NORTHWEST CATHOLIC CONFERENCE
5TH GRADE BASKETBALL LEAGUE RULES

(updated 11-2026)

Current IESA/IHSA rules apply, except as noted below
All Archdiocese of Chicago and NWCC By-Laws will be observed
The conference pays ref fees for Saturday 5th grade games. Host schools/participating teams do not pay the referees directly.

5th Grade Basketball Conference Rules

1. Time - Quarter Length
    a. (4) 10 minute Quarters - **Running Clock**
        i. 2nd Quarter - Stop clock at 1-minute mark
        ii. 4th Quarter - Stop clock at 2-minute mark
        iii. 4th Quarter - 10+ point or greater lead, Running clock
2. (2) 1-minute timeouts per half, no carry over. NO TIMEOUTS IN OVERTIME. Overtime: (1) 1-minute quarter will be played. The clock will stop on all whistles. The game will end at the completion of the (1) minute OT period.
3. (3) minute Halftime.
4. No (3) point field goals.
5. Free throws may be taken from the marked 12 ft line.
    a. Players may go over the line but not be the first to touch the ball on a miss.
6. ALL TEAMS must play Man-To-Man Defense for the entire season. **NO ZONES.** See Appendix A.
7. Offensive players (with the ball) must be allowed to get to the 10 ft line before teams can start playing defense. There shall be no double teaming the ball at the 10 ft line. i.e. The ball CAN NOT BE STOLEN above the line during the INITIAL ENTRY by the offensive team. See Appendix B.
8. **NO PRESSING ALLOWED.** The penalty for not following the rule follows:
   1st - A warning from the referee.
   2nd - The second and every time thereafter the referee will stop the clock and award a team technical foul to the defensive team. The losing team will be awarded 2 points and the ball at half court.
9. Free throws will be shot on the 5th foul each quarter. The count is restarted each quarter. All fouls are 2 shot fouls.
10. Every player on the bench must play in a league game and have equal playing time. If a team does not play all of its players and have equal playing time, they risk forfeiting the game.
11. All players are limited to (6) Quarters on any given day.
12. 28.5 size ball will be used.
13. **With a 12+ point lead, the team with the lead must play defense within the arc.** No zone allowed.

Appendix

A

Zone - The player shall not be considered playing a zone as long as they are between their man and the basket. They can leave their player to “help” but must attempt or play the ball. Example: If a player goes out to the wing/sideline, defensive player does NOT have to go out there, just has to be between them and the basket. No violation. If the defensive player is on the block and is legally between their defender and the basket and the ball gets passed to the other side of the court on the wing and this player goes to the other block – Violation. The defensive player would have to attempt to double team the ball on the wing for a violation to not occur. Players will be considered legal if they are on the “Help Line.”

B

The 10-Foot line. On the first time down, OF EVERY POSSESSION, the defender can NOT steal the ball in any fashion until they cross the 10-foot line – Safety Zone - (should be marked or use the volleyball line). Treat it like half court. Until BOTH FEET AND THE BALL CROSS, the defender can NOT steal the ball. Example, Player A dribbles up right to the line and has not crossed it, but the defender is behind the line on his side but is able to swat or take the ball, THIS IS A VIOLATION. Ball returns to the offensive team. Now, once they cross, they can defend anywhere in the half court. So, if Player A dribbles up and crosses the line and passes in the corner and then Player B dribbles up above the 10-foot line, the defender can play defense above the line. This rule only applies on the initial entry on each possession for the offensive player bringing the ball up. The spirit of the rule is to allow teams to start their offense as well as give the coaches an opportunity to have multiple players dribble the ball up without losing possession. Consider this a Safety Zone. If the Offensive player passes to his teammate in the Safety Zone on the initial time down, the ball can NOT be stolen. If the Offensive player passes to his teammate who is below the line, the ball CAN be stolen.

NWCC Sportsmanship