

Hermosa Beach Youth Basketball

Girls Rules & Guidelines

2017

Division 1: 6th – 8th Grades

Division 2: 4th & 5th Grades

Division 3: 2nd & 3rd Grades

Division 4: Kindergarten & 1st Grades

1. Time for Games and Practice

1a. 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.

Divisions 1 & 2: 60 minute time slot - 15 minute warm up - 45 minute game

Division 3: 75 minute time slot - 20 minute warm up - 45 minute game

Division 4: 75 minute time slot - 30 minute warm up - 45 minute game

1b. The game will consist of four quarters.

Divisions 1, 2 & 3: 9 minute quarters

Division 4: 8 minute quarters

1c. In **Girls Divisions 1, 2, 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 time out.

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.

1d. For **all Girls Divisions** 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 a referee.

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

1e. For **all Girls Divisions**, a two (2) minute break will be allowed between each quarter and a five (5) minute break at half time, unless the requirements are such that the referee must shorten these to finish the game within the allotted time slot.

1f. For **all Girls Divisions** it is the responsibilities 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.

1g. For **all Girls Divisions** there are four (4) pre-season practices allowed.

In **Girls Divisions 1, 2, 3** there is a maximum of 1 hour of practice outside the gym per week in addition to warm-up practice before the games.

In **Girls Divisions 4** there is a maximum of 1 hour of practice per week: Mandatory 30 minutes of practice in the gym before the weekly game and an optional 30 minute practice per week outside the gym for a total of no more than 1 hour of practice per week.

If a Coach is found to be practicing more than what is stipulated here there will be 1 warning issued to the Coach. The 2nd infraction will lead to the suspension of the coach the rest of the season.

2. Basket Height and Ball

2a. Basket heights will be set as follows:

Division 1, 2: 10 feet

Division 3: 9 feet

Division 4: 8 feet

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

Division 1, 2: 28.5" – Women's size ball

Division 3, 4: 27.5" – Youth size ball

3. Players, Coaches & Referees

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

If a Coach is found to be violating the play time rule there will be 1 warning issued to the Coach. The 2nd infraction will lead to the suspension of the coach for the rest of the season.

3b. 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 Division Commissioner and the overall Girls commissioner as well as notify the parents and referees prior to the start of the game.

3c. Substitutions will be allowed during momentary breaks in the action such as when the ball goes out of bounds, a foul is called, or at a time out. Substitute players must check into the game at the scorer's table and wait for the referee to signal them to enter the game. If a player goes down with an injury she must be substituted out of the game until she feels well enough to be substituted back in.

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

3e. For **Girls Divisions 1, 2, 3** Coaches are to coach from their bench area. For **Division 4** Coaches are to coach from the bench area in the second half of the season. Prior to that, Coaches can coach from anywhere without interfering with the game.

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

4. Game Rules

4a. A jump ball will be called at center court at the beginning of the first quarter only. After that possession will alternate between teams when a jump ball is called by the referee.

4b. In **Girls Divisions 1, 2, 3** if a team is ahead by 25 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. Both teams should continue to play out the remainder of the game with no scoring. The leading team's Coach should rotate out their higher scoring players, relax their defense and not press. Any unsportsmanlike 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 forfeiture of that game as determined by the referee.

In **Girls Division 4** a team who gains a 15-point advantage over the opposing team must remove their highest scoring player from the game and keep her out of the game until the advantage drops to 6 or fewer points.

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

4c. In **Girls Divisions 1, 2** either Man to Man or Zone defense can be taught at practices and used in a game at the Coach's discretion. For **Girls Division 3, 4** Man to Man is the only defense that can be taught at practices and used in a game. For **Girls Division 3** Double Teaming a player with the ball is allowed. For **Girls Division 4** Color wrist bands will be used. No Double Teaming is allowed. The wrist bands will assist the Coach in defensive match ups.

4d. In **Girls Division 1** Full Court Defense is permitted. Teams with a ten (10) or more game point lead may not press, but the losing team may continue to press until the lead is less than a (10) point difference.

In **Girls Division 2** Full Court Defense is allowed the last two (2) minutes of the fourth quarter and post season during overtime periods. Teams with a ten (10) or more game point lead may not press, but the losing team may continue to press until the lead is less than a (10) point difference.

Girls Divisions 3, 4 will play Red Line Defense Only.

4e. In **Girls Division 4** there is no stealing if a player has possession of the ball.

4f. In **Girls Division 1, 2, 3** the team with the ball in the back-court will have ten (10) seconds to advance it past the mid-court line. Failure to do so will result in a turnover. "10 second" violations will not be called in **Girls Division 4**.

4g. In **Girls Division 1, 2** "Over and Back" or back-court violations will be called.

In **Girls Divisions 3, 4** "Over and Back" or back-court violations will not be called. Once offence crosses the Red Line, defense can guard the offense on either side of the Red Line. Purpose: Offense cannot use the red line as a stall tactic.

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

In **Girls Divisions 1, 2, 3** a player who commits five (5) fouls will be removed from the game. If the players removal would result in a team having only four (4) players, the Coach has the option to continue with a "fouled out" player under the following conditions:

1. If the Coach has no other player to substitute.
2. If a foul is committed after a player has "fouled out" two (2) points will be added to the opposing team's score.
3. The award of two (2) foul shots to the fouled player.
4. 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 onto a player that is 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.

Girls Division 4 fouls are not counted but will be called, at the referee's discretion, for the same five (5) reasons listed directly above this sentence.

4i. Lane Violations: In **Girls Divisions 1, 2** players will be called for a lane violation if they remain in the lane area for more than three (3) seconds. **Girls Divisions 3, 4** no lane violations are called, however, Coaches and referees should warn players not to stay in the lane for more than five (5) seconds.

4j. Dribbling: In **Girls Divisions 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, however, baskets do not count off of a double dribble. In **Girls Division 4** dribbling violations will not result in a turnover. At the referee's discretion play may stop and the ball taken out of bounds. Players will be instructed on proper dribbling. Baskets do count off of a double dribble.

4k. Traveling: In **Girls Divisions 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 Divisions 3** referees should be more lenient with traveling, however, baskets do not count off of a travel. In **Girls Divisions 4** no traveling violations will be called. At the referee's discretion play may stop and the ball taken out of bounds. Referees and coaches should not allow a player to run up the court without dribbling.

4l. Free Throws:

1. In **Girls Divisions 1, 2, 3** two (2) free throws will be given to a player who is fouled in the act of shooting.
2. In **Girls Divisions 1, 2** a bonus situation will go into effect (one and one) after a team commits six fouls in either half.
3. In **Girls Divisions 1, 2** players will shoot free throws from behind the black line. In **Girls Divisions 3** the referee has the discretion to allow the player to move closer to the basket or step over the line when shooting.
4. For **all Girls Divisions**: Rebounding players can move at the release of the ball from the shooter's hands.
5. No free throws in **Girls Division 4**

4m. The scorebook should be deposited in the gym storage room at the end of each block of divisional games.