



ARLINGTON HEIGHTS YOUTH BASKETBALL ASSOCIATION

RULES OF PLAY

7th and 8th Grade Girls

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REVISION HISTORY

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National Federation Basketball rules (Illinois High School) shall apply, except as follows:

1. COACH'S CONDUCT

- 1.1. The AHYBA asks that all coaches conduct themselves in a sportsmanlike manner. Coaches must refrain from:
 - 1.1.1. Going onto the playing floor. This is strictly prohibited (except for allowing coaches to help position players and make defensive assignments at the start of each period). A technical foul will be called after one warning.
 - 1.1.2. Yelling at or otherwise hassling the officials. Coaches will obviously be allowed some leeway in the heat of the game, but it is important to keep the players' minds on the game and not on the officiating. Officials will be instructed to assess a technical foul for repeated yelling or hassling.
 - 1.1.3. Needless delays to start or restart action after timeouts or between periods will result in a bench technical. When the officials signal that play is to be resumed, coaches must return their team to the floor immediately.
 - 1.1.4. Coaches are asked to exercise caution and good judgment in their handling of their players during tense game situations. Criticism is a valuable teaching tool. However, keep the game in perspective and keep in mind the age of the players that you are dealing with. Parents and players want a "balanced" coaching approach.
- 1.2. Any coach or assistant coach who receives two technical fouls during a game and/or is ejected from a game will be automatically suspended from their next game.
- 1.3. Any coach or assistant coach, who is ejected from two games during any portion of the season including playoffs, will not be allowed to participate in the remaining balance of the season.

2. GAME TIME

- 2.1. Five (5) periods per game. Two (2) in the first half, and three (3) in the second.
- 2.2. No more than one minute between periods, including match up time. Please have your players ready to play the next period.
- 2.3. Each period will be five (5) minutes stop clock.
- 2.4. Halftime is at the end of the second period and will be three (3) minutes.
- 2.5. Overtime: First and second overtime periods shall be two (2) minutes stop clock. The third overtime period shall be "sudden death". First team to lead by two (2) points wins.
- 2.6. Four (4) time-outs per game. No more than three (3) per half.
- 2.7. One time-out per overtime plus time-outs not used in second half.
- 2.8. Coaches must report starting players at least three (3) minutes prior to the start of the game.
- 2.9. Bonus (one and one) free throws will be shot on the seventh (7th) team foul in the first half and on the tenth (10th) team foul in the second half. NO SUPER BONUS.

3. PLAYING TIME

- 3.1. Each player must play a minimum of one (1) period whistle to whistle in the first half and second half.
- 3.2. No player may play in more than three (3) periods unless all eligible players have played three (3) entire periods. While the fifth period provides for free substitution provided all eligible players have played one entire period in each half, the overriding rule is that all playing time be divided equally as possible. Refer to 'ATTACHMENT A' for a schedule of PLAYING TIME REQUIREMENTS FOR ELIGIBLE PLAYERS.
- 3.3. There are no substitutions in periods 1-4 unless for injury as set forth in Article 3.5 or foul trouble as set forth in Article 3.6. Only the 5th period provides for unlimited substitutions not injury or foul trouble related.
- 3.4. Once a player starts or substitutes in a period, she has played in that period.
- 3.5. In the event a player is hurt or injured during the game, the following will occur:
 - 3.4.1. An official time out will be called.
 - 3.4.2. All players must go to their respective benches.
 - 3.4.3. The officials will allow the injured player's coach to attend to the player.
 - 3.4.4. If the player is able to continue, she may do so without going out of the game first.
 - 3.4.5. If the player is unable to continue, the coach has one (1) minute to replace the player or be charged with a time out. The player entering the game, as the substitute for the injured player will be charged for a period played, but not for a full period.
 - 3.4.6. If any player is bleeding, she must leave the game and may not re-enter the game until the bleeding has stopped.
 - 3.4.7. All bloody clothing must be removed or covered.
- 3.6. Exception to minimum playing requirements:
 - 3.5.1. Three (3) fouls in the first half; the coach may remove the player for that half and the playing time is fulfilled for that half. The player that substitutes for the player in foul trouble must play two (2) whole periods in addition to the partial period.
 - 3.5.2. If a coach wishes not to play a player for the minimum time, he must use the following procedures:
 - 3.5.2.1. Obtain permission from the 7th/8th Grade Director by identifying the player and the reasons. (The AHYBA Vice President should be called if the 7th/8th Grade Director is unavailable).
 - 3.5.2.2. Notify player's parents and state the reasons. This must be done after receiving permission from the 7th/8th Grade Director and at least 24 hours prior to the game.
 - 3.5.2.3. Notify the opposing team's scorekeeper and coach prior to the start of the game.
- 3.7. If there is a technical foul called for unsportsmanlike conduct against a player, that player must sit out the remainder of the period.
- 3.8. A player who arrives late for a game (after the opening tip-off) must not play in the first half. This player must play at least one (1) full period but not more than two (2) full periods in the second half unless there are no eligible players. The coach has the discretion

to play or not to play for one (1) full period a player who arrives after the second half begins unless there are no more eligible players in which case the player can play more than one (1) period.

- 3.9. Any eligible player may play in the overtime periods without regard to previous playing time.
- 3.10. Failure to comply with the playing time rules will result in the forfeiture of the game unless in the judgment of the Rules Committee there was extenuating circumstances.

4. DEFENSE

- 4.1. A team with a lead of 10 or more points may not play defense in the backcourt. The press may be resumed when the lead is less than 10 points.
- 4.2. Zone defense is permitted.

5. MISCELLANEOUS POINTS

- 5.1. All questions should be referred directly to the 7th/8th Grade Director or in his absence, the AHYBA Vice President.
- 5.2. Each player must wear the team uniform and basketball shoes.
- 5.3. The home team is designated on all game schedules by the second number. **The home team is responsible as official scorer, and the visiting team is to supply the timekeeper.**
- 5.4. The ball utilized during the game shall be furnished by the home team. A regulation women's size basketball (Women's 28.5) will be used in the 7th/8th Grade Girls program.
- 5.5. Lane violation is 3 seconds.
- 5.6. Free throws distance is regulation 15 feet.
- 5.7. Three point field goals are allowed.
- 5.8. In the case of a tie for first or second place in regular season play, head to head competition will determine final standings and playoff seedings.
- 5.9. In conformance with National Federation Rules, players are not allowed to wear jewelry, including earrings. It is not permissible to wear tape or bandaids over jewelry.

6. OUTSIDE TOURNAMENT OR GAMES

- 6.1. An AHYBA team may not play in an official game or tournament outside the AHYBA competition without the permission of the 7th/8th Grade Director and the AHYBA Vice President.
- 6.2. In the case of special tournaments in which an AHYBA team is asked to participate, the team must receive the authorization of the AHYBA Board of Directors. The league representative in any outside tournament is usually the team in first place at the time of the tournament entry deadline, but an exception may be made by the AHYBA Board of Directors.

ATTACHMENT A

PLAYING TIME REQUIREMENTS FOR ELIGIBLE PLAYERS

- 10 players present at the start of the game:
 1. All play two (2) full periods.
 2. Five or more play three (3) periods.
 3. No one plays four (4) periods.

- 9 players present at the start of the game:
 1. All play two (2) full periods.
 2. Seven or more play three (3) periods.
 3. No one plays four (4) periods.

- 8 players present at the start of the game:
 1. All play three (3) full periods.
 2. One or more play four (4) periods.
 3. No one plays in five (5) periods.

- 7 players present at the start of the game:
 1. All play three (3) full periods
 2. Four or more play in four (4) periods.
 3. No one plays in five (5) periods.

- 6 players present at the start of the game:
 1. All play four (4) full periods.
 2. One or more play five (5) periods.

NOTE: In all cases, the extra playing time can be divided only in the fifth (5th) period.