



5TMSL 2025 BASKETBALL RULEBOOK

REQUIRED EQUIPMENT

- All players must be wearing a team jersey in order to play.
 - If a player does not have their jersey, the league may provide an extra. If no extra is available, the player cannot play.
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TEAM REQUIREMENTS & FORFEIT POLICY

- Each team must have at least five players ready to play no later than 7 minutes after the scheduled game time.
 - Failure to meet this minimum will result in an automatic forfeit.
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GAME STRUCTURE

- Games are played four 8-minute quarters.
 - The clock will stop on all whistles.
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OVERTIME RULES

- Overtime is 3 minutes.
 - In the regular season, if the game remains tied after overtime, it ends in a tie.
 - In the playoffs, 3-minute overtimes will be played until a winner is determined.
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TIMEOUTS

- Each team receives one 20-second timeout and one 60-second timeout per game.
 - Unused timeouts may be carried over into overtime.
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FOUL & BONUS RULES

- A team enters the bonus after committing five fouls in a half. The opposing team will shoot one-and-one.

- After seven team fouls in a half, the opposing team will shoot two free throws.
 - Inside the final two minutes of either half, the bonus begins once a team commits its second foul.
 - In overtime, the bonus begins on the second team foul. Double bonus begins on the fourth team foul.
 - There is no foul-out limit for personal fouls. A player is, however, ejected if he receives two technical fouls.
 - A technical foul results in two free throws and possession of the ball.
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FLAGRANT FOULS

- A **Flagrant 1** foul is unnecessary contact. The opposing team will receive two free throws and possession of the ball. The player remains in the game unless it's their second flagrant or second technical foul.
 - A **Flagrant 2** foul is unnecessary and excessive contact. The player is automatically ejected, and the opposing team will receive two free throws and possession.
 - A player is ejected if they receive:
 - **Two technical fouls**, or
 - **Two Flagrant 1 fouls**, or
 - **One Flagrant 2 foul**
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PRESS DEFENSE

- 1st–4th Grade Divisions: Press defense is not allowed until the final two minutes of the game.
 - 5th/ 6th Grade Division: Press defense is not allowed until the fourth quarter.
 - 7th/ 8th Grade Division: Press defense is allowed throughout the game.
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TIME VIOLATIONS

- Teams have 5 seconds to inbound the ball. If not inbounded in time, the ball will be turned over to the other team.
- The offense has 10 seconds to cross half-court
 - 1st/ 2nd Grade Division: Will be encouraged but not enforced
 - 3rd – 8th Grade Divisions: Will be enforced. Results in a turnover.

- Free throw shooters must attempt their shot within 10 seconds of receiving the ball from the referee. This will only be called in clear cases of delay.
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PLAYING TIME RULES

- To ensure fair playing time, the following guidelines apply:
 - All players must play in every quarter for at least one minute (unless injured).
 - No player may play an entire half; each player must sit for at least one minute per half.
 - Every player must sit for at least four minutes per game.
- Regular Season: Referees will monitor for clear violations, but enforcement will primarily rely on coaches and the honor system. While it may be difficult to track every player's minutes, coaches are expected to do their best.
- Playoffs: Staff will track individual player minutes and work with coaches to ensure compliance.
- **Note** – There will be no retroactive penalties for earlier playing time violations. However, if a player has not yet sat for the required two minutes by the end of a half, or the required four minutes by the end of the game, they will be required to sit the remaining balance during the final minutes.
- Example – If a player has only sat for one minute throughout the game, they must sit the final three minutes of regulation (The referee can whistle a play dead at that point). Should the game go to overtime, they will be eligible to play.

ADJUSTMENT FOR SMALLER ROSTERS

- If a team has 7 or fewer players present, the following adjustments apply:
 - Each player must play at least two minutes per quarter.
 - The total sit requirement is reduced to three minutes for the game.
 - If a team has exactly five players, all players will play the entire game and these rules do not apply.
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Traveling Violations

- The official traveling rule (NBA rule): a player may take two steps after a legal gather step before passing or shooting.
 - For 1st/2th Grade, travel enforcement will be lenient — only clear and obvious violations will be called.
 - For 3th–8th Grade, traveling will be enforced strictly.
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JUMP BALL & POSSESSION

- Games will begin with a jump ball.
 - All held ball situations will be determined by the possession arrow.
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DEFENSIVE RULE – NO DOUBLE TEAMING

- In the 1st–2nd Grade Division, double teaming is not allowed (Whistle).
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HOOP HEIGHT

- In the 1st–2nd Grade Division, the hoop will be set to 8 feet.
 - All other divisions the hoop will be 10 feet.
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DIVISION-SPECIFIC RULES

1st/2nd Grade Division

- Press defense is not allowed until the final 2 minutes of the game
- Hoop height is 8 feet
- Double teaming is not allowed (whistle)
- 10-second backcourt rule is encouraged but not enforced
- Players may jump and land over the free throw line

3rd/4th Grade Division

- Press defense is not allowed until the final 2 minutes of the game
- Hoop height is 10 feet
- 10-second backcourt rule is enforced
- Free throw shooters must remain behind the line
- Traveling is enforced strictly

5th/6th Grade Division

- Press defense is not allowed until the 4th quarter
- Hoop height is 10 feet
- 10-second backcourt rule is enforced
- Free throw shooters must stay behind the line until the ball hits the rim
- Traveling is enforced strictly

7th/8th Grade Division

- Press defense is allowed the entire game
- Hoop height is 10 feet
- 10-second backcourt rule is enforced
- Free throw shooters must stay behind the line until the ball hits the rim
- Traveling is enforced strictly

It would be impossible to cover every potential situation in this rulebook. If you have a question about a specific rule or scenario, please contact the league for clarification.