

# BEL AIR RECREATION BASKETBALL PROGRAM

## 7-8 Girls Basketball League

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The playing rules for the league will be those of the National Federation of the State High School Association Basketball Rules unless covered by these rules unless noted below.

### Playing Rules:

- 1) There will be no 30 second clock.
- 2) Two (2) sixteen (16) minute running clock halves.
- 3) Clock stops only in the last two (2) minutes of the second (2<sup>nd</sup>) half and during time outs or injuries.
- 4) Two (2) one (1) minute time outs per game.
- 5) Halftime will be three minutes in length
- 6) Games that end regulation play in a tie will play one (1), three (3) minute overtime with the clock being stopped during the last minute of play. Each team will be awarded one (1) time out. **NO GAME WILL END IN A TIE.**
- 7) **MANDATORY SUBSTITUTIONS:** Substitutions will take place at the following time intervals: 4 minutes, 8 minutes and 12 minutes in each half. Any player who is sitting on the bench must report into the game. Every girl must play at least half the game. No player may sit out for more than one 4 minute segment in a row. **Each player must sit out at least one 4 minute segment per half.**
- 8) Defense: Teams must play zone defense at all times and must stay inside the 3-point arc. However, if a team is intentionally delaying the game by passing the ball outside the arc the referees will warn the coach. **Note: If a team continues to delay the game the opposing team may come outside the arc and press at half court.**
- 9) The clock will run in the last 2 minutes of the game if a team is leading by ten (10) points or more.
- 10) One coach per team can be on the floor during the game to instruct his/her team for the first half of the season. No coaches on the floor during the second half of the season.
- 11) There will be no foul shots. Ball will be brought in from out of bounds on shooting fouls.
- 12) Low baskets will be used for the entire season.

### Behavior Issues:

- 1) All assistant coaches must remain on the bench. If an assistant coach is standing a technical foul will be awarded to the opposing team.
- 2) The Head Coach is the only person who may speak to a referee during the game.
- 3) Coaches are responsible for their fans behavior. Should it be necessary the referees will ask the head coach to take care of a problem fan or fans. Fans that are unruly and uncooperative will be asked to leave the gym and premises. Any fan that refuses to leave the gym or premises in a timely fashion will cause that team to forfeit the game.
- 4) **Players or coaches who receive a technical foul in a game will be "ineligible" for the following game. Any player or coach assessed two technical fouls during the season will be ineligible for the remainder of the season.**

### Referees:

The majority of the referees are either High School or College students. Please do not tell them how to referee. Do not overrule a referee. Please treat them as if they were your daughter.