

# NCAA Girls Basketball Division Rules

## 1. General Rules for all grades:

- Players are not permitted to wear any jewelry, berets, bobby pins, hard head bands, artificial nails, nor chew gum during games. It is not acceptable to put tape over pierced ears, they must be removed. Also, a player may not play if she is wearing a cast.
- Players are not permitted in the game if they are bleeding or if there is excessive blood on their uniform.
- Players and spectators should be confined to the gym area only. There will be no one permitted to be in the halls or cafeteria areas during games or practices. Failure to adhere to this rule may result in the loss of practice time for the team for the remainder of the year.
- There will be no basketball dribbling or play permitted in the halls or cafeteria areas or any school.
- Spectators are not permitted to sit on the same side of the court as the team bench and scorer's table when the facility is set up to do so.
- Use of any tobacco products is forbidden in any school facility. Failure to adhere to this rule may result in the loss of practice time for the team for the remainder of the year.

## 2. PIAA Rules will apply except as noted for each grade level within each relevant table.

## 3. Game Level

	1st	2nd	3rd	4th	5th	6th	7th	8 <sup>th</sup>
Game Level	Instructional No score, only timed games		Intermediate games played		Competitive Basketball			
Offensive Goals	Basic Skills – Ball control, passing and shooting		Developmental Competitive Basketball	Competitive Basketball				
Defensive Goals	Zone			Zone and Man-Man. Mandatory Man-Man in the 3 <sup>rd</sup> quarter				
Coaching	Coaches can instruct players on the court, but must stay clear of players for safety. It is recommended that one coach be on the court and another under one of the hoops.		One coach allowed to be standing. Two coaches maximum and one scorekeeper on the bench.					
Referees	Coaches / Parents		Regular Season - High School Players or Adults; Playoffs – 2 PIAA Refs	2 PIAA referees required				

## 4. Game Play

- When full court pressing is permitted and you have a lead of 10 points or more. The defense must drop behind the half court line. However, the defense is permitted to defend against a team attempting to fast break. The first offense will result in a warning and the subsequent violations will result in a technical foul charged against the coach.

- Due to league playing time requirements, a time out may be used in the event of a player injury and the player may remain in the game.
- When half court press is permitted, the defense must retreat within the 3-point arc until the offense has crossed the half court line. Once the offense is in the front court, the defense is permitted to defend anywhere in that half court, including and out of bounds pass. The defense is permitted to defend against a team attempting to fast break.
- The home team is responsible for the official scorebook and the visiting team is responsible for operating the scoreboard and possession arrow. Both the scorekeeper and the scoreboard operator must be seated together at the scorer's table. These duties must be performed by adults.
- Technical fouls will be carried over from game to game. After the 2<sup>nd</sup> offense, the player will be suspended from the following game. Continued offenses may result in further action. When a technical foul is committed by a player, the opposing coach must inform the Grade Level Coordinator after the game. The coordinator will keep track of player's technical fouls.

	1st	2nd	3rd	4th	5th	6th	7th	8 <sup>th</sup>
Hoop Height	8 ft	9 ft	10 ft					
Ball Size	27.5"		28.5"					
Defensive Press	Defense must stay behind the 3 pt arc		Defense must stay behind the 3 pt arc. Half court press allowed during last 2 minutes of game and all OT.	Half court press. Full court press allowed during last 2 minutes of 2 <sup>nd</sup> and 4 <sup>th</sup> qtr (unless up by 10+ points) and all OT.		Full court press allowed the entire game unless up by 10+ points.		
Fast Breaks	Not allowed. Defense must drop back		Allowed, but setting up the offense should be emphasized	Allowed				
Quarter length	Four 8 minute quarters. Sub players at the 4 minute mark. No coach instruction during this time		6 min. with 1 min. between quarters.					
Halftime Length	3 min.							
Overtime	N/A		1 <sup>st</sup> OT is 3 minutes, 2 <sup>nd</sup> OT is 2 minutes and every subsequent OT is 1 minute long.					
Time outs	No time outs. Clock stops at 4 min. mark for substitution ONLY. Instruction during the games as required		3 @ 60 sec and 2 @ 30 sec per game. Timeouts do carry over into OT. 1 @ 30 sec timeout per OT period (in addition to any that carry over). Only the coach can call time out.					
Offensive Foul in the paint	N/A		3 sec limit					
Foul Shots Taken	No foul shots taken		Foul shots taken					
Foul Shot Distance	N / A		12ft Can cross line		15ft Can cross line		15ft Cannot cross line	
1:1 (7) / Double Bonus (10)	No fouls recorded		1:1 implemented after 7 team fouls and Double bonus implemented after 10 team fouls per half					
Game Forfeiter	If a team has less than 5 players, a player from the opposing team should lend the team a player		5 players required at start of the game, else the team forfeits at a score of 1-0. A 10 min grace period is allotted. If a forfeiter, a player can loan a player and the game played, but the score remains 1-0.					

## 5. In House Player Substitutions

- Every player must play one entire uninterrupted quarter per half (2 quarters per game) unless illness or injury prevents the player from completing a full quarter.
- When either team has seven (7) or more players at the start of the game, each player must sit out one (1) entire uninterrupted quarter per game (1 quarter per game). To avoid penalty to a team which has a player who gets injured, the injured player can sit the equivalent of one continuous quarter (6 minutes) and then re-enter the game.
- When one team has fewer than seven (7) players at the start of the game, each player must still play one entire uninterrupted quarter per half (2 quarters per game). However, a player may play the entire game without interruption. This rules applied to both teams regardless of the number of players on the opposing team.
- Each Grade Coordinator will compile a list of “call-up” players for the next older division. If a coach will have five (5) or less players for a game, the coach may call their division coordinator for call-ups. That division coordinator will contact the lower division coordinator to arrange for call-ups. More than one call-up player may be requested for a team up to a maximum of six (6) total players on a team. All playing rules stated above are still in effect. A coach is not permitted to acquire their own call-up players.
- Exception to playing time rule can be made if a player frequently missed practice or is a discipline problem. The opposing coach and the Division Coordinator must be notified prior to the start of the game if this rule is going to be enforced.
- Substitution rules will be strictly enforced. If an opposing coach noticed the rule being broken, he must first warn the other coach. If there is a 2<sup>nd</sup> occurrence, the game is to be forfeited. In all occurrences, the Grade Level Coordinator should be informed.

	1st	2nd	3rd	4th	5th	6th	7th	8 <sup>th</sup>
Switching of positions required	Yes. Players should be rotated to learn multiple positions				Not required. However, coaches are encouraged to rotate players for learning purposes			
Substitutions	Every 4 min		As described above					

## 6. Tournament Play (In House and Travel)

	1st	2nd	3rd	4th	5th	6th	7th	8 <sup>th</sup>
In House tournament seeding	N/A		Seeding based on: 1. Overall record, 2. Head-Head, 3. Average of points scored against (forfeits not included), 4. Average of points scored (forfeits not included), 5. Coin toss					
Travel Team Eligibility	N/A			Must play at least 50% of inhouse games to be eligible for the tournament team. Inhouse tournament games included.				
	N/A			Players interested in playing on travel teams must participate in travel team tryouts when scheduled. Exceptions must be approved by the Grade Level Coordinator.				