapping. ● Zone defense where players are responsible for guarding an area instead of a player. ● 3 or more players on the ball Note: If a team is trying to run an isolation play in order to take advantage of defensive rules, the defensive team can and should place players in strategic help defense positions in order to defend the basket. If a team gains an advantage by playing illegal defense, a referee can give up to two warnings. Warning should be given to the player, coach, and the score table. If the illegal defense continues, a technical foul can be called on that player. It results in 2 points and the ball to the other team.
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