

MOUNTAIN PARK ATHLETIC ASSOCIATION

GIRLS GRADES 8-12 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. 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 although the game will be played.
2. The game will consist of four (4) 10 minute quarters. There will be a running clock for each quarter. The clock will stop on the whistle for the final two minutes of each half and overtime periods. **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. Pressing in the backcourt will be allowed in the last two minutes of each half and last minute of overtime. 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 second and fourth quarters. Coaches should encourage "closely guarded" man to man emphasizing good defensive principles.
6. If a team is ahead by 15 points or more, there will be no full court pressing by the team in the lead. As soon as score falls below the 15 point spread, they may press. If the pressing continues, the coach will receive one official warning. Subsequent violation results in technical foul on head coach.
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 emphasize 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 of 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 regulation and normal 3-second violation in the paint.

10. 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.

11. 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!