

Springfield Recreation Department

Boys 5th/6th and 7th/8th Grade & Girls 6th/7th/8th 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 players must shoot from the designated free throw line and may not cross the foul line until the ball has hit the rim. Standard foul line violations will be called.
- 3-point shots will be counted
- 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 offensive team must bring the ball over the half-court within 10 seconds. The defensive team must allow the offensive team to cross the half-court line uncontested, unless press rules apply. There is no defense allowed in the backcourt until press rules apply.
- During the last two (2) minutes of the 4th quarter, and the entire overtime period(s), full court press is permitted, unless the defensive team is winning by 10 or more points.
- No fast breaks of any kind are allowed by a team if they are up by 20 or more points. The offense must allow the defense to set up their half-court defense should this be the case.
- 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).