

**HEWYBL - MILLSTONE RECREATION BASKETBALL**  
**INTERLEAGUE GAME RULES 3<sup>RD</sup>/4<sup>TH</sup> GIRLS**

HEIGHT OF BASKET	10 FEET
3 SECOND RULE	NOT STRICTLY ENFORCED – REMINDER ONLY
10 SECOND RULE	YES
5 SECOND OUT OF BOUNDS	YES
SCORE	KEPT SIDELINE
FOULING OUT	5 FOULS (INSUFFICIENT NUMBER OF PLAYERS, LAST PLAYER FOULING OUT REMAINS, PENALTY- 1 TECHNICAL FOUL EACH FOUL PLAYER COMMITS.
BEGIN GAME	JUMP BALL
TIME OF GAME	4 QUARTERS, <b>6 MINUTES EACH. TIME CLOCK STOPS ON REFEREE WHISTLE AND TIME OUTS</b>
FOUL SHOTS	SHOOTING FOULS- 2 SHOTS TECHNICAL FOULS- 2 SHOTS & POSSESSION 3 <sup>RD</sup> /4 <sup>TH</sup> GRADE PLAYERS ALLOWED OVER FOUL LINE
TIME OUTS	2 ONE-MINUTE TIME OUTS PER HALF NO CARRYOVER 1 TIMEOUT IN OVERTIME (PLAYOFFS)
TIE GAME	<b>NO OVERTIME IN REGULAR SEASON</b> 2 MINUTE OVERTIME FOR PLAYOFFS
SUBSTITUTIONS	NO FREE SUBSTITUTIONS DURING GAME EXCEPT FOR INJURY OR FOULING OUT. SUBSTITUTIONS WILL BE MADE A HALF QUARTER MARK (3 MINUTES) EVERY QUARTER. COACHES DO NOT HAVE TO SUB AT THE 3 MINUTE MARK PROVIDED THEY ADHERE TO THE PLAYING TIME RULES LISTED BELOW.
PLAYING TIME	EACH PLAYER MUST PLAY 2 QUARTERS (12 MINUTES). EACH PLAYER MUST SIT AT LEAST 3 MINUTES IF 6 PLAYERS PRESENT AND AT LEAST 6 MINUTES (1 QUARTER) IF MORE THAN 6 PLAYERS ARE PRESENT
DEFENSE	<b>MAN-TO-MAN DEFENSE ONLY</b> DOUBLE TEAMING INSIDE PAINT ONLY <b>QUARTERS 1-3 – ARC DEFENSE FIRST 4 MINUTES OF EVERY 6 MINUTE PERIOD. ½ COURT OPTIONAL DEFENSE LAST 2 MINUTES OF EVERY 6 MINUTE PERIOD QUARTER 4- ½ COURT DEFENSE ENTIRE 4<sup>TH</sup> QUARTER.</b>
MERCY RULE	IF A TEAM IS UP BY 10 OR MORE POINTS, THE DEFENSE MUST STAY INSIDE THE 3-POINT ARC
BALL SIZE	28.5”

**HEWYBL - MILLSTONE RECREATION BASKETBALL**  
**INTERLEAGUE GAME RULES 5<sup>TH</sup>/6<sup>TH</sup> GIRLS**

HEIGHT OF BASKET	10 FEET
3 SECOND RULE	YES
10 SECOND RULE	YES
5 SECOND OUT OF BOUNDS	YES
SCORE	KEPT SIDELINE
FOULING OUT	5 FOULS (INSUFFICIENT NUMBER OF PLAYERS, LAST PLAYER FOULING OUT REMAINS, PENALTY- 1 TECHNICAL FOUL EACH FOUL PLAYER COMMITS.
BEGIN GAME	JUMP BALL
TIME OF GAME	4 QUARTERS, <b>6 MINUTES EACH CLOCK STOPS ON REFEREE WHISTLE AND TIME OUTS</b>
FOUL SHOTS	SHOOTING FOULS- 2 SHOTS TECHNICAL FOULS- 2 SHOTS & POSSESSION
TIME OUTS	2 ONE-MINUTE TIME OUTS PER HALF NO CARRYOVER 1 TIMEOUT IN OVERTIME (PLAYOFFS)
TIE GAME	<b>NO OVERTIME IN REGULAR SEASON</b> 2 MINUTE OVERTIME FOR PLAYOFFS
SUBSTITUTIONS	<b>NO FREE SUBSTITUTIONS DURING GAME EXCEPT FOR INJURY OR FOULING OUT.</b> SUBSTITUTIONS WILL BE MADE A HALF QUARTER MARK (3 MINUTES) EVERY QUARTER. COACHES DO NOT HAVE TO SUB AT THE 3 MINUTE MARK PROVIDED THEY ADHERE TO THE PLAYING TIME RULES LISTED BELOW.
PLAYING TIME	EACH PLAYER MUST PLAY 2 QUARTERS (12 MINUTES). EACH PLAYER MUST SIT AT LEAST 3 MINUTES IF 6 PLAYERS PRESENT AND AT LEAST 6 MINUTES (1 QUARTER) IF MORE THAN 6 PLAYERS ARE PRESENT
DEFENSE	ZONE OR MAN-TO-MAN DEFENSE <b>DOUBLE TEAMING INSIDE PAINT ONLY</b> <b>QUARTERS 1-3 – HALF COURT DEFENSE FIRST 4 MINUTES OF EVERY 6 MINUTE PERIOD. BACK COURT FOUL LINE OPTIONAL DEFENSE LAST 2 MINUTES OF EVERY 6 MINUTE PERIOD QUARTER 4- BACK COURT FOUL LINE DEFENSE ENTIRE 4<sup>TH</sup> QUARTER.</b>
MERCY RULE	<b>IF A TEAM IS UP BY 10 OR MORE POINTS, THE DEFENSE MUST STAY INSIDE THE 3-POINT ARC</b>
BALL SIZE	28.5”

**HEWYBL - MILLSTONE RECREATION BASKETBALL**  
**INTERLEAGUE GAME RULES 7<sup>th</sup>- HS GIRLS**

HEIGHT OF BASKET	10 FEET
3 SECOND RULE	YES
10 SECOND RULE	YES
5 SECOND OUT OF BOUNDS	YES
SCORE	KEPT SIDELINE
FOULING OUT	5 FOULS (INSUFFICIENT NUMBER OF PLAYERS, LAST PLAYER FOULING OUT REMAINS, PENALTY- 1 TECHNICAL FOUL EACH FOUL PLAYER COMMITS.
BEGIN GAME	JUMP BALL
TIME OF GAME	4 QUARTERS, <b>6 MINUTES EACH CLOCK STOPS ON REFEREE WHISTLE AND TIME OUTS</b>
FOUL SHOTS	SHOOTING FOULS- 2 SHOTS TECHNICAL FOULS- 2 SHOTS & POSSESSION
TIME OUTS	2 ONE-MINUTE TIME OUTS PER HALF NO CARRYOVER 1 TIMEOUT IN OVERTIME (PLAYOFFS)
TIE GAME	<b>NO OVERTIME IN REGULAR SEASON</b> 2 MINUTE OVERTIME FOR PLAYOFFS
SUBSTITUTIONS	<b>NO FREE SUBSTITUTIONS DURING GAME EXCEPT FOR INJURY OR FOULING OUT.</b> SUBSTITUTIONS WILL BE MADE A HALF QUARTER MARK (3 MINUTES) EVERY QUARTER. COACHES DO NOT HAVE TO SUB AT THE 3 MINUTE MARK PROVIDED THEY ADHERE TO THE PLAYING TIME RULES LISTED BELOW.
PLAYING TIME	EACH PLAYER MUST PLAY 2 QUARTERS (12 MINUTES). EACH PLAYER MUST SIT AT LEAST 3 MINUTES IF 6 PLAYERS PRESENT AND AT LEAST 6 MINUTES (1 QUARTER) IF MORE THAN 6 PLAYERS ARE PRESENT
DEFENSE	ZONE OR MAN-TO-MAN DEFENSE <b>DOUBLE TEAMING INSIDE PAINT ONLY</b> <b>QUARTERS 1-3 – HALF COURT DEFENSE FIRST 4 MINUTES OF EVERY 6 MINUTE PERIOD. BACK COURT FOUL LINE OPTIONAL DEFENSE LAST 2 MINUTES OF EVERY 6 MINUTE PERIOD QUARTER 4- BACK COURT FOUL LINE DEFENSE ALLOWED ENTIRE 4<sup>TH</sup> QUARTER.</b>
MERCY RULE	<b>IF A TEAM IS UP BY 12 OR MORE POINTS, THE DEFENSE MUST STAY INSIDE THE 3-POINT ARC</b>
BALL SIZE	28.5”