

MOUNTAIN PARK ATHLETIC ASSOCIATION

GIRLS GRADES 1-3 BASKETBALL RULES 2008-2009

1. Each player on all teams will be required to play the total of two full quarters of each game. Substitutions will be allowed at mid point of each quarter or for injured players only. **The injured player may return at the next dead ball if fit to play.** Any exception to this rule must be approved by the commissioner. Failure to follow this rule will result in the team losing that game if it is won or forfeiting the next game.
2. The game will consist of four (4) 8-minute quarters. There will be a running clock for each quarter of the entire game. Overtime periods will be 3 minutes in length with the clock running. Games will not end in a tie.
3. A team must have 4 players to start the game. There will be a 5 minute grace period if a team does not have the required number of players to start the game. If after the grace period a team does not have four players, they will forfeit the game 2-0.
4. There will be no pressing in the backcourt. When the defensive team gains control of the ball, the offensive team will retreat into their backcourt and assume their defensive positions. If after warnings by the officials pressing continues to occur, the officials, at their discretion can assess the head coach with a technical foul.
5. All teams will play man to man defense the entire third quarter. Coaches should encourage "closely guarded" man to man emphasizing good defensive principles.
6. **"In the paint" zone will be played in the first quarter of each game until determined by the commissioner the need no longer exists.**
7. It will be the responsibility of the home team (**white uniforms**) to provide the game ball and the official scorer. It will be the responsibility of the visiting team (**orange uniforms**) to provide someone to operate the clock/timer and police the area for trash. Please emphasis the cleanliness of the gyms. It is not too much to ask for girls to pick up their water bottles. No drinks other than water nor snacks in the gyms.
8. No team can reschedule or alter any game schedule without the permission of the commissioner. Teams may swap practice times if they so desire. The commissioner will notify each coach if a practice or game

is to be cancelled or postponed as soon as a decision is made. No games or practices will be held if the school system is closed due to inclement weather. Make-ups will be rescheduled, IF POSSIBLE.

9. The free throw line is moved up to 8 feet. There will be a 5 second rule for offense in the paint.

10. Coaches may decide to shoot "team" free throws at the half with each basket counting one point for each made free throw. Teams will shoot the same number of free throws per side.

11. Each team will be awarded one full and two thirty second time outs each half. Time outs do not carry over each half. One additional full time out will be awarded each overtime period.

12. TECHNICAL FOULS: Two technical fouls on any player will result in immediate disqualification from the game.

13. Two technical fouls on any coach will result in expulsion from the gym. Failure to leave will result in forfeiture of the game. The expulsion of the coach will require a written letter to the commissioner explaining their actions PRIOR TO THE NEXT GAME. They will advise if further action is to be taken. If no letter is received, an assistant coach must coach the team and the head coach is not permitted in the gym. SUBSEQUENTLY, the next technical this coach receives in future games, will result in immediate suspension and said coach must appear before the Board for disciplinary action.

REMEMBER, THIS IS A RECREATIONAL LEAGUE AND IS FOR THE DEVELOPMENT OF ATHLETES. YOU ARE THE ROLE MODEL!