

## Medfield Youth Basketball 7/8 Grade Girls Rules and Regulations

### The format:

- Five versus Five. Games played at Blake Middle School.
- An official Metrowest referee will be assigned to officiate all games
- Rim height is regulation 10 feet and ball played is a 28.5 size ball
- Each game slot is allotted 1 hour and 10 minutes and all teams will have 5 minutes to warm up. Games will start promptly and finish on schedule
  
- Games will consist of two 25-minute periods (approximately 5-minute half time) with the clock stopping in the last two minutes of the game on the whistle. (For the first 23 minutes, the clock will run continuously with the exception of a time-out.) Coaches must locate a volunteer parent to run the clock and scoreboard.
- **COACHES:**
  - ALL PLAYERS MUST PLAY APPROXIMATELY THE SAME AMOUNT OF TIME DURING A GAME. Only in the case of an injury should a stronger player be substituted for a weaker player late in the game to “make a shot or a play”.
  - All players should have the opportunity to dribble the ball up the court and to take the shot after well executed play.
  - There will be no zone defense or pressing (full and half-court) allowed. Players will be encouraged by both the referee and coaches to play their player and to not allow double-teaming. (It is ok for a player to help out if the offensive player is going to the basket...but the overriding concept should be that each defensive player stays with their player.)
    - The only defensive exception will be the last two minutes of the game where a team can pick up their player full court (player-to-player defense only, no zone traps).
  - No full court defense when score differential is greater than 20.
  - Coaches should do their best to “match” up similarly skilled players in substitution rotations.
  - When substitutes go into the game, the coach should instruct them to (1) go to the scorer’s table, (2) wait for the referee to wave the player in at a dead ball, (3) understand who they are going in for, and (4) who that person is guarding.
  
- **TIME OUTS:** Each team will be granted two (2) 30-second time outs per half (with no carryover if not used in the first half).
  
- **FOULS:**
  - Players will be allowed 5 personal fouls per game.
  - Players will shoot free throws (2 shots) when fouled in the act of shooting throughout the game. On a non-shooting foul, the ball will be put in play nearest to where the foul occurred.
  - Technical fouls. Coaches must monitor player’s actions throughout the game and remove if necessary.
    - 1 player technical is recorded as a personal and team foul. This player must sit for 25 minutes. These 25 minutes may carry over to the following game. G.M. and coaches will monitor.
    - A double technical on the same player will result in an ejection and a one game suspension.
    - A technical foul on a coach may result in expulsion from the program depending on the circumstance.
  
- **Overtime** is 3 minutes per. Stop time in the last two minutes as per above. One time-out per OT.
- Scores will be recorded and entered into SportsEngine.