



Youth Basketball Girls 7th Grade Game Rules

This program is designed to enable all young people who want to play basketball have the chance to do so. This philosophy does require that a coach take the time and effort to train the child in skills and rules. Winning is important, but not the point and certainly not everything at this age. With this in mind, **the program mandates that coaches play all players an equal amount of time.** This is a recreational program intended for all team members, both for their enjoyment and education in the game of basketball. **REMEMBER ... the program is for the kids, so let them play and enjoy the game.**

These rules are set and cannot be changed from game to game. They are to be followed; if a rule change does occur it will be implemented by the Parks and Rec. department with prior discussion from the League Commissioner. The rule change will be sent via email to the coaches prior to that week's game

- All games are to be played with an intermediate, official WNBA basketball on regulation 10 foot baskets.
- National Federation High School Rules apply except as outlined below. **There are three point baskets.**
- WBA Jerseys are furnished and must be worn at all times.
- T-shirts may be worn under the Jersey.
- Players must wear shorts (black is the preferred color).
- Sweatbands must be worn on wrists or head only.
No Jewelry of any kind may be worn.
- Only one coach per bench is allowed to stand. Head coaches are allowed to stand to "coach" players and then must return to bench and remain seated. Assistant coaches must remain seated at all times.
- **START OF THE GAME:** Each coach will meet at half court with the officials for introductions and clarification of any rules.
- **JUMP BALL/POSSESSION:** At the start of the game there will be a jump ball, the team not controlling the ball after the tip will take possession on the next jump ball or end of half situation. We will use the alternating possession rules on jump balls. Teams will continue to alternate throughout the game.
- **BORROWING PLAYERS:** If a team can not field five players at the start of a game, you must borrow from the other team or use other players in the league that are available at that time to field a team. A team may borrow as many players as they wish to give them a roster of up to seven. If a coach knows in advance that they will have less than seven players at game time, the coach **must** contact the league commissioner to get approval for any advanced arrangements. Borrowed players should be of roughly the same skill and physical appearance as those who are missing from their team and must be part of the Girls 7th grade league. There are no forfeits.

🏀 **EQUAL PLAYING TIME:** All players must play EQUAL TIME. If a coach wishes to decrease playing time for particular players due to missed practices or games, the coach must get the approval of their league commissioner first. Coaches **CAN NOT** play one or two players significantly more than others. If an official notices that a player has played significantly more than the other players, he will ask the coach to sit said player until playing time has evened out.

🏀 **PRESSING:** Full-court pressing is allowed only if you're down by 10 points or in the last 2 minutes of each half. There will be no full court pressing by any team that is ahead by 10 points or more.

🏀 **DEFENSES:** Teams may play any kind of defense (zone, woman-to-woman, etc.)
The defensive team may begin defensive tactics once the offensive team has passed the mid-court line of the basket at which they are shooting. A defensive player may leave their woman to double team another offensive player with the ball anytime after the ball crosses the mid-court line, yet teams may not have a roaming defender "hawking" on the offensive player with the ball.

🏀 **OVERTIME:** There will be no overtime periods during the regular season. If a game is tied, at the end of regulation, the game will end in a tie. The regular season is used to teach participants the game and for tournament seeding only.

🏀 **TIME OUTS:** Each team will receive two one-minute time outs per half that may be called by the coach. You will not be able to carry over your time outs if they are not used.

🏀 **3 SECONDS:** The normal three (3) second violation for players in the paint will be adhered to.

🏀 **TIME:** A game will consist of two twenty minute halves, running time. There will be a two minute halftime. The clock will stop every 5 minutes for appropriate substitutions. (To avoid any confusion, while a coach may elect to take one of the team's permitted time outs at this time, this break in the action is not otherwise a full time out. It is not intended to give a coach a chance to discuss strategy (beyond making sure the right players go in or come out of the game. In addition, the kids who are staying in the game should not use this break in the action as an opportunity to get a drink or otherwise leave the court.)

The clock will also stop for the following reasons only:

1. Time outs
2. Injury
3. On the whistle for the last two minutes of each half
4. At the discretion of the official
5. During free throws
 - The clock will start when the ball is put into play

🏀 **FOULS:** Players are allowed five personal fouls per game. If a player fouls out and there is no one to play to make five on the floor, that player who fouled out may re-enter the game with the consent of the coaches. If the opposing coach is not in agreement, the game may be finished with four on the court for that team. If this player remains in game and commits more fouls the penalty would be treated as a bench technical the ball awarded to the other team. If an injury or foul situation puts a team with fewer than 5 on the floor, the last player who fouled out may return to the game. Any subsequent fouls on that player will be treated as a team technical. Follow this leagues technical foul rule.

TEAM FOULS: Each team is allowed six team fouls per half. On the seventh team foul, the team is in the penalty phase. Once a team has reached the penalty phase, all fouls will result in the fouled team receiving 1 point and the ball prior to the last 2 minutes of the game. Once a team has reached 10 team fouls, all fouls will result in the team that was fouled receiving two points and the ball prior to the last 2 minutes of the game. Any player fouled during the act of shooting will be awarded 1 point and the ball prior to the last 2 minutes of the game. Any player fouled in any other capacity will always be awarded the ball out of bounds. Shooting fouls occurring within the last two minutes of the game will always be rewarded with foul shots. If the team is on the 7th team foul in the last 2 minutes of the game a one and one will be rewarded. If a team is on the 10th team foul (penalty phase) in the last 2 minutes of the game, then two fouls shots will be award

FLAGRANT AND TECHNICAL FOULS: All of these fouls will be dealt with as stated in the high school rule book.

PLAYER TECHNICAL FOULS: Players must be given 1 warning before a technical foul can be assessed, unless the foul is flagrant. On a player's first technical foul the opposing team will receive two free throws plus possession of the ball. A player's 2nd technical foul the opposing team will receive two free throws and possession of the ball plus an automatic ejection from the court and adjacent seating area for the remainder of the game. Any technical foul due to unsportsmanlike behavior (flagrant) will be automatic ejection from the court and adjacent seating area for the remainder of the game. There will also be a 1 game suspension for the next regularly scheduled game. Any player receiving a technical foul during their game due to arguing with officials or exhibiting poor behavior will be asked to leave the gym and will automatically be suspended for the next game. The Basketball Board will review each case as it presents itself and will make rulings for those coaches who become suspended. All decisions by officials are final.

COACHING TECHNICAL FOULS: Coaches must be given 1 warning before a technical foul can be assessed. On a coach's first technical foul the opposing team will receive two free throws plus possession of the ball. On a coach's 2nd technical foul the opposing team will receive two free throws and possession of the ball plus an automatic ejection from the court and adjacent seating area for the remainder of the game. Any technical foul due to unsportsmanlike behavior will be automatic ejection from the court and adjacent seating area for the remainder of the game. There will also be a 1 game suspension for the next regularly scheduled game. Any coach receiving a technical foul during their game due to arguing with officials or exhibiting poor behavior will be asked to leave the gym and will automatically be suspended for the next game. The Basketball Board will review each case as it presents itself and will make rulings for those coaches who become suspended. All decisions by officials are final.

FREE THROWS: Free throws will be shot from regulation distance from the basket (15'). A foul shooter must start in back of the free throw line but may cross that line if their momentum from their shot brings them there.

EJECTIONS: If officials and supervisors feel that a player, coach, spectator or team is uncontrollable, they have the authority to eject that player, coach, spectator or team. If a team is ejected, the game will be forfeited to the opposing squad. A team may not continue to play if the coach has been ejected, unless there is an assistant coach or parent who can continue.
**Continual negative or unsportsmanlike actions will result in the banning of that player, coach, spectator or team for the season by the Parks and Recreation Department.*
**A team along with the coach, is also responsible for, and will be penalized for, the action of its fans (i.e. technical foul).*

 **SCOREKEEPING:** Both teams need to supply one parent to work the scoreboard and one parent to fill in the score sheet for every game. A rotating schedule of parents should be set up by each team for every game throughout the season to make sure that the scoreboard positions are covered each week. If you cannot find a parent for that week's game then your assistant coach will have to do one of the above