



2010 GIRLS BASKETBALL RULES & REGULATIONS

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2010 Girls' Basketball Rules

Unless otherwise stated herein, Minnesota State (National Federation) High School League rules will apply. All rules and penalties stated herein are open to interpretation by the League Director on a case-by-case basis.

1. LEAGUE OBJECTIVES

- 1.1. Teach teamwork and basketball fundamentals.
- 1.2. Promote good sportsmanship by coaches, players, and spectators.
- 1.3. Provide fun for all players.

2. GENERAL RULES

- 2.1. The use or influence of drugs, alcohol, or tobacco is prohibited in the presence of players or upon school grounds.
- 2.2. No food, candy, or drink is allowed in the gyms. This pertains to players, coaches, officials, and spectators. This rule applies regardless of the type of beverage container used (e.g. - water bottles). Coaches should not distribute post-game beverages and/or snacks within the gyms.

3. COACHES

- 3.1. Coaches participate at the invitation of the League Director.
- 3.2. Coaches must be at least 15 years old. Coaches still attending High School must be at least 3 years older than their players.
- 3.3. Coaches must attend NYSCA training, unless already fully and actively certified.
- 3.4. Coaches may be suspended or dismissed at the discretion of the League Director for failure to comply with the rules and regulations stated herein.
- 3.5. Coaches must regularly conduct practices. Only 1 hour of gym time is allowed per week. Additional classroom based instruction is permitted at the coach's discretion.
- 3.6. Coaches are expected to be present at all scheduled games, or to have arranged in advance for a substitute who will present themselves to game officials prior to the start of play. Substitute Coaches must know these rules; ignorance will not be accepted as an excuse for rules violations.
- 3.7. Winning coaches must call game results into the AAA hotline (763-755-0805) within 24 hours. For games ending in a tie, the home-team Coach should call in the results.

4. BENCH PERSONNEL

- 4.1. Each team must supply scorekeepers who must sit together with the timekeeper either at mid-court between the team benches or at a Scorer's table if one is present. Both scorekeepers should keep track of alternate ball possessions. The home team's scorekeeper is responsible for recording the officials' names and the game's actual start time. Scorekeepers are required to compare tallies at the end of each period.
 - 4.1.1. In the event of a dispute concerning score, possession, fouls, or players' court time, information in the home team's scorebook takes precedence, *but only if Officials can determine that the scorebook has been properly maintained.*
- 4.2. The *visiting* team must supply a timekeeper at least 12 years of age.
- 4.3. Only players, one head coach, one assistant coach, a scorekeeper, and a timekeeper are allowed in the team bench area.
- 4.4. The coach and assistant coach must sit in the chairs closest to the centerline and may only move within an area the width of 3 chairs (referred to as the "Coaching Box").
 - 4.4.1. Coaches and their assistants must remain seated during the game except to confer with bench personnel or players within the confines of the Coaching Box, signal time-outs, and attend to injured players. Coaches may also rise in front of their seat to react to outstanding plays, but must immediately return to their seat.
 - 4.4.2. In grades where Coaches act as the Referees, only one Coach from each team should be out on the floor.

5. INFECTIOUS DISEASE CONTROL

- 5.1. Any player, coach, or official who is bleeding or who has blood on their uniform will be prohibited from further participation in the game until the following conditions are met:
 - 5.1.1. Bleeding has stopped.
 - 5.1.2. The injury is covered.

- 5.1.3. Clothing affected has been changed (color changes are allowed), disinfected, or covered.
- 5.2. Game play may not continue until all blood present in the competition area or on equipment has been removed and the affected area(s) disinfected.

6. SPORTSMANSHIP

- 6.1. Good sportsmanship must be maintained before, during, and after the game by coaches, players, and spectators. Coaches will be held responsible for the conduct of their players, assistant coaches, scorekeepers, timekeepers, and players' parents and guests.
- 6.2. Coaches, players, and spectators will refrain from castigating, denigrating, or providing any other non-constructive feedback to players, coaches, officials, or spectators. The offense may result in a warning, Technical foul, and/or ejection from the game and playing area at the referee's discretion. After review by the League Director, additional game suspensions may be added to the penalty.
- 6.3. Use of profanity by any player, coach, or spectator will result in a Technical foul and immediate ejection from the game and playing area, and is grounds for suspension or expulsion from the league after review by the League Director. For these purposes, "profanity" is defined as commonly known "swear" or "curse" words, and do not include words that would be considered profane due to religious connotations.
- 6.4. Any threats or violent physical contact by players, coaches, or spectators against other players, coaches, spectators, or officials will result in a Technical foul and immediate ejection from the game and playing area. Such actions will also result in immediate suspension from subsequent games until such time as the Board of Directors can convene to review the incident. Such actions can also be deemed to be criminal and dealt with accordingly.
- 6.5. Individuals refusing to leave the playing area after ejection will be given one warning to leave, after which their team will be considered to have forfeited the game.
- 6.6. Coaches, bench personnel, or spectators who attempt to attend games during a suspension will be issued one warning to leave, after which their team will be considered to have forfeited the game. Suspended players must be present and in uniform.
- 6.7. Officials may rule a game in forfeit if in their judgment conditions are out of control.
- 6.8. Players or coaches may be suspended or expelled from the league after receiving 3 technical fouls during a single or consecutive season.
- 6.9. *Defensive players may not attempt to distract a player in the act of shooting by shouting, foot stomping, or excessive arm waving. Infractions will result in an Intentional Foul call with Free-Throws awarded per the normal rules for fouls against shooters plus retained possession of the ball.*

7. PROTESTS

- 7.1. No protest of game results is allowed. Rules violations must be reported to Officials or the League Director prior to the end of the game in which they occur. Other requirements for reporting violations may apply as indicated in the rules contained herein.
- 7.2. Coaches are permitted to politely ask officials for a brief explanation of officials' calls if time allows and play is not in progress. No one other than coaches is permitted to address officials before, during, or after games.
- 7.3. Requests for review of officials' decisions for the purpose of possible mid-season rule modification may be made to the League Director. However, under no condition will game results be reversed.
- 7.4. Suspensions and expulsions may be appealed to the Andover Athletic Association Board of Directors that meets the 4th Tuesday of each month at 7:30 at Oak View Middle School.
- 7.5. Videotapes of games will not be accepted for the purposes of reviewing rules violations.

8. APPAREL

- 8.1. Players must wear appropriate athletic footwear, deemed in satisfactory and safe condition by the officials.
- 8.2. Players must be wearing a uniquely numbered team shirt to be eligible for play.
 - 8.2.1. Shirts must be tucked in.
 - 8.2.2. If a player's jersey becomes unwearable and they will re-enter the game wearing a new number, the change must be reported to the opposing team's Bookkeeper and the Referees in order to avoid a Technical Foul against the player.
 - 8.2.3. Players' shirts may not be altered except to add player names across the top of the shirt back, or to add or modify a number to make it unique.
- 8.3. Referees will not permit the wearing of any apparel that they judge to be dangerous, distracting, or otherwise inappropriate for the purposes of playing basketball. Examples of illegal apparel include, but are not limited to:
 - 8.3.1. Players are prohibited from wearing jewelry of any kind, including piercings that are visible or exposed. Tongue piercings that are on that part of the tongue that can be extended past the lips are also prohibited. Covering piercings with tape or bandages is not acceptable. Referees have the final decision on what constitutes a safety issue.
 - 8.3.2. Garments worn under shorts may not extend below the leg opening of the shorts, with the exception of compression shorts, which may be worn if the length is above the knee.
 - 8.3.3. Players may not wear casts, braces, or guard made of any hard substance on elbows, hands, fingers, wrists, or forearms, even if covered with soft padding. The use of artificial limbs will be at the discretion of the League Director.
 - 8.3.4. Players may not wear head coverings, other than a headband or elastic bands for controlling hair, unless required for medical or religious reasons. Documented evidence is required for the last two exceptions.
 - 8.3.5. Players may not wear garments with pockets, belt loops, or other features that could cause injury to other players, unless the garment is made of elastic materials such as spandex, fleece, or stretch cotton.
 - 8.3.6. Players may not wear mismatched socks or mismatched shoes.
 - 8.3.7. Players may not color their hair to create a distraction or other unfair advantage. This includes but is not limited to bright unnatural colors or colors matching opposing teams' uniforms.
 - 8.3.8. The waist-band of shorts or pants must be worn above the hips.

9. EQUIPMENT

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Ball Size	Junior (27")				Intermediate (28.5")							
Rim Height	8 Feet		9 Feet		10 Feet							

- 9.1. Players requiring eyewear must use safety straps.
- 9.2. No school equipment or basketballs, other than cones and backboard adjustment tools, can be used at any time. Only the league director, coaches, and officials are allowed in equipment rooms.
- 9.3. During pre-game and half-time warm-ups only 2 balls per team are permitted on the court.
- 9.4. Intentionally touching the backboard, rim, or net other than as part of shooting or defending results in a Technical Foul being called against the player. This rule is in effect whenever Referees are present in the gym. This rule does not replace regular rules regarding basket interference and goal tending.

10. GAMES

	1st – 2nd	3rd – 4th	5 th – 12th
Time*	Four 6-Minute Quarters		
Rest Periods	1 Minute between periods, 5 Minutes for half-time		
Maximum Game Time*	55 Minutes, including overtime		
Scorekeeping	No	Yes	
Time-Outs*	None	Two per half, one per overtime period	
Overtime	None	3 Minutes	
Free-Throws	None	<ul style="list-style-type: none"> • 3 feet in front of regulation line • no intentional movement towards basket until ball contacts rim • rebounders occupy spaces closest to end-line 	<ul style="list-style-type: none"> • Behind regulation line • no lane entry until ball contacts rim • rebounders occupy spaces closest to free-throw line
Lane Violation	None	5 Seconds	3 Seconds

- 10.1. Maximum game time is waived during tournament games.
- 10.2. If a team is winning by 20 or more points after three quarters, the 4th quarter will switch to a running-clock for the remainder of the game even if the point differential drops below 20. This rule is waived for tournament games. The clock stops only for time-outs (both by teams and officials) and to administer foul shots.
- 10.3. When games are 15 minutes or more behind schedule, referees may choose to limit warm-up time, reduce or eliminate half-time, or switch to a running clock in the 4th quarter.
- 10.4. Tournament games still tied after the overtime period will continue with a “sudden-death” period. Regular-season games still tied after the overtime period end in a tie.
- 10.5. A game is considered forfeit if a team can not field at least 5 players five minutes after scheduled start time. Referees may use their own discretion on what constitutes scheduled start time when previous games run late.
- 10.6. The first infraction, of calling a Time-Out after all Time-Outs have already been used, results in a loss of possession only. All subsequent infractions result in a Technical Foul; 1 point if against a player, 2 points if against the Coach.
- 10.7. Jump-balls are performed only at the beginning of the game and overtime periods. For all other jump-ball situations, including the start of each quarter, teams will alternate possession. It is the responsibility of both teams’ scorekeepers, not the officials, to track ball possession.
- 10.8. During throw-ins from either the sidelines or baselines, the defending team must stand back at least 3 feet from the thrower unless the referee determines that sufficient space exists outside the boundary line for the thrower to back up.
- 10.9. *For grades in which full-court press is not allowed, during the last minute of a game, any throw-ins by the team ahead in scoring must be made into the Front Court. The throw-in spot will be at the sideline on the front-court side of the center line. Throwing into the Back Court in this situation results in a loss of possession.*
- 10.10. *Coaches must put their teams on the court immediately when beckoned by referees at the end of rest-periods and time-outs. Referees will whistle 10 seconds before and again when time expires. A final warning will be whistled 10 seconds after time expires and the ball will be put into play regardless of whether both teams are on the court.*

11. PLAYERS

- 11.1. Players must have a signed paid registration to be on a team roster. No roster additions (late registrations) to replace lost players can occur after the 2nd regular season game. Teams will forfeit any games played with unregistered players.
- 11.2. *Players will be assigned to teams based upon current grade level, with the following exceptions:*
 - 11.2.1. *A player may play at a higher grade level if:*
 - There is space available in the higher grade level, and ...*

A parent or relative of the player volunteers to be their Head Coach, or ...

The player has a sibling playing at a higher grade level and the Coach of the older player agrees to have the younger player on the team.

- 11.2.2. *A player may play down at their "natural" grade level if they provide documentation of grade acceleration due to academic ability.*
- 11.2.3. *The League Director may adjust grade levels for home-schooled players based upon the "natural" grade level indicated by their birth date and minimum age requirements for school attendance as set forth in Minnesota Statute 120A.20 Subd. 1.*
- 11.3. Players must play in 50% of a team's games to be eligible for tournament play, unless they miss regular season games due to an injury or scholastic extracurricular activity conflict. The League Director must approve eligibility in such cases.
- 11.4. No team may have any players who are currently playing on or within the past 12 months have played on one or more of the following types of teams:
 - AAU or other youth traveling teams
 - High School Sophomore, Junior Varsity, or Varsity teams
- 11.5. In Grades 1 through 4, coaches are expected to regularly rotate players through all positions which they are capable of playing during the course of the regular season. Capable is defined as having the minimum skills necessary for a position, not mastery.
- 11.6. Every player must play a minimum of 2 quarters and a maximum of 3 quarters in all grades. Scorekeepers, not Officials, are required to keep track of playing time. Failure to comply with this rule may result in forfeiture upon review by the League Director. The only valid reasons for playing less than the minimum are fouling out or injury. A player planning to leave a game early for other reasons must play the minimum.
 - 11.6.1. The maximum will be waived for teams with less than 7 players eligible to play. The minimum is reduced to 1 quarter (6 minutes) for teams fielding more than 10 players.
 - 11.6.2. In all grades violations must be reported to Officials no later than the end of the first minute of the 4th quarter. Coaches may correct the violation at that point without penalty.
- 11.7. In all grades, no substitutions are allowed during quarters or overtime periods; players starting a quarter must finish it unless unable to do so due to injury, or physical or mental limitations.
 - 11.7.1. In all grades when a substitution must be made because of an injury, the player having played the majority of the quarter will be considered to have played the entire quarter. Once a substitute has played the majority of the quarter, they must complete the quarter. Prior to that point, an injured player who is ready to return may do so.
 - 11.7.2. In all grades when a substitution is made for a player who has fouled out, the substitute will be considered to have played the entire quarter regardless of time played. Therefore, the substitute can not be a player who has already reached maximum playing time, unless all remaining players have played the maximum.
- 11.8. In all grades the following rules will determine playing time for each player based upon how many players are present.

Players Available	Quarters To Be Played			
	1 Quarter	2 Quarters	3 Quarters	4 Quarters
12	4 Players	8 Players	NA	NA
11	2 Players	9 Players	NA	NA
10	NA	10 Players	NA	NA
9	NA	7 Players	2 Players	NA
8	NA	4 Players	4 Players	NA
7	NA	1 Player	6 Players	NA
6	NA	NA	4 Players	2 Players
5	NA	NA	NA	5 Players

- 11.8.1. In overtime periods, each team may field any players regardless of their playing time during regulation periods.

- 11.9. Teams in any grade level leading by 15 points or more are allowed to pull players, regardless of playing time, from the game during the last 3 minutes in order to avoid running up the score. Teams may also call a time-out, even if none are left, to instruct their teams to avoid fast-breaks, three-point shots, and any other actions that may run up the score. In Grades 1 through 8, the team losing may not take this opportunity to change their line-up for the quarter.
- 11.10. Coaches may suspend a player for consistently missing scheduled practices or games, or for other disciplinary problems after receiving approval by the League Director. The opposing coach and officials must be notified of the suspension prior to the start of the game. Suspended players must still attend the game from which they are being suspended or incur an additional suspension.

12. FOULS

- 12.1. Fouls committed against a player in the act of shooting will result in one free-throw if the basket is made, two free-throws if the basket is missed, or three free-throws if the miss was attempted from outside the 3-point line in levels where 3-point shots are allowed.
- 12.2. Intentional fouls will result in two free-throws and the ball out-of-bounds.
- 12.3. Flagrant fouls will result in a 2-point Technical against the offending player, and ejection.
- 12.4. One-and-one bonus free throws will be awarded starting with the 7th team foul in each half. Double bonus free-throws will be awarded starting with the 10th team foul in each half. Team foul totals for the 2nd half of a game, stay in effect during overtime periods.
 - 12.4.1. Bonus free-throws are not awarded if the foul is a player-control foul (fouls committed by the player in control of or shooting the ball).
- 12.5. Players will “foul-out” with their 5th personal foul in the game. If such a situation would result in a team having fewer than 5 eligible players, the team may continue to play with less than 5 players on the court if the Officials deem that the team still has a reasonable chance to win the game.
- 12.6. Technical fouls automatically result in 1 point being awarded to the opposing team unless otherwise stated within these rules.
 - 12.6.1. Technical fouls called against the team or bench personnel are assessed to the person(s) committing the violation and to the coach. Points are only awarded once, unless separate Technical Fouls are being called against multiple people.
 - 12.6.2. In cases where an individual violator can't be identified, the Technical Foul is called against the team and assessed to the coach.
- 12.7. Coaches, players, or spectators will be ejected from the playing area upon receiving a 2nd Technical foul in any single game, but can be ejected earlier if the Referee decides the situation warrants.

13. DEFENSE

	1st-4th	5th-6th	7th – 8th	9th-12th
Defenses	Man-to-Man Only*	Any		
Double-Teams	Allowed as long as additional defenders are not playing a zone defense.	Allowed		
Press	Not Allowed		Allowed, unless leading by 20 points or more *	
Fall Back*	Required on all possession changes.		Not required	
On Fast Breaks	Defender may engage ball-handler in the back-court only if the ball-handler passes within 6 feet of the defender		Any	

- 13.1. In mandatory Man-to-Man defenses, defenders must stay within 6 feet of their assignment. Defenders waiting for their man to cross the centerline must be within 6 feet of the centerline. Teams will be warned for the first 2 infractions of this rule. Starting with the 3rd infraction, a Personal foul will be called against the player who is out of position. If more than one player is out of position, all will be assessed Personal fouls.
 - 13.1.1. Coaches may change assignments during a quarter to adjust for skill misalignments. Defenders may swap assignments “on the fly” to respond to screens or being beaten the dribbler. Verbal indication is not required.

- 13.2. No full-court press is allowed when the defensive team leads by 20 or more points. Teams will be warned for the first 2 infractions of this rule and play will be restarted. The 3rd infraction will result in a team Technical Foul.
- 13.3. In grades where full-court press is prohibited, the defense is permitted while falling back to intercept passes within a defender's normal reach or fumbles in the back-court. It is the offense's responsibility to maintain ball control.
- 13.4. While stealing from the ball-handler is prohibited in some grades, interceptions, blocks, and fumble recoveries are allowed.

14. OFFENSE

	1st – 2nd	3rd-4th	5th – 8th	9th-12th
Carry, Double-Dribble, Travel	Called but no loss of possession	Loss of Possession		
Fast Breaks*	None	Not allowed on rebounds off rim, net, or backboard	<i>Allowed, unless leading by 20 points or more*</i>	
Back Court Violation*	10 seconds after defense falls back		10 seconds after throw in caught	
Three-Point Shots	Not Counted		<i>Allowed, unless leading by 20 points or more*</i>	

- 14.1. Fast break violations result in a restart of play without loss of possession by the offending team on the first 2 infractions. Subsequent infractions will result in loss of possession.
 - 14.1.1. During rebounding after a shot which has touched the rim, net, or backboard, if a player from the shooting team jumps out-of-bounds to push the ball back into play, the action is considered a pass. Therefore, if the pass is intercepted by the opposing team, a fast-break is allowed. If the player pushing the ball back into play is from the defending team, the action is considered part of rebounding and no fast-break is allowed.
- 14.2. In grades required to use "man-to-man" defenses, all players must participate in all offensive plays. Isolation plays where offensive players lead all defenders to the back-line, same corner, one side, or away from the Lane are not permitted. Likewise, plays where all offensive players except the ball-handler remain stationary for the entire play are not permitted. Warnings will be issued for the 1st violation. Subsequent violations will result in a Technical foul against the coach.
- 14.3. *No fast-breaks are allowed when the offensive team leads by 20 or more points, unless necessary to break a defensive press. Teams will be warned for the first 2 infractions of this rule and lose possession. The 3rd infraction will result in a team Technical Foul.*
- 14.4. *When the offensive team leads by 20 or more points, shots made from outside the 3-point arc will only count as 2-points. If the shooter is fouled while attempting a shot from outside the 3-point arc in this situation, they will only be granted 2 free-throws.*