HOPKINTON TAP-OFF TOURNAMENT RULES 2026

UNIFORMS — Each team needs to supply its own numbered shirts of the same color. The team listed second on the schedule is considered the home team and should wear white.

EQUIPMENT — Grade 4 and 5 girls use a size 27.5 ball. Grade 7 and 8 boys use a 29.5 ball. All others use a 28.5 ball.

SCORECLOCK/SCOREBOOK — The home team must supply a scoreclock operator and have someone keeping a scorebook at the scorers table as the official book.

GAME FORMAT — Games are four 10-minute quarters. Running time except for the the last 30 seconds of each of the first three quarters and the last 1 minute of the game. First- and third-quarter breaks are 30 seconds. Halftime break is 2 minutes. The clock stops for team timeouts and can be stopped for delays such as injuries based on the referees' determination. There is no overtime.

TIMEOUTS — Teams get three timeouts per game, with a maximum of two per half.

FOULS — Teams will shoot two free throws starting with the fifth foul of each quarter (no 1-and-1 anymore). Five personal fouls on a player results in disqualification.

GRADE 4/5-SPECIFIC RULES — For Grades 4 and 5, player-to-player defense only. No zones. No trapping nor double-teaming. Defenders are allowed to play help defense and cut off drives inside the paint, but they cannot leave the player they are guarding and chase the ball by design. On free throws, shooters are allowed one step in or they can jump over the line, but if they do either, they are not allowed to be the first player to control the rebound.

GRADE 6-SPECIFIC RULES — As per the Metrowest League's rules, Grade 6 teams cannot play zone defense, including while pressing, but they can double team at any time. Otherwise, normal rules apply.

PRESSING — For Grades 4 and 5, no full-court press allowed except for the last minute of the first half and the last two minutes of the game. Presses must be straight player-to-player. No double-teaming, trapping or chasing the ball. A team winning by 15 points or more cannot press. For Grades 6 and up, teams are allowed to use presses all game, unless the pressing team has a lead of 20 points or more. Grade 6 must be a player-to-player press (no zone). Grade 7 and 8 can run zone presses.

COACH BEHAVIOR — Coaches are expected to be respectful to the officials and the other team, and be responsible for making sure their team's players, parents and fans act accordingly. Coaches also are expected to put the safety of ALL players first. Coaches, players, parents and fans who violate this code of conduct are subject to removal from the tournament and a forfeiture of the entry fee, as determined by the Hopkinton Basketball Association Board of Directors.

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