



## **6th-10th Grade Girls Youth Basketball Guidelines:**

### **GENERAL GAME RULES**

- There will be a 5-minute warm-up for each game.
- A jump ball will start the game.
- Games will be played full court on 10ft goals.
- Game ball will be intermediate (28.5) size ball.
- Games will consist of four 8-minute quarters.
- There will be 3 timeouts per game.
- Clock will run except during timeouts, free throws, substitutions, and for all whistles during the last minute of each quarter.
- If a team is up by 20 or more points the clock will continue to run inside of the last minute.
- Free throws will be shot from the regulation free throw line. Free throws will be shot for shooting fouls and bonus fouls.
- Team fouls will be kept, and bonus free throws will be awarded, 1 and 1 for seven team fouls and 2 for ten team fouls
- The game will be stopped at the 4-minute mark of each quarter so that substitutions can be made.  
**Substitution breaks are not time outs, and no coaching should take place at this time.**

### **MATCHING UP & PLAYING TIME**

- A player cannot sit more than TWO consecutive half-quarters unless that player is injured
- A player may not play the whole game unless a team only has five players.
- If a team has 4 or fewer players that team will have to forfeit but can "scrimmage" vs. the other team; terms of the scrimmage TBD pregame by the coaches.
- A team cannot use a player not on their roster to field a team, including but not limited to friends, family, or other players on another team in the league.
- The scorekeeper shall notify each coach when a possible playing time violation is about to occur at the beginning of each quarter. It is the offending coach's responsibility to adjust his/her lineup to correct the problem.
- A player leaving the game early must check out through the scorekeeper. His/her coach must also notify the officials and the opposing coach when the player is dismissed.
- A seriously injured player will not be held accountable to the playing time requirements. Any bleeding must be stopped, and the wound must be covered before the player will be allowed to re-enter a practice or game.
- Playing time violations are to be resolved during the game. They are not considered as acceptable grounds for formally protesting the outcome of the game.

## DEFENSE

- ZONE DEFENSE IS ALLOWED
- Full court pressing will be allowed the last minute of the first half (2<sup>nd</sup> quarter) and the **last two minutes** of the second half (4<sup>th</sup> quarter).
- Full court press will not be allowed by the team that is ahead at the designated time periods if they are leading by 15 or more points.
- Defense cannot be played until the offense has crossed the center court line.
- The use of any defensive tactics that takes unfair defensive advantage of the offensive team will result in a warning for the first and second offense. A technical foul will be called, offensive team will shoot technical free throws and receive ball back for the third and subsequent violations. Example - Unfair defensive advantage occurs when an offensive ball handler has not dribbled past the center court line and the defense applies pressure on the ball.
- Intentional fouls (i.e. not making a play on the ball) will result in the offensive team being awarded technical free throws and subsequent in bounding of the ball.

## OFFENSE

- Offensive player is limited to three (3) seconds in the key.
- If a team only has 5 players at the start of the game and for the duration of the game then personal fouls **will not be kept for both sides** but team fouls will be kept and bonus free throws will be awarded, 1 and 1 for seven team fouls and 2 for ten team fouls.
- Intentional fouls (i.e. not making a play on the ball) will result in the offensive team being awarded technical free throws and subsequent in bounding of the ball.
- Any technical foul assessed against one team will result in the other team being awarded technical free throws and subsequent in bounding of the ball. Coaches and/or players receiving two or more individual technical fouls in a game will be automatically ejected from the remainder of that game and further suspended from participating in the next scheduled game. Any team receiving a total of three (3) individual technical fouls will automatically forfeit the game regardless of the score.

## OVERTIME

- If at the end of regulation, the game is tied, there will be a 2-minute overtime period. Coaches will have one minute to talk to players before OT begins. A jump ball will occur at this time. The same 5 players will remain on the court. If the game is still tied after the 2-minute OT, another 2-minute OT will occur, if the game is still tied after the 2<sup>nd</sup> OT the game ends in a tie. You may sub players between overtimes, yet not during the overtime period. No extra time outs will be given for the OT periods, yet time outs remaining from the regulation period can be used.

## COACHES

- Brushy Creek Youth Leagues only allow for one coach, (the head coach) to stand at the bench or coach out loud to the players in the field of play during the competition. All other coaches must remain seated and coach only the players on the bench. Violations to this rule will result in a warning for the first and second offense. A technical foul will be called, the offensive team will shoot technical free throws and receive the ball back for the third and subsequent violations. Violators may be removed from the bench at anytime by BCCC staff or by the officials of the game.

\* In situations not specified in the above rules, we will defer to UIL rules\*