

Carmel Dads' Club 4th/5th Grade Girls Rules and Regulations

The 4th and 5th grade girls' league is a transition to more competitive basketball. Basketball fundamentals are stressed and sportsmanship is emphasized in this more competitive environment.

REMEMBER: Players play; Coaches coach; Fans cheer...for all girls. Please remember your role.

General

1. Games are played in 9 minute quarters. The clock runs continuously except for the last **one minute** of the game. The only other clock stoppages are for: 1) injury; 2) coach/ player called timeout; 3) referee called timeout; and 4) player substitutions at mid-quarter. The clock runs thru free throw attempts unless a team calls a timeout. In that case, the clock shall restart when the ball is back in play following the free throws.
2. Goal height is 10 feet. A 28.5" basketball is used.
3. Substitutions should take place at or near 4:30 each quarter. Play should not be stopped during breakaways or other pending scoring opportunities. Mid-quarter substitutions are not for coaching. Have lineups prepared and substitutions ready. Keep the game moving.
4. In the event of a tie during the regular season, a single one minute OT period will be played. Regulation clock will be played similar to last minute of game. In the tournament, one minute OT periods will be played until there is a winner. One timeout is permitted per team in each of the OT periods. Unused timeouts do not carry over to the OT period.
5. Each team has 3 timeouts per game. Each timeout is 60 seconds.
6. Halftime is 3 minutes and breaks between quarters are 2 minutes.
7. Playing time must be shared equally. Extra rotations should not be given to a single player. No player should sit out 2 consecutive rotations unless a player has fouled out. Game rotation forms are available. Every player should play a minimum of 2 full quarters. No player can play 4 quarters unless everyone has played 3 quarters. See playing time section below.
8. A copy of the game lineup must be made available to the opposing coach to prevent any controversy.

Playing Time

During the regular season and tournament, all players **must** play at least 2 full quarters each game. This playing time rule trumps the "foul out" rule such that any player who commits her fifth foul prior to playing 2 full quarters shall remain in the game until she has completed 2 full quarters, at which time she must be removed. Any foul after five committed by such player is treated as a technical foul with the fouled team receiving two free throws and the ball.

During the **regular season**, all players should play an equal amount over time and should be kept within one quarter of each other as the season progresses. Players do not need to play an equal amount of time each game, but the playing time over the minimum 2 quarters must be evenly distributed as the season progresses. For example, for those teams with 9 players, they can have 7 players play 2 quarters and 2 play 3 quarters, with the players playing 3 quarters rotating as the season goes forward. Teams with 9 players can also have 5 players play 2 quarters and 4 players play 2.5 quarters, again rotating the players who get to play 2.5. For those teams with 8 players, they can have each player play 2 ½ quarters each game or can alternate with 4 players playing 2 quarters and 4 players playing 3 quarters one game and then vice versa the next game. For purposes of this rule, any player missing a game shall be deemed to have played two quarters for the missed game.

During the **tournament**, every player must play at least 2 quarters and no player may play more than 3 quarters. The only exception to this rule would be a team with 5 or 6 players. A team with 6 players shall play 4 players 3.5 quarters and 2 players 3 quarters. In this event (only during the tournament), the opposing team, at its option, may play one of its players 3.5 quarters so long as that team is still able to comply with the minimum 2 quarter rule for all other players. A team with 5 (or less) players shall play all players 4 quarters. In this event (only during the tournament), the opposing team, at its option, may play one of its players 4 quarters so long as that team is still able to comply with the minimum 2 quarter rule for all other players.

Defense

1. Defense must be man-to-man only. No zones.
2. The on-ball defender must pick up the ball handler no lower than the top of the key when the ball crosses the half court line. No sagging into the lane.
3. Help defense is allowed but must occur naturally during play. Off-the-ball defenders must be within arms' length of their assignment unless they are on the help line and their assignment is on the opposite side of the floor as the ball.
4. Double-teaming is permitted below the free throw line extended but must occur as part of the play. No designated player for double-teaming.
5. Double-teaming is permitted in the lane.
6. Violations of this rule, including triple-teaming, will result in a warning for the first two violations and then a technical foul (two shots and the ball).
7. Teams must retreat back behind half court on defense after a change of possession except during the last 2 minutes of the game.
8. Pressing is only permitted in the last 2 minutes of regulation and for the full overtime period(s). Pressing is man-to-man only. No exceptions. Two warnings will be issued then 2 technical foul shots will be awarded the offensive team and possession of the ball.
9. Pressing can be done by either team in the last 2 minutes of regulation as long as the point differential is 6 or less. The trailing team can press in the last 2 minutes regardless of the score differential.
10. Players can steal both the dribble and the pass.

Offense

1. Offensive possessions must not include isolation plays. Coaches should not take advantage of double-teaming rules to isolate players.
2. Free throws should be shot from the 15 foot free throw line. She may cross the free throw line while shooting as long as she starts with both feet behind the line.

Miscellaneous

1. Unsportsmanlike behavior will not be tolerated by players, coaches or fans.
2. 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 league commissioner after the game.
3. A technical foul assessed against a player for unsportsmanlike behavior will result in that player being removed from the game and must sit on the bench in a professional manner.
4. A technical foul assessed against a coach will result in removal from the game AND the following game. Coaches must leave the floor immediately in a professional manner. A second technical foul will result in possible removal for the season.
5. Only water is permitted in the gyms. No sports drinks or after-game snacks are permitted. No food is permitted in the gym. This is a condition of the use of the gyms by the schools. Please make sure all families are aware of this rule.
6. Children must remain in the gym. They are not permitted to be in the hallways.
7. Keep children off of the floor at timeouts, between quarters and halftime. It is the players' time. Let them be the focus for that hour.