



10-12 Girls Basketball Rules

- 1. Every player must play at least half of every game if they consistently attended practice. (See Participation Policy)**
- 2. A team can play with 4 players, less than 4 players will constitute a forfeit. Teams will be allowed a 5 minute grace period.**
- 3. The game will consist of four (4) five minute quarters.**
- 4. There will be no open substitutions during the game except for injuries or players who have fouled out. The players who start the 1st quarter of the game on the court will continue to play for that entire quarter with no substitutions allowed. The subs who are on the bench for the 1st quarter will then play the entire 2nd quarter. You may select any 5 players from the team to play the 3rd quarter after halftime, but the players who are on the bench for the 3rd quarter will then play the entire 4th quarter. This will ensure that all players are guaranteed to play at least half of every game.**
- 5. All games will be played on 10ft. goals**
- 6. There will be a jump ball at the beginning of regulation and alternating possession rules will then ensue throughout the game.**
- 7. Halftime will be 3 minutes.**
- 8. Each team will be allowed 2 timeouts per half and 1 during overtime. There will be no consecutive timeouts.**
- 9. Overtime will consist of a 3 minute period with the first 2 minutes being played at regular pace, the final minute teams can press. Coaches may pick any 5 players from the team to play the overtime with no open substitutions during overtime. If the score is still tied at the end of overtime a sudden death overtime will be played, any bench players from the first overtime will then play the entire sudden death overtime. The first team to score will win the game. Any overtime period will begin with a jump ball.**
- 10. Backcourt pressing will only be allowed during the final minute of the 2nd and 4th quarter. The remainder of the game will be played at regular pace.**
- 11. If a team is ahead by 10 or more points in the final minute of the 2nd or 4th quarter they will not be allowed to press.**



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- 12. During regular pace the defensive team must be inside the three point arch until the ball crosses half court. After crossing half court, the defense can come out of the arch to guard but will not be allowed to run a double team or trap play outside of the three point arch. This will be a judgement call by the officials as to whether the players are rotating off the ball or running a set double team or trap play outside of the three point arch. If the call is made the offense would reset at the top of half court and continue play.**
- 13. Each player is allowed 6 fouls before fouling out.**
- 14. Any foul in the final minute of the 4th quarter or overtime will result in free throws (1&1).**
- 15. Only the head coach and 1 assistant are allowed on the bench.**
- 16. NO JEWELRY. (earrings, bracelets, necklaces) A player may wear a medical alert bracelet but it must be securely taped to them.**
- 17. Any coach or player ejected from a game will have to serve a 1 game suspension. They will have to sit out the next game their team plays. No Exceptions.**