

## WESTMINSTER GIRLS BASKETBALL PROGRAM

### 4<sup>TH</sup> – 12<sup>TH</sup> GRADE DIVISION

#### QUICK REFERENCE RULES:

Descriptions	Grades 4	Grades 5 <sup>th</sup> - 6 <sup>th</sup>	Grades 7 <sup>th</sup> – 8 <sup>th</sup>	Grades 9 <sup>th</sup> – 12 <sup>th</sup>
Game Time-Stop clock qtrs	6 min	6 min	7 min	7 min
Time between quarters	1 min	1 min	1 min	1 min
Half Time Break (ref discre)	5 min	5 min	5 min	5 min
Minimum playing time	12 min	11 min	12 min	12 min
Mandatory subbing	4 qtrs**	1 <sup>st</sup> -3 <sup>rd</sup> (4 <sup>th</sup> – 2min)**	1 <sup>st</sup> -3 <sup>rd</sup> (4 <sup>th</sup> – 2min)**	1 <sup>st</sup> -3 <sup>rd</sup> (4 <sup>th</sup> – 2min)**
All Players must play	4 <sup>th</sup> qtr- 3min	4 <sup>th</sup> qtr- 2min	4 <sup>th</sup> qtr- 2min	4 <sup>th</sup> qtr- 2min
Personal/Technical Fouls	5	5	5	5
Player/Coach cursing	Technical foul/Ejected	Technical foul/Ejected	Technical foul/Ejected	Technical foul/Ejected
Flagrant Foul	Technical foul/Ejected	Technical foul/Ejected	Technical foul/Ejected	Technical foul/Ejected
5 Time outs per game	3full/2 30 second TOs	3full/2 30 second TOs	3full/2 30 second TOs	3full/2 30 second TOs
** see special notes				

#### ALL DIVISIONS:

Mandatory Defenses *	Man-to-Man defense ONLY in 1 <sup>st</sup> and 3 <sup>rd</sup> qtrs. (No Clear-out offense allowed) No double teams in 1 <sup>st</sup> & 3 <sup>rd</sup> 2 <sup>nd</sup> and 4 <sup>th</sup> quarter defense
Jump Ball	To start game – followed by possession arrow thereafter
Back Court violation	Will be enforced entire game. (4 <sup>th</sup> grade can cross half court than use red line for violation)
10 second violation	Enforced the entire game (4 <sup>th</sup> grade violation will occur at ½ court line)
Bonus Free Throws	Awarded on the opposing team's 7 <sup>th</sup> team foul per half including technical fouls
Player disqualification	Combined personal and technical fouls (**see SPECIAL NOTES – “Technical Fouls”)
Player/Coach conduct	Technical/ejected (must sit out next game) (**see SPECIAL NOTES – “Player Conduct”)
Technical Fouls	Non-violating team is awarded 2 points and possession of ball
Lack of action	When one team possess the ball for 30 seconds with no attempt of shooting
Three Point shot	Permitted the entire game
Throw-in Time limit	5 second to release the ball
End of year tournament	Immediately following season
Coach/Player Conduct	No cursing, disrespect, overly aggressive towards referees or players will be allowed

#### \*\*SPECIAL NOTES\*\*

<b>Player Playing time</b>	Each player will play ½ of each quarter (1 <sup>st</sup> – 3 <sup>rd</sup> quarters) with Exception 4 <sup>th</sup> grade division being all 4 quarters. This will be administered by the referees' midway through each quarter. This is NOT a TIME OUT and the coach is required to exchange players immediately. <b>NO huddle is allowed.</b> If this occurs the violating team will be assessed a time out. If the violating team has NO time outs...a Technical will be assessed. <b>No subbing is allowed during these quarters unless player is injured or in foul trouble.</b> In the FINAL QUARTER all players must play to achieve the minimum playing time rules stated above. <b>Player(s) must be at the SCORE TABLE when substituting all 4 quarters. No one player will be allowed to play the entire game.</b> ALL players must sit out 3 minutes per game if less than 10 players present.
<b>Grades 4 – 6</b>	<b>Back court pressure will be permitted in the last 2 minutes of each HALF</b> and the entire overtime (Overtime in tournament only). Otherwise, backcourt pressure is only allowed to steal a long pass which occurs beyond the 3 point line. Remember: all players must play a minimum of 2 minutes in the 4 <sup>th</sup> quarter.
<b>Grade 7 – 12</b>	Back court pressure will be permitted during the entire game and overtime. MERCY RULE: When a team achieves a lead of 15 or more points ...NO pressure is allowed beyond the 3 point line. If pressure occurs during this Mercy Rule...two warnings and then a technical foul will be assessed on the bench violating the rule. NO double team will be allowed in the 1 <sup>st</sup> and 3 <sup>rd</sup> quarters during the mandatory man to man defense. Pressure may be applied when score becomes less than 15 points.
<b>Important Rule</b>	When subs are called by the referee during the mandatory subbing <b>ALL subs have 5 seconds to enter</b> the court to resume play. Players must be at table ALL 4 quarters for subbing. If the team huddles to make changes a timeout will be assessed towards the violating team. If the team used all timeouts a technical foul will be assessed and the non-violating team will be awarded 2 points and possession at half court. If a team is caught not playing a player(s) the Coach Conduct rule will apply. See above. If a player is ill and cannot play... the ref, opposing coach should be notified immediately. This ruling must be agreed upon by parents, opposing coach and referees.

**QUICK REFERENCE RULES (Continued)**

**Defense:** All divisions will play man to man defense in the 1<sup>st</sup> and 3<sup>rd</sup> quarters and play any defense in 2<sup>nd</sup> and 4<sup>th</sup> quarters. Double teaming is strictly prohibited in the 1<sup>st</sup> and 3<sup>rd</sup> quarters and any actions to this effect the violating team will be warned than assessed a Coach technical foul. If the offensive team decides to use a spread offense in the 1<sup>st</sup> and 3<sup>rd</sup> quarter the defensive team can drop into a zone defense. Examples of a spread offense- 4 players in each corner while the point guard drives to the basket, 4 players on one side of the court and/or 2 players in each low or high corner so the point guard (usually the best player) can drive one on one.

Technical Fouls assessed because of rules violation (ie. Pressuring the ball when up by 15) will be awarded possession of the ball and 2 points. **CONDUCT FOUL:** The violating team, Coach or player will be assessed a technical foul and the opposing team will be awarded 2 points and possession of ball at spot of foul not to exceed half court. Any Player, coach, or team receiving 2 technical fouls in a game will be ejected , removed from building and suspended the next game. Any aggressive behavior, fighting, cursing, and conduct unbecoming the violating person(s) will be removed from the game/stands and the board will discuss further consequences. Coach, Player, or observer who are ejected from the game/building will be suspended the next game (No admittance) and the board will meet to discuss further actions.

**Remember:** The game is not over until you leave the building. The Coach, Player or fan can be assessed another unsportsmanlike conduct foul if he/she proceeds or continues to argue with referee's, coaches or parents. For example: if coach, player, fan becomes aggressive and argumentative after the game is complete the violating team can be assessed a technical foul charged to the previous game and suspended from league.

**Note:** After a coach receives a technical foul all coach's must be seated for the duration of the game.

**Zero Tolerance Rule:** If a coach is ejected from two games or receives 4 technical fouls during the regular season he/she will be immediately dismissed from their coaching duties for the remainder of the season.

<b>Description</b>	<b>Timer's Notes</b>
<b>Jump Ball</b>	<b>Used to start game. Alternating possession thereafter</b>
<b>Referee's Whistle</b>	<b>Clock Stops immediately</b>
<b>Automatic Subbing</b>	<b>All subs should be at table when referees ask for subs. Players should be subbed immediately and resume play. NO TIME OUT OR HUDDLE NEAR BENCH</b>
<b>Inbounds Plays</b>	<b>Clock starts when player on court touches ball</b>
<b>Foul Shots</b>	<b>Clock remains off until ball is touched by a player if missed or ball is thrown in bounds by the other team</b>
<b>Time Outs</b>	<b>5 timeouts (2 – 30 seconds/3 – 60 seconds)</b>
<b>Period Break</b>	<b>Discretion of Referee</b>
<b>Horn Should sound when...</b>	<b>1 minute prior, between each quarter and 15 seconds left during time outs.</b>