

CAHABA GIRLS BASKETBALL LEAGUE

Rules

2022 - 2023

General League Rules

Participation

- An official roster will be the roster submitted to and approved by the League Director. Any changes, corrections or other alterations must be approved by the League Director prior to your game.
- All players must be from the same community, within the same high school zone and/or represented by the recognized governing entity for youth sports within that community. Only exception without approval will be for those children playing on a team while attending the same private school and playing through the recognized governing entity for that respective private school. All other exceptions will require the approval of the League Director.
- Due to potential issues that may arise, any team may borrow from its peer or younger team from within the same community/association to provide for bench personnel provided the team has less than six (6) regular roster players available/eligible for that contest. Each borrowed player can only assist that team a maximum of once per season and can only provide bench (not play more than regular players) assistance (rest for regular players or relieve a player in foul trouble). Remember, this rule was designed to allow a team the opportunity to have bench personnel to rest their regular players when other regular roster players are unavailable. Also, any player can play up a maximum of 4 times, with the same participation requirements and restrictions, and they cannot displace a regular roster player in a similar position on the floor. In both instances these are bench support personnel only.
- Game time is start time. No exceptions unless approved by the director or Asst. Director of the league.
- A team must have 5 players to start the game. If not, a forfeit will occur. The teams can then play a scrimmage game with a non-stop running clock of 16 minutes per half, with a

3-minute halftime break, without officials (controlled by coaches) and not to exceed 10 minutes prior to the following games start time. Should neither team have 5 players to start the game, a double forfeit will occur resulting in a tie and the scrimmage option will still apply.

- Once officially started, a team can finish a game with 4 players. Should a team fall below 4 players able to participate, the game will result in a forfeit by that team regardless of the score at that time.
- All players must have the same color uniforms. Home team will wear white or light colored uniform. Guest team will wear dark uniform. Any exception is at the discretion of the lead official.
- Half-time will be 5 minutes with 1 minute between quarters.
- Each Team will have 4 one-minute time outs to be used at any time during the regulation game.
- For the sake of giving players an opportunity to play, no mercy rule or hot clock situation will be employed since we are already in a running clock situation.

Game Administration

- Coaches and officials will, without exception, be respectful of each other. The officials ruling is final.
- Officials will not be looking to exert their will but will not hesitate to assign a technical foul to a coach. All technical fouls will be reported to the League Director. Should a coach or player receive two technical fouls in a game, he/she will be suspended from the next game. In the case of a coach, he or she will also be removed from the gym at that time. Should any coach refuse to leave the gym after two (2) technical fouls in one game or receive four (4) or more technical fouls during the season, they will forfeit their coaching privileges for the remainder of the season.
- The League Director also reserves the right to remove any team from further league play. This is extremely rare but possible and will only be exercised in cases of extreme misconduct or excessively unruly fans, coaches and/or players, etc.
- Only two coaches allowed on the bench at any time. No Exceptions.
- Only head coach will be allowed to stand on the sidelines during a game.
- Each team's bench will be held responsible for their fan's behavior. Should a fan become unruly to the point of having to be removed from the gym a technical administrative team foul will be awarded to the opposing team with position of the ball following. Should any unruly fan be removed from the gym the incident must be reported to the League Director. A game suspension of that fan may occur but is at the discretion of the League Director.
- **ABSOLUTELY NO OUTSIDE BASKETBALLS ALLOWED IN THE GYM OTHER THAN BALLS BROUGHT IN BY COACHES.**

3rd Grade Girls

Game Rules

- Games will consist of four each **6-minute quarters**.
- Clock will be a running clock except on free throws, official time out and last two minutes of the second and fourth quarters. During the last two minutes of second and fourth quarters the clock will stop on all dead balls.
- Free throw attempts will be from 10 feet.

Competition Rules

- Basketball will be Youth 27.5 ball.
- **Absolutely no defending in the back court.** Once a defensive team member secures possession of a ball due to rebound, steal or another valid turnover, the offensive team reverts to defense and must not defend in the back court. Also, a defensive team must allow the offensive player opportunity to establish in the front court. Absolutely no traps at the timeline during transition.
- Defensive team **MUST** stay behind the three-point arc. Feet behind the arc will satisfy the rule.
- ***Offensive team MUST make a SHOT attempt within 25 seconds of crossing half court.*** Each new possession outside the arc will result in a new 25 sec time reset. Should a team not comply with this rule the violation will result in a turnover. Time management for this violation will be kept on the floor by the trailing official and at his discretion. Within the last two minutes of the 4th quarter, if time is called, no reset of the 25 second shot clock will be allowed but instead the shot clock will pick up from the time remaining prior to the time out.
- Absolutely no defending in the back court. Once a defensive team member secures possession of a ball due to rebound, steal or another valid turnover, the offensive team reverts to defense and must back up into the arc.
- ***The offensive team is allowed to fast break following a turnover (Steal or loose ball) only.*** The defense will not be allowed to defend in the back court but can defend once across the time line. Once the fast break is halted the defense must back into the Arc area.
- Upon a rebound or after a score, the offensive team must allow the defensive team “reasonable” opportunity to cross the half court line. However, at the discretion of the officials, should it be deemed that the defensive team is stalling or not hustling to get across, the offensive team will be allowed to cross without all defensive players being across the half-court line. Otherwise, crossing before all defenders are across will result in play being stopped and the offensive player in possession of the ball will be held up by the official until satisfied all defensive players have crossed.
- No three-point shots allowed. All shots on basket from the floor will result in two points.

Overtime

- Overtime will be satisfied by each coach choosing one player per team to shoot two free throws each. If still tied at the completion of those two shots by each team representative, the process will continue with two new players until a winner is determined. Each player can only participate once. Should a team run out of players to shoot and the contest is still tied a tie will be declared and the contest ended.

4th Grade Girls

Game Rules

- Games will consist of four seven (7) **minute quarters**.
- Clock will be a running clock except on free throws, official time out and last two minutes of the second and fourth quarters. During the last two minutes of second and fourth quarters the clock will stop on all dead balls.
- Free throw attempts will be from 13 feet.

Competition Rules

- Basketball will be Intermediate 28.5 ball.
- Absolutely no defending in the back court at any time during the game. The player in possession of the ball must be allowed to establish themselves in the front court prior to defense being applied. Absolutely no trap will be applied at the timeline during transition.
- Fast break is allowed.
- Three-point shots will be allowed.

Overtime

- Overtime will be satisfied by each coach choosing one player per team to shoot two free throws each. If still tied at the completion of those two shots by each team representative, the process will continue with two new players until a winner is determined. Each player can only participate once. Should a team run out of players to shoot and the contest is still tied a tie will be declared and the contest ended.

5th Grade Girls

Game Rules

- Games will consist of four seven (7) minute quarters.
- Clock will be a running clock except on free throws, official time out and last two minutes of the second and fourth quarters. During the last two minutes of the second and fourth quarters the clock will stop on all dead balls.
- Free throw attempts will be from regulation.

Competition Rules

- Ball will be Intermediate 28.5 ball.
- ***Teams will be allowed the opportunity to full court press/defend in the back court only in the second half and/or during overtime play.*** One exception will be if a team is up by twenty (20) or more points. Another exception is if the opposing team has less than five players on the floor. A team can resume the press/defense in backcourt only if the opposing team reduces their lead to ten (10) or less points and none of the above exceptions apply.
- Teams cannot trap at the half court line during times of restrictive press. In other words, the ball and player must be allowed to establish themselves over the half court line prior to the defense being able to defend. The exception to this rule is during a valid press situation. This rule will be administered at the discretion of the game officials.
- Violations of the above “no press” rule will result in a warning to the coach for the first offense, all subsequent offense will result in a technical team foul administered with two free throws and inbound the ball at half court.
- Fast Break is allowed.
- Three-point shot is allowed.

Overtime

- Overtime will be 2 minutes.
- Play will continue as the game ended.
- Clock will stop on all dead ball situations (all whistles). Each team will be awarded one time out only per OT period. No timeouts will be carried over from the end of regulation or previous OT period.
- Should teams still be tied at the end of the first OT period, a second OT period will be played only until one team scores to break the deadlock. No further time outs will be awarded or carried over in this second and final overtime period.

6th Grade Girls

Game Time

- Games will consist of four eight (8) minute quarters.
- Clock will be a running clock except on free throws, official time out and last two minutes of the second and fourth quarters. During the last two minutes of the second and fourth quarters the clock will stop on all dead balls.
- Free throw attempts will be from regulation.

Competition Rules

- Ball will be Intermediate 28.5 ball.
- Teams will be allowed to press (defend in back court) **anytime** during the game with the exception where that team is ahead by twenty (20) or more points or at any time the opposing team has less than five players on the floor. The leading team may resume a full court press if the trailing team pulls to within ten (10) points or less provide the opposing team is not playing with four (4) eligible players.
- Teams cannot trap at the half court line during times of restrictive press. In other words, the ball must be allowed to cross the half court line prior to being able to defend.
- Fast break is always allowed.
- Three-point shot is always allowed.

Overtime

- Overtime will be 2 minutes.
- Play will continue as the game ended.
- Clock will stop on all dead ball situations (all whistles). Each team will be awarded one time out per the first OT period. No timeouts will be carried over from the end of regulation or previous OT period.
- Should teams still be tied at the end of the first OT period, a second and final OT period will be played only until one team scores to break the deadlock. No further time outs will be awarded or carried over in this second period.