



# WAA IN-HOUSE BASKETBALL RULES GIRLS



*These rules apply for WAA Basketball administered leagues for girls from the third grade and up. Rules that do not specify grade differences apply at all grade levels. Except where modified below, National Federation of State High School Associations rules shall govern play.*

**Roster:** A player may play only for her assigned team.

**Players:** Games will be played five on five. Both teams must have five players to start the game.

**Home & Visiting  
Team Duties:**

The home team is the second team listed on the schedule. If possible, the home team should provide one person to enter the information in the “official” record book. The visiting team should provide one person to operate the game clock and the scoreboard.

**Game Length:** Eight 5-minute running time periods. Two periods per quarter.

**Quarter Break:** One-minute intermission after the 2<sup>nd</sup> and 6<sup>th</sup> periods.

**Half Time:** Three minutes unless the officials decide to cut it short in order to get back on schedule.

**Grace Period:** A five-minute grace period from the scheduled start time shall be allowed before a forfeit is declared. If a team cannot put five legal players on the floor at the end of the grace period they will forfeit the game. An informal scrimmage should be held if this occurs.

**Running Time:** The clock will run continuously except during the last two minutes of the eighth period. The clock will stop during time-outs called by either the coach or the officials. *\*\*The clock may be stopped momentarily to align players for free throws. However, the clock will be restarted as soon as players are in proper positions.*

**Time Outs:** Each team is awarded two 1-minute time-outs per game. Unused time outs will carry over to the second half and any subsequent overtime periods. One additional time-out will be awarded for the first overtime period only.

**Overtime Period(s):** The first overtime shall be a two-minute stop time period. The second overtime period (if necessary) shall be sudden win – first point wins. Therefore, the clock will not be run during the second (sudden win) overtime. Time outs not used during regulation time will be carried over to overtime periods. *\*\*Note: In a tournament championship game only, each overtime period will be two minutes stop time. There will be no sudden win during a tournament championship game.*

**Playing Time:** Coaches will ensure that every eligible player who participates in at least one of the two scheduled practices the week of a game, gets playing time per the Playing Time Rules shown below for each game that week including all tournament games. Although the officials will not monitor playing time, parents and other coaches have been instructed to help ensure that this head coaching responsibility is met. *\*\*A coach may exempt a player from the Playing Time Rules for injury or disciplinary reasons. This must be reported to the officials and the opposing coach prior to the start of the game. Attending only one of the two practices the week before the game is not a valid reason for disciplinary action.*

The “In-house Playing Time Plan” must be completed prior to each game. The Playing Time Rules at the bottom of the In-house Playing Time Plan determine the playing time of each player and are based on the number of players available to compete in each game. Barring any injuries or disciplinary problems, the In-house Playing Time Rules must be followed for each game, including all tournament games, so that each player receives the maximum amount of playing time as dictated by the Playing Time Rules. The head coach will decide which players play in each period and their positions as long as the maximum number of periods is not exceeded. The In-house Playing Time Rules are as follows:

**PLAYING TIME RULES:**

- 5 players: five play 8 periods each and each OT.
- 6 players: four play 7 periods (two of these play one OT and two play both OTs) and two play 6 periods and both OTs.
- 7 players: five play 6 periods (four of these play 1 OT and one plays both OTs) and two play 5 periods and both OTs.
- 8 players: eight play 5 periods each (six play one OT while two play 2 OTs).
- 9 players: five play 4 periods and both OTs and four play 5 periods and no OTs.
- 10 players: ten play 4 periods each and one OT each.
- 11 players: seven play 4 periods (two of these play in 1 OT) and four play 3 periods and both OTs.
- 12 players: eight play 3 periods (six of these play in one OT and two play in both OTs) and four play 4 periods and no OTs.

Once a player is on the court, the coach may not substitute during that period, with the following exceptions:

- Injury or illness
- Blood rule
- Player picks up their third foul in the first four periods or their fourth foul prior to the 8<sup>th</sup> period

During these special situations, **a coach must substitute a player of “comparable ability” that is sitting on the bench.** Sportsmanship should be your guide, not winning! The playing time of the substitute will not be recorded against their normal rotation. A player removed for injury or because of the blood rule should return as soon as they are able. Coaches may not modify their normal playing rotation to “make up” for the removed player’s “lost time.” No other substitutions are allowed.

**Substitutions:** When players must be replaced during a period due to injury, illness, blood or foul trouble, substitutes must report to the scorer’s table and be waved in by the official. Substitutions will be allowed only during normal stoppages of play when the whistle has been blown. You do not have to use a time-out to substitute players.

**Equipment:** **3<sup>rd</sup> Grade:** A 27.5” junior size ball shall be used. Rims set at 9-feet in height for the entire season and season-ending tournament.  
**4<sup>th</sup> Grade:** A 27.5” junior size ball shall be used. Rims set at 9-feet in height for the entire season and season-ending tournament.  
**5<sup>th</sup>/6<sup>th</sup> Grade:** A 28.5” regulation-sized women’s ball shall be used. Rims set at 10-feet in height.

**Officiating Personnel:** Two officials will be assigned to each game. The officials shall have final authority on any scorekeeping disputes.

**Free Throws:** **3<sup>rd</sup> & 4<sup>th</sup> Grade:** Free throws will be shot from two feet in front of the free throw line. A violation will be called if the player deliberately crosses the line on the attempt in an effort to gain an advantage. Each coach should keep a roll of tape in their bag and apply a line of tape for the free throw line if necessary.  
**5<sup>th</sup>/6<sup>th</sup> Grade:** Will be shot from the regulation free throw line. A violation will be called if the player crosses the line on the attempt.

**Bonus Rule:** The bonus shot will be awarded on the team’s seventh team foul in a half. ***Please make sure the scorekeeper keeps track of team fouls in addition to personal fouls!*** The double bonus shot will be awarded on the team’s tenth team foul in a half. All fouls will carry over into any overtime period(s). Players will foul out of the game after receiving their fifth personal foul.

**Three Point Shot:** **5<sup>th</sup>/6<sup>th</sup> Grade:** Will be used when the floors are clearly marked with the three-point arc. The three point shot is not in effect at the 3<sup>rd</sup> & 4<sup>th</sup> grades to discourage such attempts.

**Lane Violation:** **3<sup>rd</sup> Grade:** A five second lane violation will be enforced.  
**4<sup>th</sup> Grade and above:** A three-second-lane violation will be enforced.

***Defensive  
Restrictions:***

**1. Man-to-Man Defense Required for All Grades:** Only man-to-man defense will be allowed. Defensive players must be within 6-8 feet of their player when that offensive player is within the 3-point arc, or approximately 19'-9" if there is no arc painted on the floor.

**2. Double/Triple Teaming & Trapping:**

**3<sup>rd</sup> & 4<sup>th</sup> Grades:** No double/triple-teaming or trapping is allowed at any time except inside the free-throw lane (3-second lane or "paint").

**5<sup>th</sup>/6<sup>th</sup> Grade:** No double/triple-teaming or trapping above the free throw line extended to each sideline to the mid-court line during the first three quarters (6-periods) of play. Double/triple teaming or trapping is allowed from the free-throw line extended down to the baseline at any time. This will allow for double-teaming and trapping anywhere in the frontcourt in the fourth quarter only (periods 7 & 8).

**3. Guarding Throw-Ins and Chasing Loose Balls:**

**All Grades:** In the fourth quarter (periods 7 & 8) and any overtime periods, the defensive team may guard offensive players in the backcourt on throw-ins originating from the frontcourt. Once the ball is controlled in-bounds, the defensive team must drop back to the frontcourt. Players may chase a loose ball into the backcourt at any time.

**4. Zone Defense:**

**All Grades:** Zone defenses are strictly prohibited. The officials will penalize as follows: First offense – warning to coach and players. Second and subsequent offenses – a team technical will be assessed and the offensive team will be awarded two points and the ball at half court. A loose or sagging man-to-man defense or defensive players who do not know who they are supposed to be guarding is not to be considered a zone defense.

**5. Full-court Pressing:**

**3<sup>rd</sup>/4<sup>th</sup> Grade:** Full-court pressing is not allowed at any time. Defensive players must drop back to their backcourt whenever a rebound is controlled and cleared from the key by a dribble or pass by the offensive team. The intent is to teach the kids how to clear rebounds out of the lane while at the same time eliminating the swatting or grabbing at the arms of a player controlling the ball in their backcourt outside of the key. Please teach your players to fall back to the half court line when the defensive team rebounds the ball and clears the ball out of the key.

**5<sup>th</sup>/6<sup>th</sup> Grade:** Defensive players must drop back to their backcourt whenever a rebound is controlled and cleared from the key by a dribble or pass by the offensive team. Teams may only full-court press in the fourth quarter (periods 7 & 8) and any overtime periods when they are behind by ten or more points. Once the deficit is cut to single digits (9-points or less), the team may not full-court press.

***Offensive  
Restrictions:***

Clear outs to take advantage of the no zone rule is strictly prohibited. First offense – a warning to the coach and players. Second and subsequent offenses – result in a technical foul with the defensive team receiving two points and the ball out of bounds.

***Technical &  
Intentional Fouls:***

The free throws will not be attempted. The offended team will automatically receive two points and the ball out of bounds at mid-court.

### ***Disciplinary***

#### ***Action:***

The following disciplinary guidelines will be followed. However, **the WAA Girls Basketball Director reserves the right to remove a coach from their coaching responsibilities if warranted by the circumstances of the complaint.**

First complaint – Grade Coordinator will discuss issue with coach.

Second complaint – Program Manager will issue a verbal warning to coach and observe team's next game.

Third complaint – Program Manager will issue a written warning to coach and observe the next game.

Fourth complaint – Coach is dismissed for remainder of season

\*\* Habitual offenders may be suspended from the program indefinitely.

### ***Unsportsmanlike***

#### ***Conduct:***

Any player or coach removed from a game by an official for unsportsmanlike conduct will be ineligible to participate in their team's next game. The officials shall be in complete charge of the gym during the game. Players, coaches and spectators may be ordered by the officials to leave the building. Failure to comply with any order by the officials shall result in a forfeit of the game by the team represented by the offender.

If a coach becomes unruly and uses abusive or profane signs or language, the officials shall issue a technical foul. The coach will then be removed from the game and must leave the school grounds immediately. The game will not continue until the offending coach has left the school grounds. If the coach refuses to leave the school grounds, it results in their team forfeiting the game. The offending coach will automatically be terminated from their coaching position at this point and will no longer be allowed to coach in the WAA Basketball Program.

### ***Rescheduling***

#### ***Policy:***

Games will be played as per the league schedule. Coaches may change a game only for a conflict with school or religious activities, NOT because your best player is out of town! Coaches will then be responsible for gym time and officials. Rescheduled games must be completed within the time frame of the league schedule.

**\*\*The intention of the WAA Basketball program is to teach the fundamentals of basketball and good sportsmanship to the youth in our programs. If we keep these ideals in mind we will have a successful program. Good luck this season!**