

DGAL BASKETBALL

League Rules will be governed by the standard

Rules set forth by the MIAA except here noted as follows.

Uniforms: For game play, team shirts, and sneakers are required. No jewelry shall be worn during the game (earrings must be taped), & long hair should be tied away from the face. Team shirts will be provided for each player. All players are responsible for their shirts.

Game Clock: Games will be played on a running time basis with four eight-minute quarters. The clock will be stopped for substitution, time outs, shooting fouls, referee explanation and all fouls. In the last minute of the game the clock will stop for all whistles. The clock will start once the ball hits the rim for all free throws. There will be a five-minute break between halves.

Play Requirements and Substitutions:

Playing time requirement are as follows:

Junior League: EVERY girl must sit at least one FULL 4 minute period during the game (unless the team is playing with only 5 girls). Girls must play at least one 4 minute period of every quarter.

- If 9 girls are present: each girl must play at least 4 periods and no girl may play more than 5
- If 8 girls are present: each girl must play 5 periods
- If 7 girls are present: each girl must play at least 5 periods and no girl may play more than 6
- If 6 girls are present: each girl must play at least 6 periods and no girl may play more than 7

Senior and Pony League:

- If 8 or more girls are present, they must play at least one 4 minute period of every quarter. If 6 or 7 girls are present, each girl must play at least five (5) 4 minute periods. EVERY girl must sit at least one FULL 4 minute period during the game (unless the team is playing with only five girls).

The clock will be stopped and the buzzer sounded as close as is reasonably possible to the four minute mark of each quarter for substitutions. This is the only time during the quarter that substitutions will be allowed except as follows:

- a. An injury. (Players may reenter during the 4 minute period once they are feeling able)
- b. A player is fatigued and requests to be taken out (see comment on a.)
- c. A player picks up her third foul of the 1st half or her fourth foul before the start of the fourth quarter
1. Any reason noted in the coaching responsibility or technical foul section on the Rules of Sportsmanship and Conduct page.
- d. In the last four minutes of the game there will be free substitution for any player who has played their minimum required time.
- e. Players will be counted as playing their 4 minute time period if they started the period but could not complete it due to injury, fatigue or foul trouble (as noted in a,b and c above)

Call Ups: Teams must have at least 5 girls to start a game. If coaches know ahead of time that they will be short players, the league commissioner will secure players from a lower league for their use. Call ups may not have more playing time than the any of the regular players. Call ups who are at the gym solely for playing in this game must play the minimum playing time as noted above. In the event a team only has four girls at game time, call-ups may be recruited from girls from a lower league who have already played their game that night who are at the gym. If a regular player subsequently arrives, the call-up can leave even if the minimum playing time has not been met. Girls who are at the gym solely for playing the game as a call-up must play the minimum playing time. (During the regular season, Junior teams may borrow players from other teams in their league since games are not counted in the standings.)

Overtime: In case of a tie game at the end of regulation, **a maximum of two three-minute overtime periods** will be played. If the score is still tied at the end of the second overtime period, the game will end in a tie. Free substitutions are allowed during overtime. Every eligible girl must play at least one and one half minutes of each overtime. The clock will be stopped at the 1:30 mark to allow for substitutes.

Official Scorers: Each team will have a parent representative work the score table. One will be the official score keeper the other will run the clock and score board. Each coach will furnish the official score keeper with a team roster five minutes prior to the start of the game. Only players listed by the coach on this roster will be allowed to play in the game. (Girls who are not present at the start but are expected to arrive should be listed on the roster) All players must report in at the scorer's table before entering the game.)

Time Outs: Each team will have two time outs per half. Unused time outs from the first half will NOT carry over into the second half and unused time outs from the second half will NOT carry over into overtime. Each team will be allowed one time out in each overtime period.

Fouling Out: A player will be disqualified on attaining five personal fouls and may not return to the game. Only players listed by the coach on the roster will be allowed to play in the game. Seven team fouls in any half will result in a one on one situation. After there are ten team fouls in any half, all subsequent fouls will be two shot shooting fouls (except for a player control foul).

Pressing:

1. Senior Division
 - a. Pressing in the back court will be allowed in the Senior League during the **last minute of 2nd quarter, 4th quarter and Overtime if your team is behind or is up by NO MORE THAN 9 points.**
2. Pony Division
 - a. Pressing in the Pony League will be allowed all over the court only in the last four minutes of the fourth quarter and the entire overtime **if your team is behind or is up by NO MORE THAN 9 points.**

Foul Line: The foul line for the 3rd and 4th grade (Junior) division and only 5th grade girls in the Senior Division will be closer to the basket than the regulation foul line. It will be one step in from the foul line or marked at the various gyms. It is at the coach's discretion that this foul line be used.

Game Time: Games will be played at 6:00, 7:00 and 8:00 PM on scheduled weeknights and on weekends as necessary (unless otherwise noted on the schedule). . Gym doors will open at the listed gym time for practice and games. There will be five minutes allowed for warm up between games. Referees will have the power to forfeit a game if a team is not ready to play within 10 ten minutes after the starting time. **Cancellations:** School closing for bad weather will cancel all games and practices. The DGAL website will be updated with information about cancellations no later than 1 hour prior to the scheduled start of the day's first game.

Rescheduling: All make up games will be rescheduled as soon as possible. The league director will reschedule all games. Coaches must notify the basketball commissioner when canceling a game or practice for any reason other than weather.

Dropping Players: A coach may request to drop a player from their team roster for three unexcused practices and/or games missed. The basketball committee will look into the matter and decide if such action is in the best interest of the league, team, and child.

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Standings: Standings will be determined as follows; two points will be awarded for a win, one point for a tie, zero points for a loss. Positioning in the playoffs will be determined by these totals. If two teams have the same point total, then the first tiebreaker will be head to head competition. If these teams have split games, then it will go to a coin toss.

Scores: The winning team coach (Senior and Pony divisions) must report their game score to the commissioner within 24 hours of game completion.

Playoffs/Championships: In all divisions, all teams will compete in a season ending double elimination tournament for championship.

Junior Division: In addition to above, the following rules will pertain only to the Junior division.

Zone defense is required for the season. The basket height will be 8 feet

1. There is no stealing of the ball if the offensive player has control of the ball outside of the extended paint (3 feet on each side and noted with blue tape) except in the last 30 seconds of the game. Defense may steal the ball off a pass or if the offensive player loses control of the dribble throughout the game.
2. If the ball is in the paint, players may be double teamed. Ball may be stolen off dribble, pass or taken out of the girls' hands.
3. Defense must not pick up the offensive player until that player passes the top of the key.
4. Pressing is allowed in the last 30 seconds of the game.
5. Each team must assign parents to the clock/scoreboard.
6. Fouls are not tracked during the regular season but will be during the playoffs.
7. No standings will be kept.
8. Brackets will be randomly selected for the end of season tournament.

RULES OF SPORTSMANSHIP AND CONDUCT

Coaching Responsibilities: Head Coaches are the focal point for all conduct concerning their team. They are responsible for themselves, their assistants, their players and their fans. That being said, a head coach or acting head coach should handle given situations as follows:

- a. If you feel that a player is being disrespectful, irresponsible, or out of control, remove her from the game long enough to calm down. This is another exception to the "Play Requirements & Substitutions"
- b. The same holds true for parents, and should a player or coach be heckled or demeaned by any fan rooting for either team during the game. If you as coach know that it is a fan rooting for your team that is responsible for any unacceptable behavior, it is the responsibility of the head coach to deal with the offender. If the problem persists, the offender will be asked to leave the gym, and the coach will get a bench technical.
- c. One of the rules of sportsmanship that has often been overlooked in the past is **RUNNING UP THE SCORE**. Coaches should know when a game is out of reach. When games get to that point common sense should take over and coaches should pull back their better players. Some coaches in the past have also wondered what they can do to stop their players. Here are suggestions for those of you who may not know what to do:
 - i. Sit down your best player who usually plays most of the game and give the extra time to players who don't get extra time
 - ii. Tell your best play to try to get the ball o the other girls who very rarely get shots or very rarely score.

If you do either one of these things and your weaker players score an extra basket or two, so be it, but at least in the spirit of Sportsmanship you should feel good that you did all you could not to embarrass the players on the other team.

Technical Fouls:

- a. Any coach or player who receives two technical fouls during game for any reason will be disqualified from the game.
- b. Any coach or player that receives two technical fouls for disciplinary infractions during the season (they do not have to be during the same game) will be suspended for one (1) game. Any subsequent technical fouls for disciplinary infractions for any coach anytime during the remainder of the season will result in his/her suspensions for the remainder of the season. Any technical fouls for a player after her two technical fouls for disciplinary reasons will result in another game suspension and review by the board of directors concerning any other penalties.
- c. Coaches must report to the commissioner any technical fouls that they or any member of their team, coaching staff, or team parent receives within 24 hours of the infraction occurring

Rule Misunderstandings: Keep a copy of these written rules with you for all games. If there is ever a question as to a league rule that a referee is apparently not aware of, request an official time out and show the written rule to the referees. These referees sometime work several different leagues that have their own modified set of rules and may not always be aware of our modifications. If after an attempt to correct a situation like this, you do not get satisfaction, let it go and bring the problem up to the Commissioner of your division at a later time. Any other problem with an individual referee should be dealt with by the coach during or even after the game, but should be brought to the attention of your Commissioner.