



AGBL Divisional Rules 2019-2020

Philosophy:

AGBL is divided into divisions to allow girls of relatively equal maturity and/or skill to play against each other in a *competitive* and *learning* setting. As divisions progress, the rules are adjusted to challenge the players to become as competitive as reasonable given their age and overall body strength characteristics. Our league philosophy is to play as close to high school basketball rules as early as possible while keeping the overall experience a progressive learning journey.

Note to our Parents and Friends:

AGBL is about growth and development for each and every girl participating. We encourage a competitive environment, fair play, team work, good sportsmanship, and fun. We expect our players and coaches to show respect and encouragement to their fellow team members, officials, and the other team. We will not tolerate our players or coaches being disrespectful, nor will we allow any of the parents, friends or fans in the stands to be disrespectful to any of the players, coaches, officials or other fans. ***Anyone determined as being disrespectful will be asked to leave the gym.*** If you disagree with or have a question about something which occurred during the game, speak with your coach in private after the game is over, or find a board member and discuss it with them in private. An AGBL board member will be present at all games. AGBL board members, players, and coaches appreciate your support in advance.

Rules Pertaining to ALL Divisions:

1. Basic Rules: All divisions start with the base understanding that we are playing by IHSAA Rules. All dribbling violations, fouls, and basic rules of the game are to be enforced to begin the learning process immediately when entering the league. Games will consist of four 6-minute quarters, a 5-minute half-time, and a 1-minute break after the first and third quarters.
2. Timeouts: All divisions allow for four 1-minute time-outs per game that can be used at any time during the game (and carried over into overtime). Each team will get credit for one additional time-out per overtime period.
3. Overtime: The first overtime period will be 3 minutes in duration. The second overtime period will be ‘sudden death’ (no clock needed). All overtime periods are started with a tip-off.
4. Playing Time: Time will be divided *equally* among all players, and a pre-game substitution sheet showing minutes to be played by quarter must be submitted to the scorers’ table before the game is allowed to begin. Equal play time *is not* required during Overtime sessions. The following table must be used to plan the playing time by participant:

# ofPlayers Present	Total Minutes per Player
10	12 minutes per player
9	14 minutes for 3 players and 13 minutes for
8	15 minutes per player
7	18 minutes for 1 player and 17 minutes for
6	20 minutes per player
5	24 minutes per player

5. Minimum Starting Lineup: Teams must start the game with a minimum of four (4) players on the court. The team needs to maintain at least four players on the court or that team will be disqualified and forfeit the game.
6. Reduced Playing Time: Playing time may be limited due to multiple unexcused absences from practice (school functions or illness are excused). Such limitation of playing time should be used sparingly. Restriction of playing time must be discussed with the official onsite AGBL Board Representative at game time and agreed to by the opposing coach prior to the start of a game. Playing time cannot be reduced for girls in foul trouble. In the event a girl fouls out, her minutes will be distributed to the remaining players at the coach’s discretion.

Junior Major Division 'Special Rules':

1. Violations of the special rules that follow will result in a warning on the first occurrence and a technical foul on each subsequent occurrence (2 free throws and possession).
2. Only a 'help side' man-to-man defense is allowed (e.g. defensive player within 2 steps of the player they are guarding when the play initiates and then they are allowed to sag weak side to 'help' on a drive to the basket and 'recover').
 - a. No 'zone' principles are allowed – must match up man to man.
 - b. Players are allowed to switch on screens, and referees are to give the defense time to make the switch and recover to another player.
 - c. Players are encouraged to 'help' and 'recover' on defense by leaving their girl to stop penetration (this may result in two defenders guarding an offensive player to stop a drive to the basket within the lane and steal the ball). However, leaving an offensive player to simply 'trap' or 'chase' the ball handler is not permitted under the spirit of man-to-man defense for this division.
 - d. If the game matchup becomes 4 vs. 5, the 5-player team on defense will need to play the extra player under the basket. That player may help under the basket, but cannot double team away from the basket or take advantage by "cherry picking" on the other side of the court. The shorthanded team must also play man-to-man defense, but will be allowed to switch defensive assignments as needed.
3. The defensive team may play man-to-man defense starting at half court if they choose, but must pick up an offensive player once the offensive player is inside the 3-point line. However, the defense can also play full court defense in the following situations:
 - a. To stop a fast break (any number of defenders can stop a fast break).
 - b. During the last minute of regulation or overtime when a full court press is allowed.
4. Once the defense gets clear possession of a rebound, the opposing team must retreat to allow the offensive team to bring the ball up the court without pressure.
 - a. If a team attempts a fast break, the defense may immediately stop the ball anywhere on the floor and attempt a steal until the fast break is stopped. The defense must then retreat back to defend the basket.
5. When free-throws are awarded, the player must start behind the free-throw line, but her momentum may carry her on or slightly over the line when she lands. If the player jumps over the line, she cannot rebound her miss until touched by another player.
6. No isolation plays are permitted (e.g. clearing out one side of the court to have a player go 1-on-1 or spreading the offense into 4 corners for a 1-on-1 drive).
7. A man-to-man full court press is allowed during the last minute of regulation, last minute of the overtime periods, and during sudden death. Man-to-man defensive rules remain the same during the press. A press is ***not allowed*** if a team is ahead or behind by 10 points or more.

Junior Minor Division 'Special Rules':

1. Violations of the special rules that follow will result in a warning on the first occurrence and a technical foul on each subsequent occurrence (2 free throws and possession).
2. Only a 'switching' man-to-man defense is allowed (e.g. defensive player within 2 steps of the player they are guarding when the play initiates).
 - a. No 'zone' principles or sagging in the middle to guard the lane.
 - b. Players are allowed to 'switch' on screens, and referees are to give the defense time to make the switch and recover to another player. If this results in a trap with two defenders on a ball handler it is considered a violation of the man-to-man defensive rule for this division.
 - c. If the game matchup becomes 4 vs. 5, the 5-player team on defense will need to play the extra player under the basket. That player may help under the basket, but cannot double team away from the basket or take advantage by "cherry picking" on the other side of the court. The shorthanded team must also play man-to-man defense, but will be allowed to switch defensive assignments as needed.
3. The defensive team cannot play defense outside the 3-point line unless they are stopping a fast break, the offense has already penetrated the 3-point line once during their possession, or during the last minute of regulation or overtime when a half court press is allowed.
 - a. In addition, the 3-point line is not a 'wall', the defense can reach across to steal the ball, but they cannot step across it.
 - b. Once the ball penetrates the 3-point line, the defense may then extend beyond the 3-point line during that entire possession (even if the ball goes out of bounds and is still in the possession of the offense).
4. 'Double teaming' or 'helping' is allowed to stop a fast break or anytime within the lane to defend the basket. At no other time can a player double team an offensive player.
5. Once the defense gets clear possession of a rebound, the opposing team must retreat to allow the offensive team to bring the ball up the court without pressure.
 - a. If a team attempts a fast break, the defense may immediately stop the ball anywhere on the floor and attempt a steal until the fast break is stopped. The defense must then retreat back to defend the basket.
6. When free-throws are awarded, the player shooting the free-throw can take one step in from the free-throw line. This should be about 3 feet resulting in a 12-foot shot, and referees need to be as consistent as possible to keep the taller girls and shorter girls shooting from the same location.
 - a. Given this advantage to the shooter, the person shooting the free-throw cannot rebound their own miss until touched by another player. This is to encourage fundamental blocking out on the lane by the remaining players.
7. No isolation plays are permitted (e.g. clearing out one side of the court to have a player go 1-on-1 or spreading the offense into 4 corners for a 1-on-1 drive).

8. A man-to-man half court press is allowed during the last minute of regulation, last minute of the overtime periods, and during sudden death. Double teaming rules remain the same during this time. A press is *not allowed* if a team is ahead or behind by 10 points or more.
9. The offense only has 10 seconds after crossing the half-court line to initiate a play and penetrate the 3-point line. A violation of this rule will result in turn-over to the defense.

Senior Minor & Major Division ‘Special Rules’:

1. No press is allowed if a team is ahead or behind by 20 points or more.

Senior Minor Division only:

2. A player shooting a free-throw must start behind the free-throw line, but her momentum may carry her slightly over. If the player jumps over the line, she cannot rebound her miss until touched by another player.
3. No zone defenses are permitted until *the second half of the season for Senior Minor* to allow coaches an opportunity to get their teams prepared (e.g. no zone traps, no 2-3 zones, or simply guarding the lane instead of a player). Only a help side man-to-man defense is allowed at all times including during a full-court press. This means that every defensive player presses or no defensive player presses (e.g. you cannot send 4 girls up to press and keep 1 girl back under the basket playing a ‘zone’ to prevent a lay-up).
4. As of *the second half of the season for Senior Minor*, full IHSAA rules apply other than noted in the ‘Rules Pertaining to ALL Divisions’ section and the press restriction when ahead or behind by 20 points or more.

Appendix A: AGBL “Rules at a Glance” - Junior Minor Division

Rules Pertaining to ALL Divisions:

5. Basic Rules: All divisions start with IHSAA Rules. All dribbling violations, fouls, and basic rules of the game are to be enforced. Games consist of four 6-minute quarters, a 5-minute half-time, and a 1-minute break between quarters.
6. Timeouts: Four 1-minute time-outs per game that can be used at any time (and carried over into overtime) with credit for one more time-out per overtime period.
7. Overtime: The first overtime period will be 3 minutes in duration. The second overtime period will be ‘sudden death’. All overtimes start with a tip-off.
8. Playing Time: Time will be divided *equally* among all players, and a pre-game substitution sheet submitted to the scorers’ table before the game begins. Equal play time *is not* required during Overtime sessions.
9. Minimum Starting Lineup: Teams must start the game with a minimum of four (4) players on the court.
10. Reduced Playing Time: Playing time cannot be reduced for girls in foul trouble. In the event a girl fouls out, her minutes will be distributed to the remaining players.

Junior Minor Division ‘Special Rules’:

1. Violations of these rules will result in a warning on the first occurrence and a technical foul on each subsequent occurrence (2 free throws and possession).
2. Only a ‘switching’ man-to-man defense is allowed. Players switch on screens.
3. Defense picks up inside the 3-point line unless they are stopping a fast break, an offensive player with the ball has penetrated the 3-point line once during their possession, or when a half court press is allowed.
4. ‘Double teaming’ is allowed to stop a fast break and to stop a drive to the basket within the lane.
5. Once the defense gets clear possession of a rebound, the opposing team must retreat.
6. When free-throws are awarded, the player shooting the free-throw can take one step in from the free-throw line (resulting consistently in a 12-foot shot).
 - a. Given the advantage to the shooter, the person shooting the free-throw cannot rebound their own miss directly until touched by another player.
7. No isolation plays on offense are permitted.
8. A man-to-man half court press is allowed during the last minute of regulation, last minute of the overtime periods, and during sudden death. Double teaming rules remain the same during the press. A press is *not allowed* if a team is ahead or behind by 10 points or more.
9. The offense only has 10 seconds after crossing the half-court line to initiate a play and penetrate the 3-point line. A violation results in a turn-over.

Appendix B: AGBL “Rules at a Glance” – Junior Major Division

Rules Pertaining to ALL Divisions:

1. Basic Rules: All divisions start with IHSAA Rules. All dribbling violations, fouls, and basic rules of the game are to be enforced. Games consist of four 6-minute quarters, a 5-minute half-time, and a 1-minute break between quarters.
2. Timeouts: Four 1-minute time-outs per game that can be used at any time (and carried over into overtime) with credit for one more time-out per overtime period.
3. Overtime: The first overtime period will be 3 minutes in duration. The second overtime period will be ‘sudden death’. All overtimes start with a tip-off.
4. Playing Time: Time will be divided *equally* among all players, and a pre-game substitution sheet submitted to the scorers’ table before the game begins. Equal play time *is not* required during Overtime sessions.
5. Minimum Starting Lineup: Teams must start the game with a minimum of four (4) players on the court.
6. Reduced Playing Time: Playing time cannot be reduced for girls in foul trouble. In the event a girl fouls out, her minutes will be distributed to the remaining players.

Junior Major Division ‘Special Rules’:

1. Violations of these rules will result in a warning on the first occurrence and a technical foul on each subsequent occurrence (2 free throws and possession).
2. Only a ‘help side’ man-to-man defense is allowed. Players can switch on screens. Players are allowed to ‘help’ and ‘recover’ on defense by leaving their girl to stop drives to the basket within the area of the lane (e.g. two defenders stop penetration, steal, and/or recover). However, intentionally leaving an offensive player to simply ‘trap’ the ball handler is not permitted under the spirit of man-to-man defense for this division.
3. The defensive team may play man-to-man defense starting at half court, but must pick up on defense at the 3-point line. However, the defense can also play full court defense to stop a fast break.
4. Once the defense gets clear possession of a rebound, the opposing team must retreat to allow the offensive team to bring the ball up the court without pressure. If the defense starts a fast break after the rebound, the opposing team can defend the fast break and stop the ball (double teaming can occur during a fast break to stop or steal the ball).
5. A player shooting a free-throw must start behind the free-throw line, but her momentum may carry her slightly over. If the player jumps over the line, she cannot rebound her miss until touched by another player.
6. No isolation plays on offense are permitted.
7. A full court man-to-man press is allowed during the last minute of regulation, last minute of the overtime periods, and during sudden death. Man-to-man defensive rules remain the same during the press. A press is *not allowed* if a team is ahead or behind by 10 points or more.

Appendix C: AGBL “Rules at a Glance” – Senior Minor & Major Division

Rules Pertaining to ALL Divisions:

1. Basic Rules: All divisions start with IHSAA Rules. All dribbling violations, fouls, and basic rules of the game are to be enforced. Games consist of four 6-minute quarters, a 5-minute half-time, and a 1-minute break between quarters.
2. Timeouts: Four 1-minute time-outs per game that can be used at any time (and carried over into overtime) with credit for one more time-out per overtime period.
3. Overtime: The first overtime period will be 3 minutes in duration. The second overtime period will be ‘sudden death’. All overtimes start with a tip-off.
4. Playing Time: Time will be divided *equally* among all players, and a pre-game substitution sheet submitted to the scorers’ table before the game begins. Equal play time *is not* required during Overtime sessions.
5. Minimum Starting Lineup: Teams must start the game with a minimum of four (4) players on the court.
6. Reduced Playing Time: Playing time cannot be reduced for girls in foul trouble. In the event a girl fouls out, her minutes will be distributed to the remaining players.

Senior Minor & Major Division ‘Special Rules’:

1. No press is allowed if a team is ahead or behind by 20 points or more.

Senior Minor Division only:

2. A player shooting a free-throw must start behind the free-throw line, but her momentum may carry her slightly over. If the player jumps over the line, she cannot rebound her miss until touched by another player.
3. No zone defenses are permitted until *the second half of the season for Senior Minor* to allow coaches an opportunity to get their teams prepared (e.g. no zone traps, no 2-3 zones, or simply guarding the lane instead of a player). Only a help side man-to-man defense is allowed at all times including during a full-court press. This means that every defensive player presses or no defensive player presses (e.g. you cannot send 4 girls up to press and keep 1 girl back under the basket playing a ‘zone’ to prevent a lay-up).
4. As of *the second half of the season for Senior Minor*, full IHSAA rules apply other than noted in the ‘Rules Pertaining to ALL Divisions’ section and the press restriction when ahead or behind by 20 points or more.