



2016-2017 Girls Rec League Rules and Guidelines

The following are the rules and guidelines we will employ for this season's 5th/6th and 7th/8th girls rec basketball league. Please make sure you read this thoroughly.

GENERAL OVERVIEW AND GUIDELINES

- These rules are intended to ensure that good sportsmanship, safety, individual skill / teamwork development and fun are the overriding priorities. The point of the rec program is to teach kids the basic skills necessary for their future enjoyment of the game.
- If you have concerns now or during the season, we ask that you call the commissioner. If it is determined that additional rules are required during the season, the commissioner has the discretion to further amend the rules.
- Girls Recreation commissioner--Any concerns should be directed to Tim Mahoney as head of Girls Rec basketball (thmahoney2003@gmail.com or cell 216-385-5379).
- Questions specific to Girls 7/8 Rec can also be directed to Clay Romweber (cromweber@hotmail.com or cell 908-507-4810).
- Mark Warfield's organization (Mark's cell 908-902-0321) manages the referees for Mendham Patriots. He is supported by Paul Lubas at a Mendham Patriots board level (cell 973-727-9490). Marks team has our full support and he should expect the same from you. In cases of emergency, please call Mark first, then reach out to Paul.
- Good sportsmanship is expected at all times. Each player and parent must sign the SAGE document as a condition of program participation
- Coaches must sign the Coaches Code of Conduct as a condition of program participation
- Kids and adults are expected to pick up after themselves. Parents are responsible for monitoring their playing and non-playing children at all times. We are guests of the Mendham schools and expect all to treat the facilities with respect and care.
- No food or drink, other than water/Gatorade, is allowed in any of the gyms.
- Harding will continue as a full participant in our program.
- Chester cross town games will continue. When in a Mendham gym, Mendham rules apply. When in a Chester gym, Chester rules apply. Main differences will be communicated on a separate email.
- The coach of the winning team must report the score via the league website and auto-notifications.

GAME RULES

- Only players and coaches are permitted in the bench and team area.
- Three-point baskets count in all leagues on courts with an arc.
- Players may not wear jewelry of any kind during a game. Earrings that cannot be removed (e.g., recent ear piercing) may be taped over.

- Home team responsibilities:
 - Wear WHITE
 - Find a volunteer to handle the scoreboard
 - Home scorebook is the master, so must keep score, keep team fouls and individual fouls.
- Overtime: If tied, play one two-minute OT period if time permits. If still tied, game ends in a tie. One thirty-second timeout per team in entire OT. Substitutions only during a timeout. Free substitutions during OT. Clock stops on dead balls. Full-court pressing allowed in 7/8 league [half court pick-up allowed if trailing in OT in 5/6 Girls League].
- Games can be played with four players. Opposing coach should play with four players as well.

DEFENSE/PRESS

- 5th/6th grade Girls: No full court press. A team may not play defense in the back court. 5th/6th Grade Girls defenders must play defense inside the 3 point line. Stalling by dribbling outside the 3-point line is not permitted and will be monitored by the referees.
 - Defenses may pick up at the half court line in the last two minutes of the game if trailing.
- 7th/8th grade Girls: Half-court defense with the exception as follows: A team may full court press (man to man) only in the last two minutes of each half.
- All Leagues:
 - Players must match up and guard their player on a player-to-player basis and not on a “who has the ball” basis. A defensive player cannot defend the ball and follow the ball.
 - Help defense: An offensive player may be defended by a secondary defender only to help out. This situation would occur when the offensive player penetrated past the primary defender and a secondary defender picks up the player in a help out situation. However, the original defender and help defender should not retain the double team defense once the primary defender has recovered.
 - No Trap Rule: Trapping takes the defense out of the normal man defense designed to put pressure on the opposing offense. The primary ball handler is double teamed and the goal is to force a rash or quick bad decision by the ball handler leading to a turnover. Under no circumstance is a trap allowed (except during the last two minutes of the first and second half).

LENGTH of GAME/CLOCK

- Length of game:
 - Games consist of four quarters.
 - Each quarter shall be nine minutes long, running time.
 - Each quarter shall be divided into two half-quarter sessions, totaling eight sessions per game.
- Running clock except for:
 - Timeouts, and half-quarter substitution stoppage
 - Injury/referee’s timeout
 - Last two minutes of second and fourth quarter, and OT, on a dead ball whistle (not a basket)
 - For shooting fouls, the clock will be stopped until the ref hands the ball to the player for her final shot.

PLAYING TIME REQUIREMENTS

- Everyone gets equal playing time (to the extent possible).
- Every player must play at least four full half-quarter sessions (unless a team has more than 10 players), and no player may play any more than six half-quarter sessions (unless team has only five or six players).
- Guidance:
 - 11 players- coaches may substitute during the half-quarter (4:30) session to share the half session between players. This will allow coaches to share the “half sessions” across the

team. Half sessions should be shared equally across the team and one player should not play much less on a regular basis.

- 10 players- all 10 will play 4 periods (1/2 the game)
 - 9 players- 5 will play 4 periods (1/2 the game), and 4 will play 5 periods.
 - 8 players- all play 5 periods
 - 7 players- 5 will play 6 periods, 2 will play 5 periods
 - 6 players- If a team has only 6 players available for a game and the opponent has seven or more players, the team with six players will limit the number of rotations for their top players to 6 rotations. This rule balances the play of the top players as a team with 7 players will see 6 rotations for their top 5 players where the team with 6 will get 6 rotations for their top players as well.
- Exceptions to playing time rule:
 - Late-arriving players who are not ready to play until after the start of the second quarter may be played one less half-quarter session.
 - Players becoming sick or injured during the game do not need to meet the playing time rule.
 - With the prior knowledge of the opposing coach, a player who is physically unable to play the requisite number of half-quarter sessions required by the rule is exempt (e.g., an asthmatic).

SUBSTITUTIONS

- Substitutions can be made only at the beginning of every quarter or the half-quarter stoppage. The refs will stop the clock at roughly the 4:30 mark for subs.
- No substitutions are permitted otherwise except for injury, sickness, or a player being assessed a technical foul or fouling out.
- Note: Teams with more than 10 players may substitute with more frequency and in between the half-quarter stoppage.

TIME OUTS

- Each coach has two regular time outs per half (one minute each) and one “officials” time out which can be used during the first 3 quarters only.
- If you don’t use your official’s time out, it is not carried over to the 4th quarter. The “officials” timeout should be used to calmly discuss officiating concerns with the referee and opposing coach. The referee’s decision is always final.

FAIR PLAY

- Fifteen-Point Rule – Point spreads of greater than 15 are not expected and definitely not encouraged. If the score spread reaches 15 points or higher use sound judgement and creativity to reduce the chances of extending the lead. For instance, when a team is ahead by fifteen or more points:
 - The team ahead should dribble the ball across half-court, not fast-break passing.
 - The team ahead should play defense behind the three point arc (applies to 7th-8th girls).
 - The team ahead should exercise sound judgment and good sportsmanship in using dominant players.

FOULS AND FOUL SHOTS

- Players foul out of games with their fifth foul.
- If a player fouls out with their fifth foul and there are no other players available, the last player fouling out remains in the game. Any additional foul by that player is two fouls shots for the opposing team, and the opposing team gets the ball at mid-court.
- The shooter must start and end behind the line (5/6 girls may finish over the line but not follow their shot). The shooter may cross the line once ball hits the rim. Other players lined up to rebound may enter the lane after shooter releases the ball.