

****** 2025-26 Youth Basketball Leagues ******
Summary of 5th Grade Rule Differences

Rules unique to 5th Grade basketball – different from rules for other grades in Arlington “house league” basketball – are summarized below. Please read the entire Arlington Youth Basketball rules document, not just this summary. Guaranteed play rules (section 7.08) apply to all age groups.

- 4.06 Players rostered on Fairfax County Youth Basketball League teams are eligible to participate in the Arlington House League program but each team will be limited to one (1) such player. This restriction does not apply to players on AAU teams. Travel players (as defined above) may play NO more than 2 quarters during a regulation game.
- Note: There is no roster limit for players with “practice player” status with the FCYBL, however these players are restricted to 2 quarters of regulation playing time.
- 6.04 **BALL SIZE:**
a. Boys 5th Grade Leagues shall use a 28.5 inch ball (regulation size women’s basketball).
b. Girls 5th Grade Leagues shall use a **28.5 inch ball**. (regulation size women’s basketball).

- 6.05 **HEIGHT OF BASKET.** Each basket ring for 5th Grade shall have its upper edge 10 feet above the parallel to the floor.

Playing Rules

- 7.01 **GAME LENGTH.** Game playing time is four 6-minute periods with regulation timing.
- 7.02 **OVERTIME.** A tied game in the regular season will be continued into one 3-minute overtime period. Overtime is considered an extension of the 4th quarter. Players’ playing time in overtime is at the coaches’ discretion. No overtime will be played in pre-season bracket or seeding games. Post-season tournament games will play overtime(s) until one team wins.
- 7.05 **POST-SEASON.** 5th Grade will have a single-elimination post-season tournament for all teams.
- 7.06 a. **ZONE DEFENSES ARE NOT PERMITTED.** Each defensive player must guard a different offensive player rather than occupying an area of the court. Please review Arlington Youth Basketball rules for detailed information about enforcement of this new rule.
b. **PRESSURE RESTRAINING LINES** will be the top of the key extended to each sideline on all courts. When team ball possession changes, all defensive team players must immediately retreat behind the front court restraining line without restricting the advance of the ball by the offensive team. Defensive pressure, defined as any **INTENTIONAL** act which, in the judgment of the referee, might restrict the control or advancement of the ball by the offensive team, may not be applied anywhere on the backcourt side of the restraining line until the offensive player with the ball has both feet and the ball across the half court line. Please review Arlington Youth Basketball rules for more information.
c. **FULL-COURT PRESS.** The 5th Grade Leagues’ games allow full-court press only during the last 3-minutes of each half and the entire overtime period, as long as the team is not in the lead by 10 points or more.
d. **DEFENSIVE PRESSURE PENALTY.** Violation of the rules governing defensive pressure will result in two warnings to the offending team and then a team technical foul for every subsequent offense.
f. **FREE THROW LINE.** The free throw line shall be three feet closer than the regulation foul line.
g. **BONUS SITUATION.** **Teams will shoot two free throws for all common fouls after their opponent commits five fouls in a quarter each half. Team fouls will reset at the end of each quarter, instead of resetting at the end of each half.**
h. **THREE-POINT SHOT.** The three-point rule will not be in effect for games in the Boys/Girls 5th Grade Leagues.
i. **SCOREBOARD.** If one team is ahead by 20 points or more, the scoreboard shall be turned off on the game

clock. The score will continue to be kept in the book. If the score margin narrows to 10 points, the scoreboard will be turned back on.