

West Metro Girls Basketball Rules Grades 6 – 8

GAME RULES:

High school rules will be followed except as specified below:

1. BASKETS:

10 feet

2. BALLS:

Intermediate Ball (28.5)

3. FREE THROW LINE:

15 feet

4. PLAYERS:

Will have 5 players on the floor at all times. A team cannot start a game with less than the recommended number of players in uniform. If the players are not on the floor ready to play at the start of the scheduled game time, the game shall be forfeited to the opposing team. The participants present will scrimmage for the time allocated.

5. REFEREES:

All communities must provide two qualified referees. The game must not be played if two qualified referees are not present at game time unless the coaches agree to play. The community director will be responsible for rescheduling the game if possible.

6. FOULS:

Players will foul out of the game following the 5th foul. If a team has only the minimum number of players present, no player shall foul out of the game. Subsequent fouls on the player will result in the fouled team being awarded 2 points plus receiving the ball out of bounds at mid-court.

7. FREE THROWS:

- On the seventh team foul, the fouled player will receive a 1-1 free throw attempt. On the tenth team foul, the fouled player will receive a two shot free throw attempt.
- Technical fouls are not shot. The opposing team will be awarded 2 points and the ball.

8. 3 POINT SHOT:

Will only be used when the 3 point line is marked on the gym floor.

9. JUMP BALLS:

Alternating possession.

10. DEFENSE:

- No full court pressure until January 24th.
- Normal girl-to-girl defense at all times.
- No trapping (double teaming) outside the lane.
- Switching is allowed, and is a skill that we should be teaching.
- Teams will be given two warnings for a double teaming violation. The third and subsequent violations will result in a team foul.

FULL COURT PRESS: Beginning January 24th with the following stipulations:

- Press allowed only the last 10 minutes of the 2nd half, unless a team is ahead by 10 points or more.
- Girl-to-girl press allowed, no trap or zone presses. Teams ahead by 10 must drop back to half court.

Zone Defense: Only 7th/8th grades are allowed zone defense beginning January 24th.

- Only a 2-3 zone or a match-up zone permitted. No 1-3-1, trapping zones, or full-court zone press.

11. Offense

- No offensive Stalling.

12. LANE VIOLATION

3 seconds will be enforced.

13. PLAYING TIME: The games must be played in approximately one hour.

- 3 minutes for warm-up.
- 2-20 minute running time halves. The clock will stop the last 2 minutes of each half for normal whistles etc.
- 3 minutes between halves.

14. TIME OUTS:

Each team is allowed 2, one-minute time-outs per half (no carry over). In overtime, one additional time-out will be granted (no carry over).

15. SUBSTITUTION:

- The clock will stop for substitutions at 15:00, 10:00, and 5:00 of each half. All players should be sitting and waiting to go into the game. The stopping of the clock is to be used only for substitution – **NOT COACHING**
- Once a player has entered the game, she may not be replaced until she has participated in the full 5 minutes unless injury or illness occurs. It is the goal of the program that ALL players play as close to equal amount of time as possible per game.

16. OVERTIME

There will be one, two-minute stop time overtime period. If tied after that, a second sudden death overtime first basket wins period will be played. No tie games allowed.

17. SCORE BOOK AND TIMEKEEPER

- Each team should assign a person to either keep the scorebook or run the game clock for the game. These people will sit at the score table.
- The scorer's table scorebook is the official scorebook. It is the responsibility of each coach to ensure the accurate score was recorded.

18. REPORTING SCORES

Each community director is responsible for collecting the scores of all games played by their teams. Records after nine (9) games will be used to establish tournament seeding.

19. SCORE BOARD

If a team is ahead by 20 points during the second half, the scoreboard shall turn to running clock.

20. REFEREE/COACHES MEETING

A meeting will be held approximately 5 minutes prior to the start of each game.

21. PLAYING TIME REQUIREMENTS:

- It is expected of the coaches to play their players equally during the game. The scorekeeper is responsible for monitoring the substitutions on the official score sheet for both teams. The scorekeeper must notify the referees and coaches of any potential substitution issues. Any player found to be in violation of the equal playing time rule (No player will play more than one rotation than any other player) must be removed from that rotation. The referees will issue a warning to the offending coach. A second violation during the season from that coach will result in a technical foul. Players who show up late to the game will NOT have their rotations made up during the game. The equal playing time rule will start with the next rotation.
- The only exceptions to the equal playing time rule (no player will play more than one rotation than any other player) are as follows:
 - Pre-game injury. Coaches and scorekeeper will need to meet to understand the situation and accommodate a request to limit a player's playing time due to injuries.
 - Injury during game: If sub is needed, rotation is not affected. Injured player is allowed to return to the game at the next dead ball.
 - Disciplinary action due to sportsmanship. This requires prior approval from the Community Directors or Commissioners. Missing practices are not reasons for loss of equal playing time.

22. Jewelry

- No jewelry is allowed during play.
- If ears were recently pierced, tapping is allowed.