

GIRLS 3-4 INTRAMURAL RULES

DEFENSE

No defense outside of 3pt line

1st half zone defense / 2nd half man to man

No Pressing

3-POINTERS

No 3 point goals

A & B TEAMS

Substantially equal playing time for all girls

PLAYING TIME

Equal playing time for all players, # of players doesn't matter

CLOCK

Running time, clock stops only on whistle during last 2 mins of game and timeouts.

TIMEOUTS

2 time-outs per half each team / No carry over of timeouts

QUARTER TIME

10 min quarters

OVERTIME

2 minutes, clock stops at whistle, 1 timeout per team

FOULS

5 fouls per player

Team shoots one and one on 7th team foul of the half

Double bonus on 10th team foul of each half

TECHNICAL FOULS

2 technical fouls in game player or coach is ejected. Team will shoot one free throw and have possession.

Fighting automatic ejection and suspension from next game.

If a player receives 2 technical fouls in a game or 3 in a season, automatic 1 game suspension.

COACHES

Only 2 coaches on bench, only head coach can stand during the game.

Failure to adhere to this after 1 warning, will result in a technical foul.