

## **HERMOSA BEACH**

### **YOUTH BASKETBALL LEAGUE**

# **Girls General Rules & Guidelines**

## **1. Time for Games and Practice**

- 1.a Each pair of competing teams will have a reserved time slot to be divided between warm-up, practice and game. The warm-up period may be shortened to ensure timely completion of the game.

<i>Division 1</i>	<i>75 minute time slot</i>	<i>  15 minute warm-up</i>	<i>  60 minute game</i>
<i>Division 2</i>	<i>75 minute time slot</i>	<i>  15 minute warm-up</i>	<i>  60 minute game</i>
<i>Division 3</i>	<i>75 minute time slot</i>	<i>  15 minute practice</i>	<i>  60 minute game</i>
<i>Division 4</i>	<i>75 minute time slot</i>	<i>  30 minute practice</i>	<i>  45 minute game</i>

- 1.b The game will consist of four quarters.

<i>Division 1,2,3</i>	<i>9 minute quarters</i>
<i>Division 4</i>	<i>8 minute quarters</i>

- 1.c In Girls Division 1, 2 and 3, the clock will stop with the whistle during the last two (2) minutes of the game.

In Girls Division 4, the "running clock" will only stop with a timeout.

For all Girls Divisions, there will be no overtimes during the regular season games. Five (5) minute overtimes will be played to determine a winner in play-off games. The clock will stop with the whistle in the last two minutes of any OT period

- 1.d In Girls Division 1 and 2 each team is entitled to three (3) 30-second time outs in each half of the game. Either a coach or player may call the time outs with the referee.

In Girls Division 3 and 4 each team is entitled to two (2) 30-second time outs in each half of the game. Either a coach or player may call the time outs with the referee.

In playoff games, for each OT period, 1 additional timeout will be added per team

- 1.e For all Girls Divisions, a two minute break will be allowed between each quarter and a five minute break at half time, unless the requirements are such that the referee must shorten these to finish the games.

- 1.f For all Girls Divisions, it is the responsibility of the coaches and the referee to ensure the games start promptly and end before the designated start time of the next game. **The horn will be sounded manually at the scheduled start time of the next game, and any game still in progress will end immediately.** The time shown on the East wall clock in the gym will govern.

- 1.g In Girls Divisions 1, 2 and 3 each team is entitled to only one practice per week (in addition to the 15 minute warm-up before the game) of no more than (60) minutes in length.

In Girls Division 4, each team is entitled to only a 30 minute pre game practice. No team practices are to occur at any other time, except for an optional outdoor, 30 minute practice, one time per week. This extra practice is optional for both players

and the coaches. (THAT IS, NO PLAYER CAN BE PENALIZED FOR NOT ATTENDING SUCH A PRACTICE.)

No team practices are to occur at any other time or for any length longer than specified. A team practice is considered to be any meeting where a coach and three or more players from the team are present. Practice violations may result in the termination of the coach.

2. **Basket Height and Ball**

2.a Basket heights will be set as following:

<i>Division 1,2</i>	<i>10'-0"</i>
<i>Division 3</i>	<i>9'-0"</i>
<i>Division 4</i>	<i>8'-0"</i>

2.b Ball sizes to be used are as follows:

<i>Division 1,2,3</i>	<i>Compact or intermediate sized ball- 28.5</i>
<i>Division 4</i>	<i>A youth sized ball- 27.5</i>

3. **Players, Coaches and Referees**

3.a For Girls Division 1, 2 and 3, each player must be played at least the equivalent of two full quarters (18 minutes of playing time).  
For Girls Division 4, each player must be played at least the equivalent of two full quarters (16 minutes of playing time).  
Coaches will be given the discretion of playing their players in half quarter or lesser increments (i.e. the coach can play a player for four half-quarters or for one whole and two half-quarters).

Playing Rule violations may result in the termination of the coach.

3.b The minimum playing time rule assumes that players follow coaching instructions and attend practices in a timely and responsible manner. A player who ignores coaching instructions or fails to attend games and/or practices regularly may be allowed to play less than the allotted time as a disciplinary action. A coach who thinks disciplinary action against a player is justified must obtain advance approval from both the Divisional and overall (boys and girls) Commissioner and notify the parents and referees prior to the start of the game.

3.c Substitutions will be allowed during momentary breaks in the action, such as when the ball goes out of bounds, a foul is called, or during a time out. However, substitute players must check into the game at the scorer's table and wait for the referee to signal them to enter the game.

3.d A team must have at least 4 players to begin a game and a minimum of 3 to finish a game. Teams with 3 or fewer players at game time, or teams that drop below 3 players at any time during the game, must forfeit.

3.e For Divisions 1,2 and 3, coaches are to coach from their bench area.  
For Division 4 coaches are to coach from the bench area after the first game.

3.f Paid referees will be present for each game.

4. **Game Rules**

4.a **(20) Point Rule**

**For Girls Division 1,2 & 3, if a team is ahead by 20 points, the leading team will win the game. The clock will continue to run, but the scoring won't be recorded on the scoreboard or in the scorebook.**

**When this occurs the leading team's coach should rotate out their higher scoring players, relax their defense and not press.**

**Any un-sportsman like conduct from either team, such as taunting, ridiculing, playing keep away, or disrespect of the other team will not be tolerated, and any violation of this may result in the forfeiture of that game as determined by the referee.**

**Both teams should continue to play out the remainder of the game regardless of the score.**

**The coaches are responsible for their parents and players conduct. Our goal is to foster good sportsmanship, ethics and integrity.**

**For Girls Division 4, the clock will continue to run, but no score will be kept throughout the entire game.**

- 4.b In Girls Division 1, full court defense (behind the mid court line) is allowed throughout the game, except for teams that have gained a 20 point or greater advantage. The team with a 20 point or greater disadvantage may continue to press.

In Girls Division 2, full court defense (behind the mid court line) is prohibited, except during the last two minutes of the game.

In Girls Division 3 and 4, there will be no defense outside of the red box in the frontcourt.

For Girls Division 1 and 2, the team with the ball in the back-court will have 10 seconds to advance it past the mid-court line. Failure to do so will result in a turnover except in the last two minutes of the game.

For Girls Division 3, the team with the ball in the back-court will have 10 seconds to advance it past the mid-court line. Failure to do so will result in a turnover.

- 4.c In Girls Division 1, "Over and Back" or backcourt violations will be called.

In Girls Division 2, "Over and Back" or backcourt violations will not be called. However a team that brings the ball back past the mid court line may be pursued by the defending team.

In Girls Division 3, "Over and Back" or backcourt violations will not be called. Once offense enters/crosses the red line to start offense, defense can guard the offense on either side of the red line. Purpose: Offense cannot use the red line to stall tactic by entering and exiting.

- 4.d For all Girls Divisions, a jump ball will be called at center court at the beginning of the first and third quarter. After that, possession will alternate between teams when a jump ball is called by the referee.

- 4.e Referees have been instructed to be especially vigilant about discouraging physically rough play.

For Girls Division 1, a player who commits six fouls will be removed from the game. For Girls Division 2 and 3 only, a player who commits five fouls will be removed from the game.

For Girls Division 1, 2 and 3, if the players removal would result in a team having only four players, the coach has the option to continue with a "fouled out" player under the following conditions: (1) If a foul is committed after a player has fouled out, two points will be added to the opposing team's score, (2) the award of two foul shots to the fouled player, and (3) the return of the ball to the fouled team after the second foul shot. Fouls will be called for the following violations, and they will be recorded against the individual player:

1. Charging and making contact with a stationary defender.
2. Bumping or pushing a player who has possession of the ball.
3. Hitting or touching the hands or arms, or holding on to a player dribbling, shooting, or otherwise in possession of the ball.
4. Loose ball fouls of pushing, holding or otherwise interfering with a player trying to reach the ball.
5. Intentional fouls including physical or verbal misconduct.

For Girls Division 4, fouls will be called for the following violations, but they will not be recorded against the individual player:

1. Charging and making contact with a stationary defender.
2. Bumping or pushing a player who has possession of the ball.
3. Hitting or touching the hands or arms, or holding on to a player dribbling, shooting, or otherwise in possession of the ball.

4.f Lane Violations:

In Girls Divisions 1 and 2, players will be called for a lane violation if they remain in the lane area for more than 3 seconds.

In Girls Division 3, players will be called for lane violations if they remain in the lane area for more than 5 seconds.

In Girls Divisions 4, no lane violations are called. However coaches and referees should warn players not to stay in the lane for more than five seconds.

4.g Dribbling:

In Girls Division 1,2 & 3, players will be called for double dribbling if they stop dribbling the ball and then resume dribbling. In Girls Division 3, referees should be more lenient with double dribbling.

In Girls Divisions 4, players will be instructed on proper dribbling. No dribbling violations will be called.

4.h Traveling:

In Girls Division 1,2 & 3, Players will be called for traveling if they complete a second step (their second foot makes contact with the floor) without dribbling. In Girls Division 3, referees should be more lenient with traveling.

In Girls Division 4, no traveling violations will be called. However referees and coaches should not allow players to run up the court without dribbling.

## 4.i Free Throws:

1. In all Girls Divisions, two free throws will be given to a player who is fouled in the act of shooting.
2. In Girls Divisions 1,2 & 3, a bonus situation will go into effect (one and one) after a team commits six fouls in either half.
3. In Girls Divisions 1 players will shoot free throws from behind the black line. In Girls Divisions 2 & 3 players will shoot free throws from behind the blue line.  
In Girls Division 4, players will shoot free throws 5 feet in front of the blue line. However the referee has discretion to allow the player to move closer to the basket or step over the line when shooting.

4.j In Girls Division 1 and 2, teams may either play man to man defense or zone defense  
In Girls Division 3 and 4, teams must play man to man defense.

4.k For all Girls Divisions, prior to the first game of the season, each team is entitled to 3, one hour practices.