

ARA Basketball Rules
Senior Girls 7th & 8th Grade League

Coaches should explain to their parents at the beginning of the season the structure of the league. Please remind your parents that while we pay for our gym time, we are expected to keep the school facilities the way they were left by the school staff. Parents must supervise their other children during all sessions. Children are not permitted to play unsupervised in the hallways. Also, only coaches are permitted to bring basketballs into the gym. A parent or guardian must be present for all games and practices.

1. **Playing/Sitting Rule (Regular season)**

The general goal of this rule is to promote equal playing time for all kids during the regular season.

Coaches are encouraged to discuss before the game any strategy with respect to the team composition that will start the game. This can be done so that coaches can match up players of the same relative skill to provide for a fair and balanced yet competitive game. For example, both coaches may elect to play all 7th graders in the first quarter and all 8th graders in the second quarter and then mix all the kids in the third and fourth quarters. Coaches should consider starting different kids in various games throughout the season. Coaches should not attempt to slot higher skilled players against lesser skilled players to gain an advantage.

Each player must play one full continuous quarter from start to finish in the first half. Each player must check in with the official scorekeeper at the beginning of each quarter. Each player must sit one full continuous quarter from start to finish in each game. (e.g. player sits the entire 2nd quarter).

Exceptions: Please note that coaches have the flexibility to substitute a player if they are injured and have to come out of the game or if they become severely winded because of a medical condition (e.g. asthma) and it is in the best interest of the safety of the child to take them out of the game. These types of situations are not frequent occurrences. When a substitution is required for safety purposes, the rules above can be waived. The coach should use a substitute player of a similar skill level where applicable. However, the expectation is that if the child can come back in the game safely after a short rest, he/she should go back in for the player that was used to substitute for him/her.

Playing/Sitting Rule (Playoffs)

Everyone must play at least one complete, continuous quarter, barring injury or illness. Each player must check in with the official scorekeeper at the beginning of each quarter. Players must arrive before start of second quarter, otherwise playing time is at the discretion of the coach.

Everyone must sit at least one complete, continuous quarter. If a team has less than seven players the opposing coach may select which player(s) will sit out the fourth quarter, however it may not be a player who has already satisfied this requirement. In the playoffs, if a team has less than six players the game will be declared a forfeit.

Note: Every child should play at least 1 ½ quarters during each playoff game barring illness or injury.

2. Eight-minute quarters — Two minutes between quarters and five minutes between halves.
Running clock except for personal fouls, timeouts or referee discretionary stoppage and for the last one minute of each quarter. During the last minute of each quarter, the clock stops at each whistle.

No overtime periods in regular season games. In playoffs, a three-minute overtime period will be used for the first over time, and a two minute overtime period thereafter until a winner is determined.
3. Alternate possession on jump balls after center jump at the start of the game.
4. On the seventh team foul of a half, the offended player will shoot a one-and-one. On the tenth team foul of a half, the offended player will shoot two foul shots. Players fouled in the act of shooting always shoot two free throws on a missed shot and one free throw on a made shot.
5. Player is ejected on his fifth foul.
6. Four timeouts per game for each team, consisting of two 20-second timeouts and two full 1-minute timeouts. For playoffs, one full 1-minute timeout added for each overtime period.
8. Allowable Defenses, (A) During the first half, a team may play any half-court defense. (B). During the second half, a team may play any defense up to $\frac{3}{4}$ court press. If there is less than one minute left in the game, the defending team may extend defense beyond $\frac{3}{4}$ court after the ball is in-bounded, but they must start from behind the $\frac{3}{4}$ court line prior to the in-bound pass. Coaches are asked to use good judgment such that all teams get a fair chance for ball movement on offense and an ability to score. **Also see Mercy rule below.**
7. The teams will sit on opposite sides of the scorer's table. Spectators must stay on the opposite side of the gym from the players or in the stands behind the player's bench. At most each team may have three coaches on the bench, this includes a Head Coach, Assistant and scorekeeper.
8. Except for these rules revisions, PIAA Basketball Rules govern play, which includes that all Coach's must remain seated on the bench during the game.
9. **Fan Conduct** - The ARA league is a recreational community program and no abuse of players, coaches, referees, opposing fans or property is permitted. Foul and abusive language by anyone will not be tolerated. Anyone who violates these rules will be subjected to removal from the game and further participation in the league. The coach supplies basketballs. No other basketballs by players or siblings of players will be allowed on school property. It is each parent's responsibility to keep younger or older children from running and playing in the school halls. The use of the school gyms is a privilege of the schools and playing or running in halls is not tolerated.
10. **Mercy Rule** — **If a team is winning by 15 points, they are not allowed to press and must fall back into either a zone or a man-to-man defense behind the half court line.**