

# WEYMOUTH GIRLS BASKETBALL

## Division C (Grades 3, 4, 5)



## RULES

### 1. Game Length:

- The game will consist of two 16-minute running time halves. Clock will stop every 4 minutes to sub and match up. This is not a timeout.
- Each half is divided into four 4 minute periods for substitutions. The last two minutes of the 4th quarter will be stop time unless a team is behind by 15 or more points.
- A tied game at the end of regulation time will result in a two-minute overtime period. Regular season games that are still tied after one overtime will end as a tie.
- Three-minute break at halftime.
- Shooting Fouls – The clock will stop for the first shot and run when the referee hands the ball for the second shot, except the last two minutes of the game (which has a stop time).

### 2. Playing Time & Substitutions:

- Equal playing time for each player is REQUIRED throughout the entire game.
- The game has two 16-minute halves.
- Each half is divided into four 4 minute periods for substitutions. No girl can play four periods before all girls play three periods. Coaches are responsible for tracking playing time for their team.
- Substitutions can only enter the game at 4-minute intervals during each half (unless injury occurs). Subs must report to the scorer's table before entering a game.
  - IMPORTANT: Paused play for injuries is not a timeout and coaches must have subs ready or risk a timeout being charged for delay of game. —
- Should a game go into overtime, free substitutions are allowed in OT period.
- Any abuse of the substitution rule to delay playing time will not be tolerated and may result in a charged timeout.

### 3. Timeouts:

- Each team will be allowed two, one-minute timeouts per half.
- Unused, first half timeouts do not carry over to the second half.
- Each team will be allowed one, one-minute timeout per overtime period.

### 4. Start of Each Game:

- Each team must be ready to start the game at the scheduled time.
- Each team must have a minimum of five eligible players (in uniform) to start the game. (If a team does not have four eligible players (in uniform) at the scheduled start of the game, they will be allowed 10 minutes before a forfeit is declared.) If a team knows in advance that they do

not have five players and need to borrow from other teams, the game can still be played, but a forfeit will be assessed to the team with less than five girls.

- Coaches can discuss playing 4 on 4 with no forfeit if both teams have limited players.
- Teams can only borrow players if they are forfeiting the game and have only 4 players.
- A jump ball will start the game and all overtime periods (altering possession arrow will be used at all other times).
- In the event of extreme temperatures and teams only have 5 players, coaches and refs will discuss if they choose to play 4 on 4 to have a sub on the bench for necessary breaks. Also in this event, coaches can sub more frequently.

#### **5. Fouls and Penalties:**

- Free throw shots will be taken from a step in front of the free throw line
- Shooting Foul: Two free throws, three if fouled on a three pointer
- Offensive Foul: No free throws, but counts as a team foul
- Intentional Foul: Two free throws plus possession.
- Flagrant Foul: Two free throws, plus possession. A dangerous foul may result in disqualification from the game. A player disqualification will result in a one game suspension
- Technical Foul: Two free throws, plus possession.

#### **6. Advancing the ball, Backcourt Press & Defense:**

- No full court press allowed at any time.
- Girl-to-Girl defense only – No Zones allowed.
- Defense pick up at three-point line. No double teaming allowed.

#### **7. Decorum:**

- Verbal abuse of officials, vulgar or disrespectful language, fighting, rough play, and delay of game by players, coaches, or spectators will not be tolerated under any circumstances.
- Referees may issue warnings and/or technical fouls; they may eject players, coaches, or spectators and may declare the game a forfeit.
- Ejected players cannot return to the game.
- Ejected coaches and spectators must leave the building.
- Players or coaches ejected are subject to suspension or dismissal from the league by the Board of Directors.

# WEYMOUTH GIRLS BASKETBALL

## Division B (Grades 6, 7, 8)



### 1. Game Length:

- The game will consist of two 20-minute running time halves.
- Each half is divided into four 5-minute periods for substitutions. The last two minutes of the 4th quarter will be stop time unless a team is behind by 15 or more points.
- A tied game at the end of regulation time will result in a two-minute overtime period. Regular season games that are still tied after one overtime will end as a tie.
- Three-minute break at halftime.
- Shooting Fouls – The clock will stop for the first shot and run when the referee hands the ball for the second shot, except the last two minutes of the game (which has a stop time).

### 2. Playing Time & Substitutions:

- Equal playing time for each player is REQUIRED throughout the entire game.
- The game has two 20-minute halves.
- Each half is divided into four 5-minute periods for substitutions. No girl can play four periods before all girls play three periods. Coaches are responsible for tracking playing time for their team.
- Substitutions can only enter the game at 5-minute intervals of each half (unless injury occurs). Subs must report to the scorer's table before entering a game.
  - IMPORTANT: Paused play for injuries is not a timeout and coaches must have subs ready or risk a timeout being charged for delay of game. —
- Should a game go into overtime, free substitutions are allowed in OT period.
- Any abuse of the substitution rule to delay playing time will not be tolerated and may result in a charged timeout.

### 3. Timeouts:

- Each team will be allowed two, one-minute timeouts per half.
- Unused, first half timeouts do not carry over to the second half.
- Each team will be allowed one, one-minute timeout per overtime period.

### 4. Start of Each Game:

- Each team must be ready to start the game at the scheduled time.
- Each team must have a minimum of five eligible players (in uniform) to start the game. (If a team does not have five eligible players (in uniform) at the scheduled start of the game, the team will be charged with a bench technical foul. They will be allowed ten minutes before a forfeit is declared.)
- Teams can only borrow players if they are forfeiting the game and have only 4 players.
- A jump ball will start the game and all overtime periods (altering possession arrow will be used

at all other times).

- In the event of extreme temperatures and teams only have 5 players, coaches and refs will discuss if they choose to play 4 on 4 to have a sub on the bench for necessary breaks. Also in this event, coaches can sub more frequently.

#### **5. Fouls and Penalties:**

- A player with five personal fouls must leave the game and cannot return to the game under any circumstance.
- Shooting Foul: Two free throws, three if fouled on a three pointer
- Offensive Foul: No free throws, but counts as a team foul
- Intentional Foul: Two free throws plus possession.
- Flagrant Foul: Two free throws, plus possession. A dangerous foul may result in disqualification from the game. A player disqualification will result in a one game suspension.
- Technical Foul: Two free throws, plus possession.
- Bonus Situation: When a team commits seven fouls in a half. On the seventh foul the opposing team shoots “one on one”. On the 10th foul, shoots two (double bonus).

#### **6. Advancing the ball, Backcourt Press & Defense:**

- Full court press in the last 10 minutes of the second half only.
- Girl-to-Girl defense only – No Zones allowed.
- Double team in the paint only.
- Defense must pull back to the three-point line if winning by 15 or more points.

#### **7. Decorum:**

- Verbal abuse of officials, vulgar or disrespectful language, fighting, rough play, and delay of game by players, coaches, or spectators will not be tolerated under any circumstances.
- Referees may issue warnings and/or technical fouls; they may eject players, coaches, or spectators and may declare the game a forfeit.
- Ejected players cannot return to the game.
- Ejected coaches and spectators must leave the building.
- Players or coaches ejected are subject to suspension or dismissal from the league by the Board of Directors.

# WEYMOUTH GIRLS BASKETBALL

## Division A (Grades 9-12)

### RULES



#### 1. Game Length:

- The game will consist of two 20-minute running time halves.
- The first half is divided into four 5-minute periods for substitutions. The second half will start with two 5-minute periods for substitutions. The last 10 minutes are free substitutions but every player must play a minimum of three minutes in the last 10 minutes.
- The last two minutes of the 4th quarter will be stop time unless a team is behind by 15 or more points.
- A tied game at the end of regulation time will result in a two-minute overtime period. Regular season games that are still tied after one overtime will end as a tie.
- Three-minute break at halftime.
- Shooting Fouls – The clock will stop for the first shot and run when the referee hands the ball for the second shot, except the last two minutes of the game, which has a stop time.

#### 2. Playing Time & Substitutions:

- Equal playing time for each player is REQUIRED throughout the first six 5-min periods.
- The game has two 20-minute halves.
- The first half is divided into four 5-minute periods for substitutions. The second half will start with two 5-minute periods for substitutions. The last 10 minutes are free substitutions but every player must play a minimum of three minutes in the last 10 minutes. Coaches are responsible for tracking playing time for their team. If playing time comes into question, coaches will be required to submit documentation for proof of playing time.
- During the first half and first 10 minutes of the second half, substitutions can only enter the game at 5-minute intervals of each half (unless injury occurs). The last 10 minutes of the second half can be at any whistle as long as subs have reported to the scorers table before entering the game.
- IMPORTANT: Paused play for injuries is not a timeout and coaches must have subs ready or risk a timeout being charged for delay of game.
- Should a game go into overtime, free substitutions are allowed in the OT period.
- Any abuse of the substitution rule to delay playing time will not be tolerated and may result in a charged timeout.

#### 3. Timeouts:

- Each team will be allowed two, 1-minute timeouts per half.
- Unused, first half timeouts do not carry over to the second half.

#### 4. Start of Each Game:

- Each team must be ready to start the game at the scheduled time.
- Each team must have a minimum of five eligible players (in uniform) to start the game. (If a team does not have five eligible players (in uniform) at the scheduled start of the game, the team will be charged with a bench technical foul. They will be allowed 10 minutes before a forfeit is declared.)
- Teams can only borrow players if they are forfeiting the game and have only 4 players.
- A jump ball will start the game and all overtime periods (altering possession arrow will be used at all other times).
- In the event of extreme temperatures and teams only have 5 players, coaches and refs will discuss if they choose to play 4 on 4 to have a sub on the bench for necessary breaks. Also in this event, coaches can sub more frequently.

#### 5. Fouls and Penalties:

- A player with five personal fouls must leave the game and cannot return to the game under any circumstance.
- Shooting Foul: Two free throws, three if fouled on a three pointer
- Offensive Foul: No free throws, but counts as a team foul
- Intentional Foul: Two free throws plus possession.
- Flagrant Foul: Two free throws, plus possession. A dangerous foul may result in disqualifications from the game. A player disqualification will result in a one game suspension
- Technical Foul: Two free throws, plus possession.
- Bonus Situation: When a team commits seven fouls in a half. On the seventh foul the opposing team shoots "one on one". On the tenth foul, shoots two (double bonus).

#### 6. Advancing the ball, Backcourt Press & Defense:

- First half – half court defense
- Second half – zone or man full court is allowed in the 2nd half only. Neither team can press if the score difference is 15 points or more.
- Person-person defense in the first half. Zone defense is allowed in the second half.
- Defense can pick up at half court.
- Defense must pull back to the three-point line if winning by 15 or more points.

#### 7. Decorum:

- Verbal abuse of officials, vulgar or disrespectful language, fighting, rough play, and delay of game by players, coaches, or spectators will not be tolerated under any circumstances.
- Referees may issue warnings and/or technical fouls; they may eject players, coaches, or

spectators and may declare the game a forfeit.

- Ejected players cannot return to the game.
- Ejected coaches and spectators must leave the building.
- Players or coaches ejected are subject to suspension or dismissal from the league by the Board of Directors.

Remember, it's only a GAME. Enjoy the season and have fun!

## RULES CHEAT SHEET

### Grade 3-5

- 2-16 minute running time halves. Clock stops every 4 minutes to allow for subs. Coaches can help match up if needed.
- Fouls WILL be tracked.
- Pick up defense at 3-line no double teaming

### Grade 6-8

- 2-20 minute running time halves. The clock does not stop at 5 minute subs.
- Clock stops the last 2 minutes of the game if the score difference is less than 15 points.
- No Zone defense
- Full court press last 10 minutes of the second half.

### Grade 9-12

- 2-20 minute running time halves. Whistle at 5 minutes for subs. Do not stop the clock
- Clock stops last two minutes of second half if score difference is 15 points or less.
- Even playing time, subs every 5 until last ten minutes. Each player last 10 minutes is required to get 3 minutes.
- Full court press, zones can only occur in the second half.