

WEYMOUTH GIRLS BASKETBALL

Division C (Grades 3 & 4)

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 four 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 four 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 four girls.

- 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:

- 3rd/4th grade fouls will not be tracked.
- 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 can 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 5 & 6)

RULES



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.)

- If team rosters have 8 or less players at the start of the season, a forfeit is declared if a team has less than 4 players. Teams will be allowed to play 4 v 4.
- 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 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:

- No full court press allowed at any time.
- Girl-to-Girl defense only – No Zones allowed.
- Defense can pick up at half court. No double teaming allowed.
- 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 7, 8, 9, & 10)

RULES



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 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.
 - 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.
- 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.

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.)

- 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 the 2nd half only. Neither team can press if the score difference is 15 points or more.
- Girl-to-Girl defense only – No Zones allowed.
- 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!