

Springfield Recreation Department

Boys 3rd/4th Grade & Girls 4th/5th Grade

2025-2026 Abbreviated Rules Reference

- Games will consist of four (4), eight (8) minute quarters, with running time. However, the clock will stop on:
 - Any shooting fouls
 - Substitutions
 - Extraordinary stoppages of play (injury, technical difficulty, etc.)
 - Timeouts
 - All whistles in the last two minutes of the 2nd and 4th quarter and overtime
 - The clock will not stop once a team is up twenty (20) points, except for timeouts.
- The scorekeeper will track the team scores, team fouls and individual player fouls. Scorer's table book is official.
- All players must play a minimum of sixteen (16) minutes in regulation. NO PLAYER can PLAY THE WHOLE GAME, or an ENTIRE HALF CONSECUTIVELY, unless you only have five (5) players. If there are eight (8) or more players to start the game, then no player can play more than two (2) consecutive four-minute periods excluding OT. NO PLAYER can SIT MORE THAN two (2) consecutive four-minute periods.
- Mandatory substitution at **closest stoppage** of play to 4-minute mark of each quarter.
- Foul trouble substitutions can be made in the following situations:
 - Player receives 2nd foul prior to end of the 1st quarter
 - Player receives 3rd foul prior to halftime
 - Player received 4th foul prior to end of 3rd quarter
- In the case of a tie, one 4-minute overtime period will be played. If the first overtime results in a tie, then a second 4-minute sudden death OT will be played. This second overtime will start with a tipoff. The team scoring first shall be the winner. Equal playing time will still apply in overtime with substitutions occurring at the 2-minute mark. Playoff games will consist of consecutive overtime periods until a winner is determined and the "sudden death" rule will not apply.
- Each team is allowed four (4) 30-second timeouts per game and one (1) in each over-time period. Time-outs do not carry over.

- Upon a team's 5th foul in a quarter, the fouled team will be eligible to shoot two (2) shots from the free throw line. Team fouls will reset after each quarter however, individual fouls will not reset and a player will foul out after the 5th individual foul.
- All TRAVEL players must shoot from the designated free throw line. All other players may set up closer to the basket (approximately two feet in), at the coaches' and referees' discretion. The foul line may be crossed by the shooter but the shooter cannot rebound until another player has touched the ball. The shooter cannot run over the foul line to rebound. Being allowed to cross the foul line is for shooting purposes only and not to gain an advantage to rebound.
- 3-point shots will not be counted. All shots must come inside the 3-point arc.
- Teams must play player-to-player defense. No double-teaming of the ball is allowed outside of the lane. No Zone Defense is allowed. Help defense is permitted when a defensive player "picks up" an offensive player who is unguarded or who has "beaten" their defender. However, a player may not have both feet in lane if the player they are guarding is not in the lane. This is designed to encourage player-to-player defense.
- The defensive team must start inside the 3-point arc on each possession and cannot play defense outside of the arc, unless press rules apply. The offensive team must bring the ball over the half-court within ten (10) seconds. Once crossing the half-court line, the offensive team has ten (10) seconds to advance the ball into the 3-point arc. A team cannot freeze the ball by holding it outside the 3-point arc. The offensive team may pass the ball back outside the 3-point arc freely, but only has ten (10) seconds to advance the ball back inside the 3-point arc. Violations should result in a warning/explanation and ball returned to the offensive team. A second violation on that possession should result in the ball being awarded to the defensive team.
- During the last two (2) minutes of the 4th quarter, and the entire overtime period(s), half court press is permitted, unless the defensive team is winning by 10 or more points.
- No fast breaks of any kind are allowed at any time. Defense must be allowed to get back on defense within the 3-point arc, or half-court if press rules apply.
- Any player or coach who receives two technical fouls within the course of one game will be ejected from the game and will be suspended for the next game (including playoffs if applicable).