

GIRLS 5-8 INTRAMURAL RULES

DEFENSE

No defense until half court line, unless down by 10+ pts or last 2 min of game (team up by 10+pt cannot press)

Man-To-Man Defense only until Christmas, then any defense allowed

3-POINTERS

No 3 point goals

A & B TEAMS

A and B teams

A plays 2nd and 4th quarters / B plays 1st and 3rd quarters

If short B players, then play the weakest A player

When an A or B player is needed to play on an A or B team because of shortage that player cannot play on both teams unless there are less than 10 players

All coaches need to submit their A and B teams by 2nd game of the season. All coaches should have a copy of each team's A & B squads

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 bonuses 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.