

# SF Girls Basketball Association

## In-house Rules & Coaches Information

### Rules (Grades 5-8)

- Each team will have no more than 10 players and no less than 5 players. If a team with has less than 5 players, they officially “forfeit the game”. However, the teams should share players and play a game.
- Coaches must arrive 15 minutes before game time.

### Warm-ups:

- Each team will have at least 5 minutes to warm up before game time.
- Time Limits:
- A game will consist of four (4) eight (8) minute quarters with a running clock and a five (5) minute half time.
- The clock starts when the basketball goes into play (girl in play touches the ball).
- Clock stops only during a time-out, injury, referee discretion and foul shots and the last minute of the game with whistle and change of possession
- One overtime period of three minutes will be played if the score is tied at the end of the regular game. Clock will stop in the last minute of overtime with whistle and change of possession. If the game is tied after on overtime period, the game ends in a tie.
- Time-outs - Two (2) one (1) minute time-outs per half. One time-out is permitted in an overtime period.
- Players are not permitted to leave the court during the mid-quarter substitutions unless than are coming out of the games. They check-in at the scorer’s table.

### Fast Break:

- Fast breaks are permitted.

### Offense:

- The offensive team has ten (10) seconds to cross the center-line with the ball.
- When passing the ball in, the team has five (5) seconds to throw the ball in.
- Offensive players are not permitted in the paint for more than three (3) seconds or the ball is turned-over to the other team.

### Defense:

Man-to-man defense must be used in the first half of all In-House games. Players must stay within five feet of their man. Players are permitted to double team the ball only when their man is within five feet of the ball. If the offensive player is outside the three point line the defensive player does not have to follow him out beyond the three point line. Teams not playing man-to-man in the first half will be warned then technical fouls will be call. It is the coaches’ discretion to use man-to-man or zone in the second-half of all In-House games. Half-court defense is permitted during the entire game and full court defense is permitted for the last two (2) minutes of each half - as long as the point difference is less than 10 points.

**Fouls:**

- If a player gets five (5) fouls, she is out of the game. This player may not under any circumstances remain in the game.
- A team may continue to play with less than 5 players only if no other player is available.
- Any player that fouls out during the regular game will not be allowed to play in any overtime periods.

**Technical Foul:**

- In case of a technical foul, the offended team will be awarded 2 free throws and possession of the ball. Any player may shoot the free throws.

**Free Throws:**

- A team will shoot (1 and 1) on the 7<sup>th</sup> team foul in each half.
- A team will shoot 2 free throws on the 10<sup>th</sup> team foul in each half.
- Fouls in the act of shooting and intentional fouls will always result in 2 free throws for the fouled player.

**Playing time:**

Equal playing time must be given to each player whenever possible. The In-House Coordinator will review team giving playing time in disproportional manner with possible disciplinary actions for repeat issues.

- A grid will be issued to the coaches prior to the season's start. [Game-Lineup-rotation-for-basketball-blank.pdf](#). Playing time is required to follow the intent of this grid (as equal as possible given the number of players at a game and situations like late arrival, injury, fouling out, etc.). *NOTE: Grid does not have to be used, but assists in ensuring equal playing time*