

West Metro Girls Basketball Rules

Grades 4 – 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:

Grade 4&5 12 feet Grades 6 - 8 15 feet

- 4. PLAYERS:** Grades 4 - 8 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. 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.

6. 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.

- 7. 3 POINT SHOT:** Will only be used when the 3 point line is marked on the gym floor.

8. JUMP BALLS:

Alternating possession.

9. DEFENSE:

Grade 4-8 plus additional guidelines per grade level:

1. No full court pressure.
2. Grade 4: All defensive players need to retreat back to the three point line, and wait there for the offensive player that they are guarding. Once the ball has crossed half court the defensive players may play defense five feet out from the 3 point line. No offensive stalling.
3. Normal girl-to-girl defense at all times.
4. No trapping (double teaming) outside the lane.
5. Switching is allowed, and is a skill that we should be teaching.

Grade 6-8: Full Court Press: Will allow beginning January 28th. Girl-to-girl press allowed, no trap or zone presses. Press allowed the last 10 minutes of the 2nd half unless a team is ahead by 10 points or more. Teams ahead by 10 must drop back to half court.

Zone Defense: Will allow beginning January 28th. ***Only 7th/8th grades are allowed to play zone defense.*** Only a 2-3 zone or a match-up zone permitted, no 1-3-1, trapping zones, or full-court zone press.

10. LANE VIOLATION

Grade 4: Communicate to the players first, penalize second.

Grades 5 - 8: 3 seconds will be enforced.

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

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

12. 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).

13. 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.

14. 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.

15. SCORE BOOK AND TIMEKEEPER: A scorebook will be provided for each team. 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.

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

17. REFEREE/COACHES MEETING: A meeting will be held approximately 5 minutes prior to the start of each game.