



Fall Girls' Basketball League Rules & Regulations

3rd – 8th Grade Girls Basketball

****Catholic Schools Only****

COACHES REGISTRATION:

All coaches must file an application/information form with the league. No one is allowed to occupy a position on the team bench without a Coaches Registration Form on file at the league office. Failure to file shall prohibit applicant from coaching in this program and can result in a team entry being rejected.

COACHES MUST COMPLETE CONCUSSION COURSE CERTIFICATION AND SUBMIT A CERTIFICATE OF COMPLETION. LA State Legislation Session, Act 314

Louisiana High School Association Basketball rules will be in effect as modified below:

Coaches must stay on bench during game while coaching. No coach is allowed on the court at any time during the game. The referee will help position kids on free throws and jump balls.

Player/Coaches Safety Rules

- All players/spectators/coaches must enter/exit the facility wearing a mask.
- All coaches must wear a mask throughout the duration of the game.
- All spectators must wear a mask through the duration of the game.
- All players, *not in the game, and while sitting on the bench*, MUST have a mask on at all times.
- Limit of 2 spectators per player.
- Coaches must bring their own basketballs to warm up with.
- Players/Fans/Coaches will not be allowed inside the facility until the game before them ends. Please arrive in the facility no earlier than 10 minutes before your scheduled game time.

Ball Size/Goal Height:

3rd/4th: 28.5 ball, 8.5 ft goals

5th-8th: 28.5 ball, 10 ft goals

Game Length:**3rd-4th Grades**

Four 5 minutes quarters

5th-8th Grades

Four 6 minute quarters

Playing Time

Playing time is at the discretion of the Head Coach.

COACHES ARE EXPECTED TO PROVIDE EQUAL PLAYING TIME FOR ALL PLAYERS.

Teams that do not have 5 players at game-time, will have a 5 minute grace period for that fifth player to show up, otherwise the game will result in a forfeit.

Time Outs

Each team will get 2 time-outs per half. Time-outs last 60 seconds

There will be one minute between each quarter.

There will be a five- minute half time.

There will be one time-out per overtime period

Overtime

There will be one 2 minute overtime period, clock stopping like a regulation basketball game. At the end of the first overtime, if the score is still tied, sudden death free throws will determine the winner.

One shooter from each team will shoot against each other until a winner is decided. No player may shoot twice until his/her entire team has gone.

Back-Court Defense

There is a 10 second count in all 3rd-8th grade games.

Defensive rules**3rd-4th Grade Girls**

-Teams are permitted to play half court man-man defense or half court zone defense. Pressing will only be allowed in the last two minutes of each half.

-No half court zone traps permitted.

5th-8th Grade Girls

-Teams are permitted to play any style defense throughout the duration of the game. Teams with a lead greater than 20 points are not allowed to press.

Travel, Double Dribble

Travelling and Double-dribbling will be called at all grade levels.

Coaches: In practices, teach dribbling, stopping and using the pivot-foot. If a player stops dribbling then they should know that they can do the following:

Pass, shoot, or use pivot-foot and then pass or shoot

Free Throw Distance

12ft- 3rd-4th Grade

Regulation- 5th-8th Grade

Pre-Game Setup:

The home team will be listed on the schedule first and will wear white.

Home team PARENT will keep the official book for each game. Sportsplex will provide scoresheets for each game.

Spectators

Limit 2 spectators per player allowed in facility-masks must be worn at all times.

Admission: \$5 - 6yr old and over