

WEST METRO LEAGUE GIRLS' BASKETBALL

Girls' Grades 4-8 Rules



1. BASKETS

The baskets will be at the following height: 10 feet

2. BALLS

4th: Junior Ball (27.5)

5th – 8th: Intermediate Ball (28.5)

3. FREE THROW LINE

4th: 12 feet

5th – 8th: 15 feet

Players can enter the lane upon release.

Shooter and players not in lane can enter the lane once ball hits rim.

4. PLAYERS

5-on-5. A team cannot start a game with less than the recommended number of players in uniform. If the players are not on the floor ready to play at the start of the scheduled game time, the game shall be forfeited to the opposing team and indicated as 0-1 in the scorebook. The participants present will scrimmage for the time allocated.

5. UNIFORM

1. No jewelry or accessories may be worn by players. Exceptions:

- a. Religious or medical necklaces/bracelets which must be securely taped.
- b. Earrings may be taped if recently pierced.

6. FOULS

1. Players will foul out of the game immediately after they commit their 5th foul. If a team has only the minimum number of players present, no player shall foul out of the game. Subsequent fouls on the player will result in the fouled team being awarded 2 points plus receiving the ball out of bounds at mid-court. Rotation is not affected for player subbing in for disqualified player.
2. Starting with the seventh team foul per half, players will shoot a 1-1 free throw attempt per foul.
3. On the tenth team foul, the fouled player will receive a two shot free throw attempt.

7. 3 POINT SHOT

Will only be used when the 3-point line is marked on the gym floor.

8. JUMP BALLS

Alternating possession.

9. LANE VIOLATION

3 seconds in the lane will be enforced.

10. OFFENSE

No offensive stalling.

11. DEFENSE

1. No full court pressure. Players must drop back to the half court line.
2. Normal player-to-player defense at all times.
3. No trapping (double teaming) outside the lane.

- a. Trapping & Double Teaming Defined: Two defensive players guarding one offensive player with the ball at the same time for a prolonged period. Players are able to play help defense and try to steal the ball but need to recover to their player after the attempt. Players may also switch who they are guarding. Switching is allowed and is a skill that we should be teaching.
- b. Teams will be given two warnings for a double-teaming violation. The third and subsequent violations will result in a team foul.

12. PLAYING TIME

The games must be played in one hour.

1. 3 minutes for warm-up.
2. 2-20-minute running time halves. The clock will stop the last 2 minutes of each half for normal whistles etc.
3. 3 minutes between halves.

*Clock is not stopped for: free throws except last 2 minutes of each half, team is ahead by 20 points or game clock has reached substitution time.

13. REFEREE/COACHES MEETING

A meeting will be held approximately 5 minutes prior to the start of each game.

14. TIME OUTS

1. Each team is allowed 2, one-minute time-outs per half (no carry over).
2. Each team is allowed 1, one-minute time-out per overtime (no carry over).

15. SUBSTITUTION

1. The clock will stop for substitution at 15:00, 10:00, and 5:00 minutes of each half or at a stoppage or slow point in play.
2. All players should be sitting and waiting to go into the game. The stopping of the clock is to be used only for substitutions. – NOT COACHING
3. Once a player has entered the game, they may not be replaced until they have participated in the full 5 minutes unless injury, illness, or the player has fouled out.
4. It is the goal of the program that ALL players play as close to equal amount of time as possible per game.
5. Teams are allowed to pick-up one registered rec player if they only have three players for a regular season game. If team has less than three players, the game must be forfeited.
6. If a team has 8+ players, no player is allowed to play three consecutive rotations. The only exception is if a player is fouled out of the game.

16. PLAYING TIME REQUIREMENTS

1. It is expected of the coaches to play their players equally during the game/season and not try to “manipulate” the rule so as to create an advantage for his/her team by playing the “star” players the entire game.

The scorekeeper is responsible for monitoring the substitutions on the official score sheet for both teams. The scorekeeper must notify the referees and coaches of any potential substitution issues. Any player found to be in violation of the equal playing time rule (No player will play more than one rotation than any other player) must be removed from that rotation. The referees will issue a warning to the offending coach. A second violation during the season from that coach will result in a technical foul.

2. Players who show up late to the game will NOT have their rotations made up during the game. The equal playing time rule will start with the next rotation.
3. The only exceptions to the equal playing time rule (no player will play more than one rotation than any other player) are as follows:
 - a. Pre-game injury: Coaches and scorekeeper will need to meet to understand the situation and accommodate a request to limit a player’s playing time due to injuries.

- b. Injury during game: If sub is needed, rotation is not affected. Injured player is allowed to return to the game at the next dead ball.
- c. Disciplinary action due to sportsmanship. This requires prior approval from the Community Director or Coordinators. Missing practices are not reasons for loss of equal playing time.

17. OVERTIME

1. There will be one, two-minute stop time overtime period.
2. If, at the end of the overtime, the game is still tied, sudden death overtime will be played and the first team that scores will be declared the winner.
3. Jump Ball will start the overtime.
4. Team fouls will continue as 2nd half of game.
5. Equal playing time rule is required.

18. SCORE BOOK & TIMEKEEPER

1. A score sheet will be provided for each game. Each team should assign a person to either keep the scorebook or run the game clock for the game. These people will sit at the score table.
2. The scorer's table score sheet is the official score sheet. It is the responsibility of the referees, gym supervisor, and coaches to ensure the accurate score was recorded.
3. The scorekeeper is responsible for monitoring the substitutions on the official's scoresheet for both teams. The scorekeeper must notify the referees and coaches of any potential substitution issues. Any player found to be in violation of the equal playing time rule must be removed from that rotation. The referees will issue a warning to the offending coach. A second violation from that coach will result in a technical foul.

19. SCOREBOARD

1. If a team is ahead by 20 points during the second half, the scoreboard shall turn to running clock except for free throws and substitutions.
2. If a team is ahead by 30 points during the second half, the scoreboard shall turn to a running clock except for free throws and substitutions and the score on the scoreboard will be reset to 0-0. The score will continue to be recorded on the score sheet, and this score will be recorded to the league website.

20. TOURNAMENT

1. Tournaments will be held at the end of the season.
 - a. Seeding will be based on regular season results.
2. Brackets will be posted about one week in advance.
3. Teams are not allowed to pick up players.