



GLBA 5on5 Rules & Guidelines

1. LENGTH OF GAME*:

- Grades 4th -6th: 32 minute games (16min/halves)
- Grades 6th-8th: 32 minute games (16min/halves)
- Grades 8th/9th: 40 minute games (20min/halves)

2. STOPPAGE OF CLOCK

- The clock will stop for timeouts and injuries only.

3. TIMEOUTS:

- Each team will be given one (1) 30 second timeout per game.

4. SUBSTITUTIONS:

- Teams must substitute every 4 or 5 minutes.
- Teams can freely substitute the last 2 minutes of each game.

5. FREE THROWS:

- One and one bonus on the seventh (7th) team foul in each half.
- Double bonus on the tenth (10th) team foul in each half.

6. PERSONAL FOULS:

- Players are allowed five (5) personal fouls per game.

*Games are based on a running clock.

Coaches and Players should arrive 10-15 minutes prior to the scheduled start of game.