



## **Girls Basketball League Game Rules 2<sup>nd</sup>-4<sup>th</sup> Grade Division**

### Time

(4) eight minute running clock quarters

- the clock stops every 4 mins for subs – please try and limit subs to those designated times, so players can match-up
- Halftime is 3 minutes long
- In the event of a tie, there will be a 2-minute overtime. If still tied, there will be a 2-minute sudden death overtime.

There will be five (5) minutes between each game. This will be the teams' opportunity to warm up before the start of their games.

### Fouls

No team or personal fouls (except shooting fouls)

- Players will shot free throws during shooting fouls (the clock does not stop)
- Free throw line can be moved up to accommodate player ability

### Time Outs

(2) 45-second timeouts per half. Timeouts do not carry over.

### Offense

A "mercy" rule will be in effect. Any team leading by 15 points must back off on defense to allow the other team to also learn from their experience. Coaches should pull their defense back to half-court defense. No pressing or trapping allowed. Once the score is within 10 points, the leading team can resume regular play.

### Defense

Must play man-to-man.

- Zone is not allowed
- Pressing is not allowed
- No stealing off dribble, only off a pass. Only exception: Players can steal the ball within the lane off the dribble.

**9' Foot Hoops with 27.5" Basketballs**



## **Girls Basketball League Game Rules 5<sup>th</sup>-6<sup>th</sup> Grade Division**

### Time

(2) 20 minutes running clock halves

- the clock stops the last minute of the 1<sup>st</sup> half, and the last two minutes of the 2<sup>nd</sup> half
- Halftime is 3 minutes long
- In the event of a tie, there will be a 2-minute overtime. If still tied, there will be 2-minute sudden death overtime.

There will be five (5) minutes between each game. This will be the teams' opportunity to warm up before the start of their games.

### Fouls

Players are given 5 personal fouls (players can foul out)

Free throws on shooting and team fouls:

- 1-and-1 at seven (7) team fouls; and
- Two (2) free throws at double bonus (10 team fouls).

There is a 3-second lane violation – so make sure players understand they must not be in the lane on offensive for more than 3 seconds

### Time Outs

(2) 45-second timeouts per half. Timeouts do not carry over.

### Offense

A "mercy" rule will be in effect. Any team leading by 15 points must back off on defense to allow the other team to also learn from their experience. Coaches should pull their defense back to half-court defense. No pressing or trapping allowed. Once the score is within 10 points, the leading team can resume regular play.

### Defense

Zone or man-to-man is allowed

- Pressing is the last two minutes of the game (2<sup>nd</sup> half only)

**10' Foot Hoops with 28.5" Basketballs**



## **Girls Basketball League Game Rules 7<sup>th</sup>-8<sup>th</sup> Grade Division**

### Time

(2) 20 minutes running clock halves

- the clock stops the last minute of the 1<sup>st</sup> half, and the last two minutes of the 2<sup>nd</sup> half
- Halftime is 3 minutes long
- In the event of a tie, there will be 2-minute overtime. If still tied, there will be 2-minute sudden death overtime.

There will be five (5) minutes between each game. This will be the teams' opportunity to warm up before the start of their games.

### Fouls

Players are given 5 personal fouls (players can foul out)

Free throws on shooting and team fouls:

- 1-and-1 at seven (7) team fouls; and
- Two (2) free throws at double bonus (10 team fouls).

There is a 3-second lane violation – so make sure players understand they must not be in the lane on offensive for more than 3 seconds

### Time Outs

(2) 45-second timeouts per half. Timeouts do not carry over.

### Offense

A "mercy" rule will be in effect. Any team leading by 15 points must back off on defense to allow the other team to also learn from their experience. Coaches should pull their defense back to half-court defense (no pressing). No pressing or trapping allowed. Once the score is within 10 points, the leading team can resume regular play.

### Defense

Zone or man-to-man is allowed

Pressing is allowed

**10' Foot Hoops with 28.5" Basketballs**