

**2015-2016**  
**GIRLS IN-HOUSE BASKETBALL GAME RULES**  
**EAST METRO GIRLS BASKETBALL LEAGUE**

*The following rules apply to ERAA/WAA/SCVAA joint administered in-house girls' basketball leagues for 3<sup>rd</sup> – 6<sup>th</sup> grade. Rules not specific to a particular grade apply at all grade levels. Except where modified below, National Federation of State High School Associations game rules shall govern play.*

**Good sportsmanship should be your guide at all times, not winning!**

**Players:**

- Players may play only for their assigned team.
- Games will be played five-on-five. Both teams must have five players to begin the game.

**Home & Visiting Team Duties:**

- The home team is the 2<sup>nd</sup> team listed on the schedule.
- If possible, the home team should provide one person to enter the information in the “official” record book.
- The visiting team should provide one person to operate the game clock and scoreboard.

**Game Length:**

- Game will consist of eight, 5-minute running time periods.

**Grace Period:**

- A 5-minute grace period from the schedule start time shall be allowed before a forfeit is declared.
- If a team does not have five legal players on the floor at the end of the grace period, they will forfeit the game
- An informal scrimmage should be held if a game is forfeited.

**Quarter Break:**

- 1 minute intermission after the 2<sup>nd</sup> and 6<sup>th</sup> periods.
- Breaks between periods are considered substitution breaks, so please quickly sub in your players.

**Half-Time Intermission:**

- 3 minutes in length, unless the officials decide to cut it even shorter in order to get back on schedule.

**Running Time:**

- The clock will run continuously except during the last two minutes of the eighth period unless one team is ahead by 20 or more points at the 2-minute mark, in which case the clock shall run continuously for the remainder of the game.
- The clock will stop during time-outs called by either the coach or the officials.
- The clock may be stopped momentarily to align players for free throws. However, the clock will be restarted as soon as players are in proper position.

### **Time Outs:**

- Each team is awarded two, 1-minute time-outs per game.
- Unused time outs will carry over to the second half and any subsequent overtime periods.
- One additional time-out will be awarded for the first overtime period only.

### **Overtime Period(s):**

- The first overtime shall be a 2-minute period where the clock is stopped on a dead ball.
- The second overtime period (if necessary) shall be a sudden win scenario with the team scoring the 1<sup>st</sup> basket becoming the winner.
- The clock will not be run during a second (sudden win) overtime period.
- Time outs not used during regulation time will be carried over to overtime periods.
- Note: In a tournament championship game only, each overtime period will be 2 minutes long with the clock stopping on a dead ball. There will be no sudden win during a tournament championship game.

### **Playing Time:**

- Coaches will ensure that every eligible player who participates in at least one of the two scheduled practices the week of a game, is able to play according to the playing time rules indicated below for each game that week (including tournament games).
- Although the officials will not monitor playing time, parents and other coaches have been instructed to help ensure that this head coaching responsibility is met.
- A coach may exempt a player from the Playing Time Rules for injury or disciplinary reasons. This must be reported to the officials and the opposing coach prior to the start of the game.
- The “In-House Playing Time Plan” must be completed prior to each game. The Playing Time Rules at the bottom of the In-House Playing Time Plan determine the playing time of each player and are based on the number of players available to compete in each game.
- Barring any injuries or disciplinary problems, the In-House Playing Time Rules must be followed for each game, including all tournament games, so that each player receives the maximum amount of playing time as dictated by the Playing Time Rules.
- The head coach will decide which players play in each period and their positions as long as the maximum number of periods is not exceeded.

- The **In-House Playing Time Rules** are as follows:

5 players: 5 play 8 periods each and each OT.

6 players: 4 play 7 periods (two of these play 1 OT and 2 play both OTs) and 2 play 6 periods and both OTs.

7 players: 5 play 6 periods (4 players play 1 OT and 1 plays both OTs) and 2 play 5 periods and both OTs.

8 players: 8 play 5 periods each (six play 1 OT while 2 play both OTs).

9 players: 5 play 4 periods and both OTs and 4 play 5 periods and no OTs.

10 players: 10 play 4 periods each and 1 OT each.

11 players: 7 play 4 periods (2 of these play in 1 OT) and 4 play 3 periods and both OTs.

12 players: 8 play 3 periods (6 play in 1 OT and 2 play in both OTs) and 4 play 4 periods and no OTs.

Once a player is on the court, the coach may not substitute during that period, with the following exceptions:

- Injury or illness
- Blood rule
- Player picks up their third foul in the first four periods or their fourth foul prior to the 8<sup>th</sup> period.

During these special situations, a coach must substitute a player of “comparable ability” who is sitting on the bench. The playing time of the substitute will not be recorded against their normal rotation. A player removed for injury or because of the blood rule should return as soon as they are able. Coaches may not modify their normal playing rotation to “make up” for the removed player’s “lost time.” No other substitutions are allowed.

#### **Substitutions:**

- When players must be replaced during a period due to injury, illness, blood or foul trouble, substitute players must report to the scorer’s table and be waved in by the official.
- Substitutions will be allowed only during normal stoppages of play when the whistle has been blown. You do not have to use a time-out to substitute players.

#### **Equipment:**

- **3<sup>rd</sup> and 4<sup>th</sup> Grade:** 27.5” junior-sized basketball will be used. Rims will be set at 8-feet in height for the entire season and season-ending tournament.
- **5<sup>th</sup>/6<sup>th</sup> Grade:** A 28.5” regulation-sized women’s basketball will be used. Rims will be set at 9-feet in height for the entire season and season-ending tournament.

#### **Officiating Personnel:**

- Two officials will be assigned to each game.
- The officials shall have final authority on any scorekeeping disputes.

#### **Free Throws:**

- **3<sup>rd</sup> & 4<sup>th</sup> Grade:** Free throws will be shot from two feet in front of the free throw line. A violation will be called if the player deliberately crosses the line on the attempt in an effort to gain an advantage. (Each coach should keep a roll of tape in their bag and apply a line of tape for the free throw line if necessary.)
- **5<sup>th</sup>/6<sup>th</sup> Grade:** Free throws will be shot from one foot in front of the regulation free throw line. A violation will be called if the player deliberately crosses the line on the attempt in an effort to gain an advantage (Each coach should keep a roll of tape in his/her bag and apply a line of tape for the free throw line if necessary).

#### **Bonus Rule:**

- A bonus free throw will be awarded on the team's 7<sup>th</sup> team foul in a half.
- Please make sure the scorekeeper tracks the team fouls in addition to individual player fouls.
- A double bonus free throw scenario will be awarded on the team's 10<sup>th</sup> foul in a half.
- All fouls will carry over into any overtime period(s).
- Players will foul out of the game after receiving a 5<sup>th</sup> personal foul.

### Three Point Shot:

- **3<sup>rd</sup> and 4<sup>th</sup> Grade:** There will be **no** 3-point shot option and all attempts at shooting this far away from the basket will be discouraged.
- **5<sup>th</sup>/6<sup>th</sup> Grade:** A three-point shot will be used when the floors are clearly marked with the 3-point arc.

### Lane Violations:

- **3<sup>rd</sup> and 4<sup>th</sup> Grade:** A four second lane violation will be enforced.
- **5<sup>th</sup> Grade and Above:** A 3-second lane violation will be enforced.

### Offensive Restrictions:

- **3<sup>rd</sup> and 4<sup>th</sup> Grade:** Coaches are strongly encouraged to play a different "Point Guard".
- Clear outs to take advantage of the no zone rule are strictly prohibited.
  - 1<sup>st</sup> Offense: Warning to the coach and players
  - 2<sup>nd</sup> and subsequent Offenses: Technical foul with the defensive team receiving two points and the ball out-of-bounds.

### Defensive Restrictions:

- **Player to Player Defense Required For All Grades**
  - Only player to player defense will be allowed.
  - Defensive players must be within 6-8 feet of their player when that offensive player is within the 3-point arc, or approximately 19'9" if there is no arc painted on the floor.
- **Double/Triple Teaming, Trapping & Stealing**
  - 3<sup>rd</sup> & 4<sup>th</sup> Grades: No double/triple-teaming or trapping is allowed at any time except inside the free-throw lane (3-second lane or "paint"), and no stealing of the ball is allowed above the free-throw line extended except during the final two minutes of the eight period and any overtime periods.
  - 5<sup>th</sup> – 6<sup>th</sup> Grades: No double/triple-teaming or trapping above the free throw line extended to each sideline to the mid-court line during the first three quarters of play (six periods). Double/triple teaming or trapping is allowed from the free-throw line extended down to the baseline at any time. Double-teaming and trapping is allowed anywhere in the frontcourt in the fourth quarter only (periods 7 & 8).
- **Guarding Throw-Ins and Chasing Loose Balls**
  - In the fourth quarter (periods 7 & 8) and any overtime periods, the defensive team may guard offensive players in the backcourt on throw-ins originating from the frontcourt. Once the ball is controlled in-bounds, the defensive team must drop back to the frontcourt. Players may chase a loose ball into the backcourt at any time.
- **Zone Defense**
  - Zone defenses are strictly prohibited. The officials will penalize as follows:

- 1<sup>st</sup> offense: Warning to coach and players
  - 2<sup>nd</sup> and subsequent offense: Team technical foul will be assessed and the offensive team will be award 2 points and the ball at mid-court.
  - A loose or sagging player-to-player defense or defensive palyers who do not know who they are supposed to be guarding is not to be considered a zone defense.
- **Full-Court Pressing**
    - **3<sup>rd</sup>/4<sup>th</sup> Grade:** Full-court press defense is not allowed at any time.
      - Defensive players must drop back to their backcourt whenever a rebound is controlled and cleared from the key by a dribble or pass by the offensive team.
      - The intent is to teach the kids how to clear rebounds out of the lane while at the same time eliminating the swatting or grabbing at the arms of a player controlling the ball in their backcourt outside of the key.
      - Please teach your players to fall back to the half court line when the defensive team rebounds the ball and clears the ball out of the key.
    - **5<sup>th</sup>/6<sup>th</sup> Grade:** Defensive players must drop back to their backcourt whenever a rebound is controlled and cleared from the key by a dribble or pass by the offensive team.
      - Teams may only full-court press in the fourth quarter (periods 7 & 8) and any overtime periods when they are behind by ten or more points.
      - Once the deficit is cut to single digits (9 points or less), the team may not full-court press.

#### **Mercy Rules:**

- At any point in a game, if one team holds a lead of 30 or more points, the team must remove one player from the court and play 4 on 5. If the lead drops below 20 points, the fifth player may return to the court (Coaches are to rotate the removed player to ensure all players receive equal playing time).
- If one team holds a lead of 20 or more points at the 2 minute mark of the fourth quarter, the clock shall run continuously for the remainder of the game.

#### **Technical & Intentional Fouls:**

- Free throws will not be attempted for technical or intentional fouls. The offended team will automatically receive 2 points and the ball out-of-bounds at the mid-court line.