

Girls Incorporated 2011 Basketball Rules Sheet

Mission Statement- Girls Incorporated inspires all girls to be strong, smart and bold. We have a goal of helping young women learn and develop skills, concentrate on teamwork, and learn to deal with winning and losing.

Purpose and Philosophy- The purpose of the Girls Incorporated Sports leagues is to give girls in Monroe County between the ages of 6 and 18 the opportunity to play in organized sports leagues. We help girls develop basic fundamentals, good sportsmanship, individual worth, and experience team cooperation. Competent adult leaders guide the girls toward the achievement of these goals in a safe, supportive and encouraging environment. Girls Incorporated believes in giving all girls equal playing time while focusing on skill development and individual improvement.

Organization and Policy- A board composed of a member of the Program Committee board, the Executive Director, Sports Director/Director of Operations will rule on grievance, disciplinary action, and game protests. Planning and policy of the program is conducted by the Sports Director/Director of Operations, under the guidance of the Program Committee of Girls Incorporated, in accordance with the needs and goals of the program.

Eligibility- Each girl playing must be a Girls Incorporated member (\$55.00) and also be registered as a player (\$45.00). All fees are due and payable at the time of registration. A girl will not be assigned to a team until fees have been paid. If for any reason a girl is unable to pay the Girls Inc. membership or sports fee, please contact the Sports Director/Director of Operations.

- To participate in the 6-8 year old league, girls must be 6 on or before December 1, 2011 and may not have turned 9 on or before December 1, 2011.
- To participate in the 9-11 year old league, girls must be 9 on or before December 1, 2011 and may not have turned 12 on or before December 1, 2011.
- To participate in the 12-18 year old league, girls must be 12 on or before December 1, 2011 and all 18 year olds must still attend high school.

Team Composition- Teams are made up of girls who meet the eligibility requirements. If any girl quits a team, the coach must notify the Sports Director/Director of Operations at Girls Incorporated. New players can be added until the first game. If a team loses an inordinate number of players the Advisory Committee reserves the right to add players. All coaches in that age group are notified.

Participation Rule- The Participation rule shall be as follows:

- All girls who attend scheduled practices must play in each regulation game. Missing a practice is not justification to miss playing time as punishment. If missed practices become a recurrent issue with particular players, contact the Sports Director/Director of Operations. Players should let their coaches know if they will be missing practices.
- Each player must play two full quarters of a game and designate which players are playing in which quarter by notifying the Sports Director/Director of Operations before the game begins. The only exception being injury or disciplinary action (see section below on disciplinary action).
- **No girl is allowed to play in all four quarters.** Exception—if a team has only 5 or 6 players, some players play the entire game and the Participation Rule is void.
- **Penalty—** Games are forfeited if all players do not get to play according to the Participation Rule, as stated. Exceptions—if an injury occurs or if a disciplinary action has taken place.

Disciplinary action- One important part of Girls Inc. is to help girls develop good decision making skills early in life. Coaches should work with girls on disciplinary actions to develop appropriate solutions to unacceptable behavior from girls. Disciplinary action should fall in line with this policy and taking away playing time should be a last resort priority. Coaches should work with players, their parents and the Sports Director/Director of Operations in more serious situations that warrant attention. All disciplinary action should be documented on a disciplinary log and shared with the Director/Director of Operations and parents/guardians as soon as possible. In the event of disciplinary action affecting playing time, coaches should notify the Director/Director of Operations and the girl's parents of any disciplinary action taken at least 1 day before the scheduled game. Notify the scorekeeper before the game begins of any injury, illness or disciplinary action.

Game Regulations

1. HAVE FUN! Girls Inc basketball is about building skills, friendships and experience, not winning.
2. Warm ups will start 15 minutes before a game's scheduled time and players are expected to be ready at that time. Teams must be present 15 minutes before game time.
3. There is 1 min. between quarters, 5 min. between halves, and 10 min. between games (if possible).
4. **Forfeits:** A team must have a minimum of 4 girls to start each game at the start of game time. Violation of this rule results in a forfeit. **Supervisor's decision.** Games are also forfeited if all players do not get to play according to the Participation Rule as stated.
5. If the score is tied after regulation time, there will be a two minute running clock overtime period. If the score remains tied after overtime, the game ends and both teams are awarded a win. Teams will only be allowed one 30-second timeout during the overtime period.
6. Backcourt defense:
 - a. 6 to 8 year olds: There is no backcourt defense allowed outside the 3 point circle. However, the offensive team may not "stall" during the game. After passing half court, the offense has 10 seconds to initiate their offense and penetrate the 3 pt. circle. A girl that "stalls" with the ball will first be given a warning, and then the second and later violations will be a turnover to the other team. This should be especially watched during the last 2 minutes of the game. Whether a team is "stalling" or simply trying to initiate their offense is subject to the discretion of the referee. **Guarding in the 3 point (semi-circle) area only.** Penalty: Turnover.
 - b. 9-11 year olds: There is no backcourt defense until offense reaches the red line closest to the offensive basket (volleyball court). **Guarding in the front court (after the red line) only.** Once again, stalling results in a turnover. Penalty: Turnover.
 - c. 12-18 year olds: Guarding is allowed anywhere in the front court. Once the ball crosses half court, the defender is allowed to start guarding the person with the ball. **Exception:** If the score is less than a 10 pt. lead, then during the last two minutes, the defense may press full court. Penalty: Turnover.
 - d. In all age groups, the offense will have 10 seconds to cross the half court line. Penalty: Turnover.
7. In all age groups, there will be no double teaming, meaning a defensive player cannot leave the person they are guarding to double team the ball. However, if the offensive player gains the advantage (ex: a teammate sets a screen) and is advancing towards the basket, then help defense is allowed.
8. Defensive Rebound: When two opposing players go up for the rebound and a defensive player clearly has possession she immediately becomes an offensive player and her opponent becomes the defense. At this time, the defensive player cannot challenge her. Violation of this constitutes backcourt pressure. The above penalty applies if there is a violation

9. Screening may be used. **Officials' judgment on illegal screening.** Some guidelines for officials to use when officiating screening situations:
 - a. When a player uses arm(s), hand(s), hip(s) or shoulder(s) to force through a screen or to hold or push the screener, it is a personal foul.
 - b. When contact results because a player sets a screen while moving, the screener commits a personal foul.
 - c. When a screener takes a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction, it is a personal foul.
 - d. When a player sets a screen outside the visual field of a stationary opponent and does not allow this opponent a normal step to move, it is a personal foul.
 - e. In cases of blind screens, the opponent may make inadvertent contact with the screener; and, if the opponent is running rapidly, the contact may be severe. Such a case is to be ruled as incidental contact, provided that the opponent stops (or attempts to stop) on contact and moves around the screen, and provided that the screener is not displaced if he or she has the ball.
 - f. A player who is screened within his or her visual field is expected to avoid contact by going around the screener. E.g. A player may not use the arm(s), hand(s), hip(s) or shoulder(s) to force his or her way through a screen or to hold the screener and then push the screener aside in order to maintain a guarding position relative to her opponent.
10. Two technical fouls on coach result in ejection from game. He or she cannot participate in coaching the next game.
11. **Fouls:** ONLY personal fouls will be counted towards the bonus, which begins with the 7th team foul in a half. Girls foul out after their fifth personal foul. Each team is limited to seven team fouls per regulation half without additional penalties. Common fouls charged as team fouls, in excess of seven, will be penalized by one free throw attempt plus a penalty free throw attempt. The first seven common fouls committed by a team in any regulation half shall result in the ball being awarded to the opponent on the sideline nearest where play was interrupted but no nearer the baseline than the free throw line extended.
12. **Post Play:** Post-play guidelines must be followed by all officials in order have consistent foul calls in this important area. A post player is a player with or without the ball with her back to the basket inside the free-throw line or just outside the lane. Once a player has established her position legally as a defender on an offensive post player, she can neither displace her opponent nor be displaced from that position. When either happens, the official shall call a foul immediately. Officials are aware of offensive post players in the lane for more than three seconds (12-18). Making this call will help curtail rough post play. The following guidelines must be followed by players and called by officials:
 - a. When an offensive player with or without the ball has her back to the basket, the defensive post player may place a forearm or one hand on the offensive player. The defensive player may place a leg against the offensive player; however, if that leg is raised off the floor, a personal foul shall be called immediately. The defender may not place two hands, two forearms, or a forearm and hand on the offensive post player. A forearm and leg or a hand and leg may be placed on the offensive player as long as there is no displacement.

- b. When an offensive post player with the ball has her back to the basket, the defensive post player must have a bend in her elbow if one hand is placed on the offensive player.
 - c. When a defensive post player places one forearm on the offensive player, she may use this forearm only to maintain position. Neither the offensive post player nor the defensive post player may dislodge her opponent. The official shall call a foul when a player is dislodged from her established position rather than waiting to see if there is an advantage gained.
 - d. An offensive post player with the ball, facing the basket, may be defended only with a forearm unless she has not dribbled yet. In that situation, the defender may measure up. Once the post player with the ball turns and faces the basket, she is no longer a post player but a ball-handler. When the offensive post player has her back to the basket with the ball and turns suddenly to face the basket, the momentary touching of the hand shall not be called a foul, but if the hand remains for longer than a count of two, a personal foul shall be called.
 - e. Players may attain a position where their bodies are touching each other but only to maintain position. Any attempt to dislodge an opponent from a position she has legally obtained is a personal foul.
 - f. The offensive post player cannot "back-down" the defender, once that defender has established a legal guarding position. The offensive post player cannot grab the leg or body of the defender, hook or in any way displace or hold the defender while she is preparing for the entry pass or already has the ball with her back to the basket. For Example: the offensive post player with the ball cannot initiate contact and displace the defensive post player who has established her legal defensive position. This includes a defender with her arms straight up above her shoulders. Once the defender has established this legal position, if contact occurs, the official must decide whether the contact is incidental or a foul has been committed by the offensive post player with the ball.
13. Officials must continue to call hand-checking from the beginning of the season to the end of the season. These guidelines must be followed:
- a. Hand-checking on the dribbler is not permitted; however, a defender may touch the ball-handler with her hand once to measure her distance away for defensive purposes when the ball-handler is standing still and not dribbling. Once the ball-handler has completed her dribble and is holding the ball, touching the stationary ball-handler is not permitted. The second time the hand touches a stationary ball-handler the official shall call a foul. Additionally, touching the stationary ball-handler longer than a count of two shall be called a foul.
 - b. The only contact permitted on the dribbler from end line to end line (other than a post player with her back to the basket with or without the ball) shall be with the forearm. These other situations also apply:
 - i. The forearm cannot stay on the ball-handler nor can it be used to push or guide the ball-handler. Placing the forearm on longer than a count of two shall be a foul.
 - ii. The wrist, back of the hand and the palm of the hand are not part of the forearm. Making a fist is the ideal way to put the forearm on the ball-handler; however, an open hand is legal as long as the palm is facing down and is not touching the opponent.

- iii. Any displacement by either the defender or the dribbler shall be a foul. Contact resulting in displacement either with the hands, forearm or body is a foul. The dribbler may not use her hand, forearm or body to dislodge the defender.
 - iv. A defender who has legally applied a forearm on her opponent who has the ball, only to have that player move away, has not committed an illegal contact if the wrist and/or hand momentarily contact that player. If the defender's arm straightens and contact with the hand and/or wrist persists, it is a foul.
- c. When the defensive player is beaten to the basket and she reaches out and puts a hand on the opponent to intentionally have a hand checking foul call made to stop the dribbler from scoring, officials should call an intentional personal foul since this is not a legitimate attempt to play the ball or the player.
 - d. A foul shall be called when a defender touches the dribbler with her hand. *Note: On a drive to the basket when the dribbler has a hand placed on her, officials need to be aware of whether the dribbler has one more dribble to take. If so, officials should have a patient whistle and call the hand-checking personal foul as the player shoots. If the dribbler has two or more dribbles to get to the basket, the official shall call the hand-checking personal foul immediately.*
 - e. It is not a hand-checking personal foul when a cutter without the ball is pushed or held with the hands of a defensive player; it is a pushing or holding personal foul. Immediate blowing of the whistle for hand-checking pertains only to the dribbler.
 - f. Defensive post players guarding a post player with the ball are entitled to have an erect (vertical) position even to the extent of holding their arm(s) above their shoulders. The defender is not required to maintain any specific distance from a player. Once the defender has established this legal position, if contact occurs, the official must decide whether contact is incidental or if a foul has been committed by the defensive player.
14. Blocking and Charging: The following information should be taken into consideration when making these calls:
- a. The defender has legally established her position when she has put both feet down on the floor and is facing her opponent. Once she has done this, she may move backward or laterally.
 - b. The defender is entitled to any spot on the playing court she desires, provided that she gets to that spot first, without contact with an opponent. A defender who establishes a position directly under the cylinder or behind the backboard when a dribbler becomes an airborne shooter is not in a legal guarding position, regardless if she got to the spot first. If contact occurs, the official must decide whether the contact is incidental or a foul has been committed by the defender. *Exception:* When a dribbler takes a path to the basket parallel with the end line, the defender's position directly under the basket is a legal guarding position and, if contact occurs, the official must decide whether the contact is incidental or a foul has been committed by the dribbler or airborne shooter.
 - c. If contact occurs by the dribbler moving forward at a faster pace than the legal defender is retreating or if the dribbler drops her lead shoulder or uses her forearm to push into the defender, a player-control foul shall be called on the dribbler.

15. The dribbler shall not:
 - a. Charge into an opponent who has established a legal guarding position;
 - b. attempt to dribble between two opponents; or
 - c. Attempt to dribble between an opponent and a boundary where sufficient space is not available for illegal contact to be avoided.
 - d. If a defender is able to establish a legal position in the path of the dribbler, the dribbler must avoid contact by changing direction or ending her dribble.
 - e. The dribbler must be in control of her body at all times. If illegal contact occurs and the dribbler is not in control of her body, the responsibility for the contact belongs to the dribbler.
16. Guidelines for granting a timeout when a player is airborne are: a. before a timeout is granted by an official, the official shall be certain that the player making the request is in possession of the ball. b. When the official has any doubt as to whether such player has possession of the ball, the official shall not grant the timeout.
17. Guidelines for calling the intentional personal foul are:
 - a. Any personal foul that is not a legitimate attempt to directly play the ball or a player is an intentional personal foul.
 - b. Running into the back of a player who has the ball, wrapping the arm(s) around a player and grabbing a player around the torso or legs are intentional personal fouls.
 - c. Grabbing a player's arm or body while initially attempting to gain control by playing the ball directly is an intentional personal foul.
 - d. Grabbing, holding or pushing a player away from the ball is an intentional personal foul.
 - e. Undue roughness used to stop the game clock is an intentional personal foul and, if severe, should be called a flagrant personal foul.
 - f. It is an intentional personal foul when, while playing the ball, a player causes excessive contact with an opponent. The intentional personal foul must be called within the spirit and intent of the intentional-foul rule.
18. A field goal accidentally scored in an opponent's basket shall be added to the opponent's score.
19. During multiple free throw attempts which are not going to remain in play, an opponent may not, while located on the lane lines, be allowed to raise her arms above her head. During any free throw attempt, an opponent in the game who is in the visual field of the free throw shooter, may not (1) wave her arms, (2) make a sudden dash up-court, (3) talk to the free throw shooter, or (4) talk loudly in a disruptive manner. *There will be a maximum of 4 defensive players and 2 offensive players allowed along the free throw lane. The bottom two spaces must be left open.*
20. A held ball occurs when two opponents have one or both hands firmly on the ball or anytime a defensive player touches the ball causing the offensive player to return to the floor with the ball in her continuous possession. A held ball should not be called until both players have hands so firmly on the ball that neither can gain sole possession without undue roughness. If a player is lying or sitting on the floor, while in possession, she should have an opportunity to throw the ball, but a held ball should be called if there is danger of injury.

Age Group Specific Rules and Regulations:

6-8 years olds:

- 8 ft. basket height
- 10 ft. free throw line
- There shall be four, five minute quarters. There shall be one minute between each quarter and five minutes between halves. There shall be 20 minutes of playing time per game.
- Each team shall have three 60-second time outs per game to be utilized at coach's discretion.
- There shall be a running clock except during substitutions, time-outs, foul shots, delay of game and the last 2 minutes of the 4th quarter.
- There shall be no double team
- There shall be girl to girl defense, **NOT** a zone defense
- Backcourt defense- There is no backcourt defense allowed outside the 3 point circle. However, the offensive team may not "stall" during the game. After passing half court, the offense has 10 seconds to initiate their offense and penetrate the 3 pt. circle. A girl that "stalls" with the ball will first be given a warning, and then the second and later violations will be a turnover to the other team. This should be especially watched during the last 2 minutes of the game. Whether a team is "stalling" or simply trying to initiate their offense is subject to the discretion of the referee. **Guarding in the 3 point (semi-circle) area only.** Penalty: Turnover. In all age groups, the offense will have 10 seconds to cross the half court line. Penalty: Turnover.
- Every player must play 2 full quarters
- No player is allowed to play in all 4 quarters of the game, unless there are only 5 or 6 players, and then some players may play the entire game.
- Substitution is allowed after all players have played in 2 full quarters
- No three point shot
- No time limit in their free throw lane

9-11 years old:

- 9 ft. basket height
- 12 ft. free throw line
- There shall be four; six minute quarters each, with one minute between each quarter and five minutes between halves. There shall be 24 minutes of playing time per game.
- Each team shall have three 60-second time outs per game to be utilized at coach's discretion.
- There shall be a running clock except during substitutions, time-outs, foul shots, delay of game and the last 2 minutes of the 4th quarter.
- There shall be no double team
- There shall be girl to girl defense, **NOT** a zone defense
- Backcourt defense- 9-11 year olds: There is no backcourt defense until offense reaches the red line closest to the offensive basket (volleyball court). **Guarding in the front court (after the red line) only.** Once again, stalling results in a turnover. Penalty: Turnover. In all age groups, the offense will have 10 seconds to cross the half court line. Penalty: Turnover.
- Every player must play 2 full quarters
- No player is allowed to play in all 4 quarters of the game, unless there are only 5 or 6 players, and then some players may play the entire game.
- Substitution is allowed after all players have played in 2 full quarters
- No three point shot
- Offensive players are allowed five seconds in their free throw lane

12-18 years old:

- 10 ft basket height
- 15 ft. free throw line
- There shall be four; six minute quarters each, with one minute between each quarter and five minutes between halves. There shall be 24 minutes of playing time per game.
- Each team shall have three 60-second time outs per game to be utilized at coach's discretion.
- There shall be a running clock except during substitutions, time-outs, foul shots, delay of game and the last 2 minutes of the 4th quarter.
- There shall be no double team
- There shall be girl to girl defense, **NOT** a zone defense
- 12-18 year olds: Guarding is allowed anywhere in the front court. Once the ball crosses half court, the defender is allowed to start guarding the person with the ball. **Exception:** If the score is less than a 10 pt. lead, then during the last two minutes, the defense may press full court. Penalty: Turnover. In all age groups, the offense will have 10 seconds to cross the half court line. Penalty: Turnover.
- Every player must play 2 full quarters
- No player is allowed to play in all 4 quarters of the game, unless there are only 5 or 6 players, and then some players may play the entire game.
- Substitution is allowed after all players have played in 2 full quarters
- Three point shots WILL be counted
- Offensive players are allowed three seconds maximum in their free throw lane

Coaches and Game Officials

1. Coaches: Coaches are expected to use good judgment. Refrain from excessive "sideline coaching" and DO NOT leave the bench area to shout instruction from the sideline. You must stay on your own bench and not yell or berate officials. A technical foul (2 shots) is immediately charged to any offender.
2. Coaches **only** at the bench during a game, team scorekeepers need to be across the gym from the official score table.
3. Coaches should let parents know if parents use abusive or ridiculing behavior. If necessary, time is called and the parents are reprimanded at that time.
4. Coaches and/or other bench personnel who engage in the following actions are in violation of the bench-decorum rules and should be assessed a direct technical foul for:
 - a. Questioning the integrity of an official by words or gestures.
 - b. Physically charging toward an official.
 - c. Directing personal, vulgar or profane remarks or gestures toward an official.
 - d. Excessively demonstrating officiating signals (e.g., traveling, holding, verticality) or excessively demonstrating by use of gestures or actions that indicate displeasure with officiating. When not excessive, a warning should be given to keep such behavior from becoming excessive.
 - e. Voicing displeasure about officiating through continuous verbal remarks. A warning could be given initially to keep it from becoming continuous.
 - f. Using disrespectful or unsporting words, gestures or actions toward an opposing player or coach.
 - g. Leaving the coaching box for an unauthorized reason.
5. Game Officials: It is the responsibility of Girls Incorporated to set up referees for each game. Every effort is made to secure two competent referees for each game.