



## 7<sup>th</sup>-8<sup>th</sup> Grade Girls

### FTB League Rules and Regulations

Our mission is to provide a fun, healthy, and safe environment for the girls and boys of Franklin Township to play basketball while teaching the fundamentals, modeling good sportsmanship, and fostering a love of the game.

#### **General Rules IHSAA rules apply along with these exceptions:**

- Basketball goals will be set to 10 feet
- Ball size is 28.5
- Games will consist of four 8-minute quarters with one 2 minute overtime, then sudden death if still tied after OT
- A running clock is used, except last four minutes of 4th quarter the clock will stop for all infractions and start on official's call
- 4 timeouts per game, can be used anytime.
- 4 minutes for halftime
- Players foul out of the game with 5 total fouls
- Bonus will start at 5 team fouls for double bonus. Team fouls restart at the quarter.
- Game will start with a jump ball
- Each player shall receive 1 full quarter per half of playing time. If a player arrives late for a game, he/she must still receive a minimum of 1 quarter per half, if possible. Example, player shows at just past tip-off they can play second quarter and third or fourth. However, if a player does not show up until after halftime, then they are only required to receive their 1 quarter for the second half
- No player shall play 4 quarters before all players available to play that game have played 3 quarters. This rule does not apply to overtime periods.

- There will be no substitutions for the first 3 quarters of the game (except for injury). If an injured player is removed from the game, that injured player is charged with a quarter played. The replacement player is also charged with one quarter played. The injured player may re-enter the game in that same quarter.
- There is unlimited substitution during the last four minutes of the game's 4th quarter provided equal playing time rules have been followed.
- Games may start with a minimum of 4 players
- Team forfeits at 10 minutes past game time if minimum players are not on bench and able to play

### **Offensive Rules**

- Travelling will be called for blatant moving without dribbling. Shuffling feet will not be called unless feet are moved to gain an advantage. Teach to pivot.
- Double dribbling will be called if dribbling is restarted. Dribbling with 2 hands will result in warnings first then in a turnover.
- Free throws can be taken from 15 feet. Jumping over the line will result in a violation.
- 3-point field goals will be acknowledged only in gyms marked with 3-point lines.

### **Defensive Rules**

- No restriction on defensive. Can be man-to-man or zone.
- Full court press throughout game. Only exception is a score differential of 20 points. Leading team can no longer press, trailing team can still press. Two warnings will be issued for all violations, then a technical foul will be given, the offensive team will take the shots and receive possession

### **Miscellaneous**

- Be supportive of your team AND the opposing team. Remember we are role models and teaching the youth of FT good sportsmanship by our actions.
- Players should wear the team jersey to all games.
- No jewelry of any kind is allowed by players.
- Games must start on time. Please clear the floor of players and families so that the next teams can warm up.
- Each team must supply one volunteer for game day. One team will operate the score clock and the other team will keep track of the scorebook. Please arrange your volunteers in advanced as to not delay the start of the game.

- Referees will do their best to control violations while also helping to teach. We want the kids to learn and not continuously be allowed to travel, double-dribble.
- Referees have the final decision. They will do their best to call the game fairly. Only the head coach can have discussions with an official. Questions about officials should be directed to the Age Group Coordinator via email.
- Players should remain on the bench during the game when not playing.
- A coach receiving 2 technical fouls during one game will result in removal of that game and review by Executive Board and Director of Coaching before returning to the next FTB event.
- Only water is permitted in the school for both players and families. No sports drinks are permitted. No food is permitted in the gym including after-game snacks. This is a condition for our use of the school facilities mandated by the school. This must be communicated with all families.
- Children/siblings must remain in the gym. Children are not permitted to wander the halls. This is another condition from FTCSC. We must adhere to their rules in order to practice in their gyms.
- Standings Tiebreaker will be handled as followed:
  - All teams will be ranked based on over all winning percentage.
  - Initial tiebreaker is based on head to head results.
  - Secondary tiebreaker is based on total points allowed for the season.
  - Tertiary tiebreaker is based on total points scored for the season.
  - If necessary, a final tiebreaker would result in a coin toss done by the website coordinator or another neutral board member.

