

FCPRD Winter Basketball Cheat Sheet

Grade	Rim Height	Ball Size	Defensive Rules	Press Rules (4 th and OT)	Seconds in Paint	Substitutions	Quarters/Time	OT	Bonus Fouls	Games
K	8 feet with attachment	CB5	2 feet in paint	No press	No count	Halfway through the quarter	5 quarters – 6 minutes each	No OT	N/A	6 games
1st	8 feet	27.5	1 foot in paint	3-point arc (5 th period only)	No count	Halfway through the quarter	5 quarters – 7 minutes each	No OT	N/A	6 games
2nd-3rd	9 feet	27.5 (G) 28.5 (B)	Top of the key	Half court (5 th period only) / Top of the key if up by 10+	No count	Halfway through the quarter	5 quarters – 7 minutes each	No OT	5 team fouls per quarter = 2 shots	6 games and 1 final matchup
4th-5th	10 feet	27.5 (G) 28.5 (B)	Half court	Full court / Half court if up by 10+	5 seconds	Halfway through the quarter / Coach's discretion in OT	4 quarters – 9 minutes each	Yes – 3 minutes	5 team fouls per quarter = 2 shots	7 games and 1 final matchup
6th-8th	10 feet	28.5 (G) 29.5 (B)	Full court / Half court if up by 10+	Full court / Half court if up by 10+	3 seconds	Halfway through the quarter / Coach's discretion in OT	4 quarters – 10 minutes each	Yes – 5 minutes	5 team fouls per quarter = 2 shots	7 games and playoffs
9th-12th	10 feet	29.5	Full court / Half court if up by 10+	Full court / Half court if up by 10+	3 seconds	Halfway through the quarter / Coach's discretion in OT	4 quarters – 10 minutes each	Yes – 5 minutes	5 team fouls per quarter = 2 shots	7 games and playoffs

ADDITIONAL RULES

Substitutions

- Teams with 10 or less players must substitute at the mandatory substitution dead ball halfway through the quarter. Teams with 11 or more players may substitute freely, but every player must play at least once in every quarter. In division with OT, coaches can substitute freely and do not need to provide equal playing time. Every player is required to sit one-half quarter each half.

Clock Management

- Running clock until the last minute of the first 3 quarters. Clock stops on all dead balls inside last minute in the first 3 quarters.
- Running clock until the last 2 minutes in the 4th/5th quarter and OT. Clock stops on all dead balls inside the last 2 minutes of the 4th/5th quarter and OT.

Fouls

- **Grades 2nd-3rd:** Once a player commits their 5th personal foul in a single game, they are not allowed to play for the remainder of the quarter. After their 6th foul, they have fouled out and are not allowed to play for the remainder of the game.
- **Grades 4th-12th:** Once a player commits their 5th personal foul in a single game, they have fouled out and are not allowed to play for the remainder of the game.

Foul Shots

- Clock stops on all shooting fouls from the time the whistle is blown until the shooter gets the ball in his/her hands. Clock will restart at that point unless it's inside the last minute of the first 3 quarters or the last 2 minutes in the 4th/5th quarter and OT.

Technical Fouls

- 3 total technicals will result in removal from the league. The first technical will serve as a warning. The second technical will result in ejection, no coaches refund, and the inability to coach the following game. The third technical will result in ejection and removal from the league. Whether you're coaching one team or three teams, each coach is allowed 3 TOTAL TECHNICALS FOULS.