

ISTROUMASPORTS

5U COED RULES

Game Format

- Ball – 25.5 inches (Size 4)
- Goal – 7 feet
- 1-hour total time limit. Running clock. No timeouts.
 - Games 1-2 – 35-minute practice and 20-minute game
 - Games 3-4 – 20-minute practice and 35-minute game
 - Games 5-6 – 10-minute practice and 45-minute game
- Teams can play 4 vs. 4.
- Score will not be kept.
- All parents are asked to manage players on the court during 2 practices/games.

Division Rules

- Defenders cannot guard outside the 3-point line.
- Begin each new possession by taking the ball out at half-court.
- Teams will play man-to-man defense. Matchups are determined by wristband colors.
- Teams will have one shot attempt per possession. No rebounding.
- No stealing off a pass or dribble.