Level 4 (B68) Rules

The following rules are exclusive to Level 4. They follow a more traditional middle school format and game play. Except where the following rules apply, play is governed by the National Federation of State High School Associations' (NFHS) Rules Book (www.nfhs.org).

==***Highlighting***== *– Implemented in 2016*

Game Format
- ✓ ==Referees lead both team in prayer at center court before every game - This sets the tone and focus for the game.==
- ✓ ==Goal Height - 10 feet==
- ✓ ==Ball Size – 29.5"==
- ☐ Games consist of 4, six-minute quarters - Follows middle school rules and allows game to begin and end within an hour timeframe.
- ☐ The clock stops at each whistle - Stoppage of play includes violations, fouls, out-of-bounds play, timeouts, and injury.
- ☐ Overtimes are 2 minutes in length (regulation clock) - Gives both teams the opportunity to win the game with reasonable extended time. If still tied at the end of the overtime period, the game ends in a tie.
- ☐ Teams are allowed one (1) 30-second timeout per half (1 per team per half) - This allows a coach to meet with players and adjust strategy during a game.
- ✓ ==All games are played on a full-sized regulation court (no cross court) - This is appropriate floor size for players at this level.==

Rules for Play
- ✓ ==A jump ball is used to start the game and overtime period - Athletes at this age have the physical ability to jump for the ball to obtain possession. It also follows the NFHS rules for starting a game or overtime.==
- ✓ ==Zone and man defenses are allowed (both should be used throughout the season) - Players at this level possess the ability to defend and attack both zone and man principles. Zone and man defenses are a part of the game of basketball and should be understood by players as they prepare for the next level.==
- ☐ Press defense is allowed in the backcourt at all times except if a team has a 15-point advantage - To promote fairness and integrity of the game, teams with a 15-point advantage should drop into a basic half-court defense.
- ☐ All players are allowed five (5) fouls each game. After the 5th foul is committed, the player is out for the remainder of the game - This rule follows traditional middle school rules format.
- ☐ After the seventh team foul in each half, bonus free throws are awarded to the fouled team (1 and 1) - This rule follows traditional middle school rules format.
- ✓ ==Three point shots are allowed only if the court features a three-point arc - Courts without a 3-point line should not award 3 points no matter the shot distance.==

☐ Playing time requirements for each player in Level 4 are: → Teams **ARE** required to use the substitution system as detailed for Levels 1-3
  o Each athlete plays a minimum of 1/4 of each game - Level 4 does not use the substitution system found in Levels 1-3. This allow flexibility in managing playing time for each coach based on the game situation while promoting fair game participation for all players.
  o Each athlete must play in both halves of each game - Level 4 does not use the substitution system found in Levels 1-3. This allow flexibility in managing playing time for each coach based on the game situation while promoting fair game participation for all players.
☐ End of season tournaments are highly encouraged for Level 4 - End of season tournament play adds excitement to your league. A minimum of 2 games per team in tournament play (see Resources on MyUpward.org for tournament templates).

Additionally for CFC Boys Grades 6-8

✓ All shooting fouls result in free throws
✓ A player committing two fouls in one segment must sit out the remainder of that segment. The next player in the rotation comes in as the substitute and is rewarded some extra game time. This does not change the normal rotation as the fouled-out player does not re-enter the game until he or she is scheduled to do so. This rule allows the offending player time to regroup during the remainder of the segment while realizing that there is a consequence for the violation.
✓ Keeping score is optional → **BOTH** teams have to agree to keep score
✓ Standings (wins, losses) are not recorded