

## Weymouth Girls Basketball

John Mullin Division A (Grades 7, 8, 9, & 10)



### RULES

#### 1. **Game Length:**

- The game will consist of two 20 minute running time half's.
- 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 fifteen or more points.
- A tie game at the end of regulation time will result in a two minute overtime period. Regular season games that are still tied after one over time 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 half's.
- Each half is divided into four 5 minute periods for substitutions. No girl can play for 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.
- Should game go into overtime, free substitutions are allowed in OT period.
- IMPORTANT: This is not a timeout and coaches must have subs ready or risk a time out being charged for delay of game.
- Any abuse of the substitution rule to delay playing time will not be tolerated and may result in a charged time out.

#### 3. **Time Outs:**

- Each team will be allowed two, one-minute time outs per half.
- Unused, first half time outs 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 ten minutes before a forfeit is declared.)
- A jump ball will start the game and all overtime periods (altering possession arrow will be used at all other times).

#### **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:**

- Frontcourt press is allowed in 2<sup>nd</sup> half only and only if lead is 15 points or less.
- Zone defense is allowed, but man to man defense is preferred.
- Defense can pick up at half court.
- Defense must pull back to the three-point line if winning by 15 or more points.

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