



**PGBL Rules: it is the responsibility of all coaches/teams know and adhere to all PGBL rules and guidelines:**

- We encourage all girls to play on one or more teams with no penalty - this will create scheduling conflicts so follow the guidelines below
  - 1) School team
  - 2) Travel team
  - 3) House team
- Each coach for the home team is to supply either a scorer or a time keeper for each game as needed
- When consulting with the scorer's table, the referee's interpretation shall be the FINAL word
- The coaches are responsible for maintain control of their players and spectators (parents); the referee is in control of the game and gym
- All conflicts are to be resolved immediately and professionally by both coaches and/or referees. If not, then they need to be escalated to the Director of the individual Leagues (Junior, Int. Senior)

**General Game Rules for ALL divisions:**

- 28.5" Ball to be used at all games
- 3 Second Rule in effect
- 5 Second Rule for in bounding the Ball
- 10 Seconds to cross half court
- 3-point rule in effect if gym is fully lined
- Jump ball to start each game and overtime, alternating possessions thereafter
- If play is stopped for an injured player, she MUST be removed from the game, but may re-enter at the next substitution
- Any player, bleeding must be immediately removed from the game and cannot return until all traces of blood are cleaned from the player and their clothing
- A Team forfeits if less than 5 players are present 10 minutes after scheduled start time

**Jewelry & Attire:**

Absolutely NO jewelry or hard hair holders are allowed. Earring studs that cannot be removed must be covered with adhesive tape. Hair tie-backs are strongly recommended for girls with long hair. Proper basketball shoes, shorts, and T-Shirts are also recommended. It is the Referee's interpretation that is the FINAL word.

**Time-Outs**

- Time-outs may be called by the coach or players directly to the referee
- Each team is allowed two (2) - 1-minute time-outs per half (4 per normal game)
- 1 additional time-out is granted per overtime.
- Time-outs CANNOT be carried over in either the half or to over-time

**IMPORTANT NOTE:** regulating proper playing time and substitutions around "top players" is the job of the coaches and will be enforced by the referee. While we encourage competitiveness, we are building a culture of honesty, sportsmanship and fair play at the PGBL and we expect our coaches, players and spectators to act in accordance with these rules.

## SENIOR DIVISION Rules (GRADES 7 & 8)

### Game Clock Execution

- Two 16-minute halves with running time except for the last 2 minutes of EACH half
- During the last 2 minutes of each half, the clock will be stopped on all dead balls or as directed by the referee
- The clock will be stopped at or near the four-minute marks of each half (12 minutes, 8 minutes and 4 minutes) to allow for substitutions
- Free substitutions are allowed in the last 4 minutes of the game only. NO free substitutions between the 12, 8 and 4 minutes mark
- Coaches must send the subs to the scorer's table 30 seconds prior to the scheduled substitutions. This is NOT a time-out and the transition should be quick
- Clock will be stopped for time-outs. Each team is allowed two (2) per half, 1 minute in duration (4 per normal game)
- 5-minute half time

### Overtime:

- Overtimes will be 2 minutes in length with the clock stopped on all dead balls
- 1 time-out per team per overtime
- During the season after 1 overtime if both teams are still tied, the game will end in a tie. ONLY during playoffs will the game continue until there is a winner

### Playing Time:

- Each Player MUST sit out at least 1 FULL 4-minute shift per half (4 shifts per half, 8 shifts per game)
- No Player shall play more than 6 shifts per Regulation game
- No Player shall play less than 3 shifts per Regulation game
- In the event a team has only 6 players, coaches are to see that their top players sit out at least 1 shift per half—disputes MUST be handled immediately- not after the game

### Defensive Tactics:

Any defensive scheme (man-to-man and zone) is allowed including "Full Court Press" in the senior division only.

- If a team has a lead of more than 15 points, that team cannot Full Court press but may resume if the lead falls below 15 points (the team behind in score CAN continue to press)
- If a team continues to press, with a Lead of 15 or more points, the first offense will be a warning; the second offense will result in a technical foul

### Fouls and Foul Shots:

- A player is disqualified on her 5th personal foul (coach has 30 seconds to replace the player)
- All foul shot re-bonders, including the shooter, must wait for the ball to hit the rim before going for a rebound.
- Technical fouls on players count as personal fouls and team fouls.
- 1 & 1 begins on the 7th team foul per half.
- 2 Shot Penalty starts on the 10th foul per half.
- Seniors must start behind the foul line and may NOT cross the line until ball hits the rim

## INTERMEDIATE DIVISION Rules (GRADES 5 & 6)

### Game Clock Execution

- Two 16-minute halves with running time except for the last 2 minutes of EACH half
- During the last 2 minutes of each half, the clock will be stopped on all dead balls or as directed by the referee
- The clock will be stopped at or near the four-minute marks of each half (12 minutes, 8 minutes and 4 minutes) to allow for substitutions
- Coaches must send the subs to the scorer's table 30 seconds prior to the scheduled substitutions. This is NOT a time-out and the transition should be quick
- Clock will be stopped for time-outs. Each team is allowed two (2) per half, 1 minute in duration (4 per normal game)
- 5-minute half time

### Overtime:

- Overtimes will be 2 minutes in length with the clock stopped on all dead balls. 1 time-out per team per overtime
- During the season after 1 overtime if both teams are still tied, the game will end in a tie. ONLY during playoffs will the game continue until there is a winner

### Playing Time:

- Each Player MUST sit out at least 1 FULL 4-minute shift per half (4 shifts per half, 8 shifts per game)
- No Player shall play more than 6 shifts per Regulation game
- No Player shall play less than 3 shifts per Regulation game
- In the event a team has only 6 players, coaches are to see that their top players sit out at least 1 shift per half—disputes MUST be handled immediately- not after the game

### Defensive Tactics:

- Half court man-to-man defense ONLY and NO double teaming is allowed outside the 3-point line
- Between the 3-point line and the lane, double team is allowed and once the ball is inside the lane there aren't any restrictions
- Once a team is ahead by 15 or more points, they must retreat inside the 3-point arc until the lead is cut to less than 15 points
- AFTER the 4th game of the season (in the 5<sup>th</sup> game) teams can full court press (man OR zone) in the last 2 minutes of EACH half only
- Once the press is broken (ball is past half court) the defense needs to assume man-to-man defense and the rules above apply
- If a team has a lead of more than 15 points, that team cannot Full Court press but may resume if the lead falls below 15 points (the team behind in score CAN continue to press)
- If a team continues to press, with a Lead of 15 or more points, the first offense will be a warning; the second offense will result in a technical foul

### Fouls and Foul Shots:

- A player is disqualified on her 5th personal foul (coach has 30 seconds to replace the player)
- All foul shot re-bouncers, including the shooter, must wait for the ball to hit the rim before going for a rebound.
- Technical fouls on players count as personal fouls and team fouls.
- 2 Shot Penalty starts on the 10th foul per half
- Intermediates must start behind the foul line and may NOT cross the line until ball hits the rim

## **JUNIOR DIVISION Rules (GRADES 3 & 4)**

### **Game Clock Execution**

- Two 16-minute halves with running time except for the last 2 minutes of EACH half
- During the last 2 minutes of each half, the clock will be stopped on all dead balls or as directed by the referee
- The clock will be stopped at or near the four-minute marks of each half (12 minutes, 8 minutes and 4 minutes) to allow for substitutions
- Coaches must send the subs to the scorer's table 30 seconds prior to the scheduled substitutions. This is NOT a time-out and the transition should be quick
- Clock will be stopped for time-outs. Each team is allowed two (2) per half, 1 minute in duration (4 per normal game)
- 5-minute half time

### **Overtime:**

- Overtimes will be 2 minutes in length with the clock stopped on all dead balls
- 1 time-out per team per overtime
- During the season after 1 overtime if both teams are still tied, the game will end in a tie. ONLY during playoffs will the game continue until there is a winner

### **Playing Time:**

- Each Player MUST sit out at least 1 FULL 4-minute shift per half (4 shifts per half, 8 shifts per game)
- No Player shall play more than 6 shifts per Regulation game
- No Player shall play less than 3 shifts per Regulation game
- In the event a team has only 6 players, coaches are to see that their top players sit out at least 1 shift per half—disputes MUST be handles immediately - not after the game

### **Defensive Tactics:**

- Half court man-to-man defense ONLY and NO double teaming is allowed outside the 3-point line
- Offensive players must make every reasonable effort to penetrate the half court line within 10 seconds.
- For a team that is leading by 10 or more points, this half-court defense is NOT allowed, and they must play defense inside the 3-point arc until the lead is 9 points or less
- No full court press is allowed at any point during the game.

### **Fouls and Foul Shots:**

- A player is disqualified on her 5th personal foul (coach has 30 seconds to replace the player)
- All foul shot re-bouncers, including the shooter, must wait for the ball to hit the rim before going for a rebound.
- Technical fouls on players count as personal fouls and team fouls.
- 2 Shot Penalty starts on the 10th foul per half
- Juniors may move in 2 feet from free throw line when shooting