

West Metro Girls Basketball Rules Grades 4 – 8



GAME RULES:

High school rules will be followed except as specified below:

1. BASKETS:

Grades 4 – 8 10 feet

2. BALLS:

Grades 4 – 8 Intermediate Ball (28.5)

3. FREE THROW LINE:

Grade 4 12 feet Grades 5 - 8 15 feet

4. PLAYERS: Grades 4 - 8 will have five (5) players on the floor at all times. 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 five minutes after the scheduled start time, the game shall be forfeited to the opposing team. The participants present will scrimmage for the time allocated.

5. FOULS: Players will foul out of the game following the fifth (5) 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 the necessary foul shots plus getting the ball out of bounds at mid-court.

6. FREE THROWS:

- Per MSHSL rules.
- Technical fouls are not shot. The opposing team will be awarded 2 points.

7. 3 POINT SHOT: Will only be used when the 3 point line is marked on the gym floor.

8. JUMP BALLS/ALTERNATING POSSESSION:

Per MSHSL rules.

9. DEFENSE:

Grade 4:

1. No full court pressure
2. All defensive players need to retreat back to the three point line, and wait there for their offensive player that they are guarding.
3. Normal girl-to-girl defense at all times
4. No trapping (double teaming)
5. Switching is allowed, and is a skill that we should be teaching

Grade 5 - 8 Girls: Normal girl-to-girl defense will be played. Each player shall guard one player, not just the ball. Switching is allowed. No trapping allowed at anytime.

Full Court Press: Will allow beginning January 10th. Girl-to-girl press allowed, no trap or zone presses. Press allowed the last 10 minutes of the 2nd half unless a team is ahead by 15 points or more. Teams ahead by 15 must drop back to half court.

Zone Defense: Will allow beginning January 10th. **Only 7th/8th grades are allowed to play zone defense.** Only a 2-3 zone or a match-up zone permitted, no 1-3-1, trapping zones, or full-court zone press.

10. LANE VIOLATION

Grade 4: Communicate to the players first, penalize later.

Grades 5 - 8: 3 seconds

11. PLAYING TIME: The games must be played in approximately one hour.

a. 3 minutes for warm-up.

b. 2-20 minute running time halves. The clock will stop the last 2 minutes of each half for normal whistles etc.

c. 3 minutes between halves.

12. TIME OUTS: Each team is allowed 2, one-minute time-outs per half (no carry over). In overtime, one additional time-out will be granted (no carry over).

13. SUBSTITUTION: The clock will stop for substitutions at 15:00, 10:00, and 5:00 of each half. All players should be sitting and waiting to go into the game. The stopping of the clock is to be used only for substitution – NOT COACHING.

Once a player has entered the game, she may not be replaced until she has participated in the full 5 minutes unless injury or illness occurs. It is the goal of the program that ALL players play as close to equal amount of times as possible.

14. OVERTIME: There will be one 3 minute stop time period. If tied after that, the game is a tie.

15. SCORE BOOK AND TIMEKEEPER: A scorebook will be provided for each team. Each team should assign a person to keep score for their team. These people will sit at the score table.

The Home Team's scorebook is the official scorebook. During the season, the visiting team is to provide the timekeeper.

16. SCORE BOARD: If a team is ahead by 30 points during the second half, the scoreboard shall be turned off. The game will continue, and be recorded as a win/loss with no score recorded.