VESTAVIA HILLS

YOUTH GIRLS BASKETBALL

**Game Specs**

Grade Goal Height Ball Lane Violation 3-pt shot FT line Press

1st 8 feet 28.5 5 seconds No 12 feet None

2nd 8.5 28.5 5 seconds No 12 feet None

3rd 9 feet 28.5 5 seconds No 12 feet None

4th 9.5 28.5 3 seconds No 12 feet Last 2 minutes of each half

5th 10 feet 28.5 3 seconds Yes 15 feet Last 2 minutes of each half

6th 10 feet 29.5 3 seconds Yes 15 feet Last 2 minutes of each half

7th 10 feet 29.5 3 seconds Yes 15 feet See Amended

8th 10 feet 29.5 3 seconds Yes 15 feet See Amended

HS 10 feet 29.5 3 seconds Yes 15 feet All game

**Game Time and Timeouts**

1. Game length: Each game will consist of four 10-minute quarters. The clock will be a running clock and will not stop on free throws that occur during the first nine minutes of each quarter. During the last minute of each quarter, it will stop on every whistle. The clock will stop for timeouts and injuries and any time the referee needs to stop the clock for rules clarification with a coach or player.
2. In the 1st grade league, there will be four 8:00 quarters with a running clock that will only stop for timeouts, brief substitutions every 4 minutes, injuries, or other referee stoppages. There will be one minute between quarters and a 5-minute halftime.
3. Timeouts: Each team will have 4 timeouts per game (a maximum of 3 per half.) Each team has one 1 minute and three 30 second timeouts. If you do not take a timeout during the first half of play, you lose one and have 3 remaining. You will lose one of your 30-second timeouts. In the event of overtime, each team will have ONE timeout. Unused timeouts do not carry over to overtime.
4. Overtime: Regular Season-one 2-minute overtime period will be played. The clock will stop on every whistle. If the score is still tied at the end of OT, Sudden Death OT will be played with no clock and whichever team scores first, wins.
5. Overtime: Playoffs-Each 2-minute OT period will be played until there is a winner. NO SUDDEN DEATH in playoffs
6. Time between quarters and overtimes shall be one minute. Time between halves will be 3-minutes.
7. 7. Clock and Scoreboard: Each team shall provide a parent to keep the scorebook or run the clock/scoreboard for each game. Visitors keep the scoreboard; home keeps the book.
8. In grades 2-3, during the last minute of the game and overtime, the clock will NOT start following a dead ball until the offense crosses halfcourt if the score is within 10 points or less. The clock will run following a made basket.

**1st grade rules**

1. Two games of 3 on 3 will be played full court “side court” simultaneously.
2. After half time, one of the teams switches courts with their teammates so the teams are facing a different 3 on 3 team for the second half.
3. Non-shooting fouls, out of bounds calls, jump balls, etc. will result in taking the ball out at the top of the key.
4. Each team will have four timeouts and game play on both sides will stop whenever there is a time out.
5. SCORE IS NOT KEPT

**Playing Time**

1. All players in grades 1-8 are to play at least HALF of a regulation game. Not all players have to play in the overtime period. If this rule is broken, coaches may face suspension and possibly expulsion from coaching for the city of Vestavia Hills. If the player has an unexcused absence from practice, the coach may elect to play the player between one quarter and one half of the game. If the player misses practice due to illness, injury, death in the family, family emergency, or a mandatory school event, the coach must still play the player in half of the game. Any questions must be presented to the league rep for further review.
2. Free substitution is allowed on any dead ball situation. Must check in at scorer’s table.
3. If a coach feels an opposing player does not play half of a regulation game, that coach needs to communicate with the league rep and NOT the officials.

**Defensive Rules**

1. The 1st-3rd grade leagues will exclusively play half court man-to-man. No zone or perimeter trapping is allowed and no full court of any kind. The 4th-6th grade leagues will play half court man-to-man defense except for the last two minutes of each half. During the last two minutes a team may press full court using any defense they choose. Once the ball crosses half court, the defensive team must switch back to man-to-man. 9th-12th grades may full court press all game and can play whatever style defense they want. When the ball crosses half court, they can still play whatever defense they choose.

\*\*\*\*\*Amendment for the 7th-8th grade league

a. Any half-court defense (man or zone) at all times.

b. Allow any full court defense (man or zone) only during: last two minutes of first half AND entire second half.

1. Man-to-man defense is in place to teach the boys proper defensive technique and to free up space in the younger age groups for the offensive players. Players may play “help side” defense but they may NOT double team at any time in grades 1-3. A double team is allowed in grades 4-6 while full court pressing, but not in the half court, while playing man-to-man.
2. If a team is caught playing a zone or trapping (double team) in the half court, they will be given one warning and the warning shall be written in the score book. On a 2nd violation, the defense will be assessed a technical foul, which is 2-points. It is considered an administrative technical. However, it is up to the official’s discretion on whether the coach will be issued a technical foul for this violation.
3. Full court press violations must be obvious to the referees. If a rebound is corralled by the defensive team and the offensive player stands near him, the referee should tell that player to back up. Only if that offensive player tries to engage the rebounder and knock the ball away, then the referee can call a backcourt press violation. First violation is a written warning, recorded in the scorebook. Technical fouls will be assessed on the second violation and two points will be awarded. Note: If the rebounder tries to pass the ball to a teammate and the ball is lost, defensive players in the backcourt can then attempt to possess the ball. ALSO, if the rebounder dribbles the ball quickly down the floor, the defensive team can run alongside him, but cannot try to dislodge the ball until crossing halfcourt.
4. A team may not continue to press, trap, or double team if they are up by 15 points or more. If the lead dwindles down to 10 or less, that team may begin to press again. Note: the team trailing by 15 can press.

**Free Throws**

1. All grades will shoot free throws if fouled in the act of shooting.
2. Three free throws will be granted if a player is fouled in the act of shooting beyond the arc (only in grades that allow the 3-point shot). For grades 4 and below, that do not allow the 3-pointer, the shooter will be given two shots.
3. Bonus free throws-In grades 2-8, two free throws will be shot on the 5th team foul of each quarter.
4. In grades 1-4, the free throw line will be 12-feet. In 5th grade, players will now shoot from the regulation 15-foot line. Note: a player may not move back and forth from one line to the next during one trip to the free throw line. If free throws are shot from 12 feet, the defensive team players must line up BELOW the block in the lane.
5. In grades 5-12, the 15-foot line will be used for all free throws and the players lined up in the lane must start ABOVE the block.
6. Players lined up around the lane may enter the lane as the shooter releases the ball. The shooter and ALL players stationed behind the shooter must wait until the ball hits the rim before entering the lane. Anyone not in the lane on a free throw (except the shooter) must line up behind the top of the 3-point line.

**Personal Fouls**

1. Each player is allowed 5 personal fouls
2. A technical foul (charged to a player) and a non-shooting intentional foul will result in a personal foul being charged to the player, plus two points in lieu of free throws. The ball is awarded to the offended team out of bounds where the infraction occurred. NOTE: If the intentional foul occurs on a shooting attempt AND the shot goes in, the offended team is given two points (for the foul) and the shot taken will count. HOWEVER, the ball is NOT given to the offended team. The team that committed the foul will throw the ball in from their own baseline.

**Technical Fouls**

1. All bench technical fouls will be assessed to the Head Coach. Two technical fouls on any player or coach will result in an ejection from the game and gym for the duration of that game. Please note that administrative technical fouls (uniform issues, too many players on the court, etc. will NOT count towards the Head Coach and will NOT count as a team foul)
2. If a coach or player gets ejected, they must sit out the remainder of that game plus one more game.
3. If a coach or player gets ejected twice in one season, they are suspended for the remainder of the season, including playoffs.
4. Technical fouls issued to the clock/book person, will result in removal from the score table and the tech will charged to the Head Coach.
5. All technical fouls, including administrative, will result in 2 points and possession of the ball at half court.
6. If a coach gets ejected during game one of a double header, he or she will be able to coach the 2nd game of the double header. Suspensions start on the next calendar day that team has a game. The suspended coach may NOT have any communication with the substitute coach during the game.

**Uniforms**

1. All players must be in matching uniforms. The city will provide reversible jerseys and shorts to all players
2. Each team must match the jersey color to the short color. For example: if you wear the red side of the jersey, you must wear the red shorts. Opposing teams may not wear the same color shorts. No numbers over a “5” may be worn. No #87 or 26
3. Players may wear wristbands and headbands, but the headbands may NOT be tied. No knots are allowed.
4. Sport shoes must be worn to practice, warm up and to play games. No shoes with marking soles are allowed.

**Scorer’s Table**

1. Please have the home team always take the bench to the left of the scorer’s table. This matches the direction on the score board and helps the officials tremendously.
2. Score keepers should use the left page in the scorebook for clarity as well.
3. No children are allowed at the table during games. There are only to be 2 chairs at that table. One for the clock operator and one for the score keeper. Only adults are allowed to “work” the table. No one under the age of 16
4. Home team keeps the book and the visitor’s keep the scoreboard/clock