

JUNIOR COMET SPORTS

Level 3 - Girls Basketball Rules

----- GENERAL RULES -----

Updated 1-21-2015

ABUSIVE LANGUAGE

Player or coach: automatic technical foul. Spectator: will be asked to leave the gym or the game will be ended. 2nd violation: For a player, a technical + removal from the game. For a coach, a technical + must leave the gym.

BASKETBALL* - Intermediate size (28.5")

BASKET HEIGHT* - 10 feet

CHEER - Team cheer and shaking of hands is expected of both teams following the game.

COACHING AREA

Coaches are expected to remain in the coaching area during the progress of the game. This is the area directly in front of their team seating area and to their side of ½ court, but not out on the court, except during dead ball (when speaking with a referee) or during a time out.

HALF TIME - Up to the discretion of the Board Member, generally 1 to 5 minutes.

INJURY

If a player must leave the game due to injury, they should be returned to the game as soon as possible in that quarter. If unable to return it still counts towards their playing time.

JEWELRY*

No jewelry deemed hazardous to any player shall be worn during the game. This includes, but is not limited to; earrings, necklaces, bracelets, rings, hair retainers, etc especially metal items. New-ly pierced ears must be taped over or the studs removed temporarily.

LENGTH OF GAME - Four eight minute quarters, running time.

Exceptions: See stopping the clock & substitutions.

PLAYERS - 5 on 5 in all levels.

PLAYING TIME

This is considered of utmost importance in our Jr. Comet programs. In any one game players should ALL be within one quarter of each other. A player receiving an extra quarter of playing time in a game should not play an extra quarter again until ALL other players have reached the same number of total quarters. Playing time, ideally for all players, should be within one quarter of each other by seasons end.

REDUCED PLAYING TIME

If a team is reducing a players playing time, due to disciplinary action, they must inform the Board Member prior to the start of the game. Coaches are not required to make up playing time for players who miss a game. It is counted as if they were in attendance and played the maximum quarters of anyone on their team for that game.

REMOVAL*

Any Person may be removed for an un-sportsmanlike act. Two technical fouls and a player is removed from the game. Any player or coach removed may participate in the next game.

See Also: Abusive Language, Un-Sportsmanlike Conduct, Fouling Out, & Technical Foul.

SCORING GAMES - A full game score will be kept.

Exception: If a team is ahead by 20 or more at ½ time the score will be reset to 0-0 to start the 2nd half.

STOPPING THE CLOCK

The clock is stopped only for the following reasons. When deemed necessary by the Referee or Board Member, for Technical Fouls and lining players up for a free throw.

On free throws the clock restarts when the referee hands the ball to the shooter.

SUBSTITUTIONS

Are made only at the quarters. Exception: A team with more than 10 players is allowed to sub at mid-quarter, but this must be determined prior to the start of the game. Should a player leave the game due to injury, foul out or be removed, a substitute is allowed. The Board Member will stop the clock. All players will freeze in their positions on the court until the substitution is completed. The clock then restarts. **See also:** "Temporary Substitution" in playing rules.

TIME OUTS

2 time outs/half (45 seconds - not savable). Time Outs may be called by a player on the court or by a coach on the bench. A team must have possession (or a dead ball situation) to call timeout.

UNSPORTSMANLIKE CONDUCT*

A player, coach or spectator may be immediately removed (a player from the game, Coach or Spectator from the gym) by the Referee or Board Member for unsportsmanlike conduct.

See Also: Abusive Language!

VIOLATION TALLY

A "Game Day Tally" will be kept at the scorer's table for the purpose of helping the Referee keep track of fouls, defensive penalties, timeouts and playing time. A board member or parent must do this.

----- **PLAYING RULES** -----

ALLOWED DEFENSE - Man to Man ONLY. **NO zone defense is allowed.**

COLLAPSING DEFENSE

Not allowed. In other words a "SOFT ZONE". This occurs when defensive players are sagging towards the basket, obviously not in the proximity of their offensive counterpart, and the ball is outside the key.

Penalty: Whistle the play dead, warn the offending player & team, notify the Scorer, have them Return to proximity distance. The offense in-bounds the ball under their basket.

DEFENSIVE PRESSURE

1. The offense must be allowed to cross the ½ court line.
2. Defenders need to be in proximity of who they're guarding and move with them when they move.
3. You may leave your player at anytime to help out on the ball. (2 player traps, MAX)
4. When the ball is in the key (not the player), there are NO guarding rules, 5 on 1 is Okay.

DRIBBLING VIOLATIONS*

Dribbling violations are immediate turnovers.

FAST BREAK

Loose balls, rebounds & steals are open to a fast break. **No outlet pass is required.** Opposing players must retreat (behind ½ court line) before defense can be re-established.

FOULS & FOULING OUT*

Players are removed from the game on their 5th personal foul.

FREE THROW BONUS*

7 team fouls puts a team in a bonus situation (1 & 1).

FREE THROW DISTANCE*

regulation 15' w/both line and lane violations are called.

FREE THROW SCORING

For all fouls resulting in a free throw, players will shoot 1-shot.

Shot Foul: Automatic - 1 team point, shoot for possible 2nd pt, w/live rebound.

1-1 Bonus: Automatic - 1 team point, shoot for possible 2nd pt, w/live rebound.

3-Pt Foul: Automatic - 2 team points, shoot for possible 3rd pt, w/live rebound.

Technical: Automatic - 1 team point, shoot for possible 2nd pt. (**Offense retains possession**)

INBOUNDS PASSES*

Must be made in 5 seconds. After 5 seconds, it's a turnover.

INBOUNDS PLAY - A pass into back court is NOT defensible.

The defense may play the entire front court on an in-bounds pass. Proximity still applies!

JUMP BALLS*

Jump at the start of the game. Alternating possessions the remainder of the game.

KEY VIOLATIONS*

Regulation 3-Second call, and an immediate turnover.

LOOSE BALLS

Loose balls are live and either team may gain possession, but the defense cannot remain in back court waiting for a loose ball. If the defense is retreating and a loose ball occurs, it is anyone's ball.

OVER & BACK*

1. An offensive player with the ball is considered to be in front-court when both of their feet and the ball have made contact with the floor while completely in front-court.
2. It is not over & back if a defensive player touched the ball before it went into back-court. It is now considered a loose ball.

Thereafter, over and back occurs in the following situations:

- A. When an offensive player with the ball steps on or over the ½ court line or bounces the ball on or behind the ½ court line.
- B. If the offensive team loses control of the ball and it goes into back-court and they again touch the ball in back-court.

(Even though the ref will blow his whistle in this situation and the defense will get the ball out of bounds, it is a good idea for the offense to grab and control the ball. Otherwise, the defense is allowed to take the ball and run, which could result in an easy basket)

OVERTIME & TIE GAMES

After a 90 second break following regulation play, a jump ball will start a 2-minute overtime. Each team will have 1-timeout during overtime. Any 5 players may be chosen to play in the overtime. A substitution may only be made in case of injury (the clock stops to sub) and the injured player may not return. At the end of two minutes if the score is still tied, it remains a TIE GAME.

PRESSING

1. A team may press the last 2 min of each 1/2. (Trapping rule applies)
2. A team may not press if they are ahead by 10 or more points.
3. Pressing will be allowed ONLY if both coaches agree prior to the start of the game.

This decision must be made in the presence of the Board Member.

REBOUND PRESSURE

On a defensive rebound once control of the ball is established (2 hands on the ball or dribble started) back-court pressure stops and the defense must retreat to the opposite end of the court.

Penalty: If the defense steals the ball, whistle the play dead and have the defense retreat, then inbound the ball near the point of the steal.

SCREENS* - Definition of a legal screen.

1. The offensive player must remain stationary with their hands together below their waist or across the chest, until the their offensive counterpart goes past them.
2. They should be positioned to the side, at an angle to the side or one step back if straight behind the defensive player.

It is an offensive foul when the person setting the screen:

1. Jars the defender.
2. Impedes the defender by moving with that person.
3. Extends their arms blocking the defenders movement.

STEALS - see Fast Break & Loose Balls!

SWITCHING - is allowed.

This is when two defenders change the players they are guarding in the middle of an offensive play.

TECHNICAL FOUL* - see Free Throw scoring.

1. All players except for the shooter must line up near ½ court during the shot.
2. This is not a time out and all players must remain on the floor.
3. One player may visit with their respective coach but must remain on the court.
4. The clock is stopped.
5. The clock resumes when the ball is given back to the shooting team out of bounds at ½ court.
6. Referees should call an immediate technical foul any time a player talks back, delays the game by arguing a call, gives an obscene gesture or uses foul language.

TEMPORARY SUBSTITUTION

The purpose of this rule is for “**instructional purposes only**”, e.i. explaining (quickly) to a player what they need to do differently on the court.

1. The substitution may be made during any dead ball situation.
2. The player is “**required**” to re-enter at the earliest possible situation (next dead ball or made basket).
3. To enter OR re-enter the player checks in at the scorer’s table.
4. The Scorer will buzz them in at the next opportunity (dead ball or made basket).

TEN SECOND VIOLATION* - is an immediate turnover.

The ball must be advanced past the half court line within 10 seconds after rebounds, steals, turnovers and in-bounds passes after opponents basket, etc. If time expires, the ball goes to the opposing team out of bounds at half court.

TRAPPING - 2 player traps (MAX)

1. The offense must be allowed to cross the ½ court line.
2. A team may not trap or Double team until the offense has been initiated.
3. You may leave your player at anytime to help out on the ball.
4. When the ball is in the key (not the player), there are NO guarding rules, 5 on 1 is Okay.

TURNOVERS* - Immediate turnovers occur on the following **offensive** infractions.

OFFENSIVE INFRACTIONS - e.g.

- 1 - traveling
- 2 - double dribble
- 3 - palming the ball
- 4 - charging / **this is a O-foul**
- 5 - 3 seconds in the key
- 6 - illegal screen / **this is a O-foul**

DEFENSIVE FOULS - e.g.

- 1 - fouled when shooting
- 2 - reaching in contact
- 3 - elbowing
- 4 - shoving
- 5 - over the back
- 6 - tripping
- 7 - blocking

ZONE DEFENSE - Not allowed!

This occurs when 1 or more players on defense inside the 3-point line makes no attempt to move with their offensive counterpart (must maintain proximity during movement), but stays in the same position on the floor.

Penalty:

1. Whistle the play dead.
2. Warn the offending team.
3. Notify the scorer.
4. The offense in-bounds the ball under their basket.

**NOTE: Defensive penalties are grouped together and are cumulative in their enforcement.
On the 3rd and successive violations a Technical Foul results.**

(OSAA regulation rule)*