



# Mukwonago Girls Basketball Club (MGBC)



## 3rd/4th Grade Girls Basketball League Rules

All WIAA rules will be followed with the following modifications:

1. Game Format
  - a. Game Clock
    - i. (2) 18-minute halves with running clock
    - ii. Clock stops in last 1-minute of 2nd half, unless the lead is 15 points or more.
    - iii. The clock will also stop on time-outs, injuries and whenever the game is delayed (wet surface, ball stuck on the rim, referee discussions, etc.).
  - b. Overtime
    - i. There will be NO overtime period. Games may end in a tie.
  - c. Timeouts
    - i. Each team will get two 1-minute timeouts per halve. Unused timeouts do not carry over into the second halve.
  - d. Free Throws
    - i. Players will shoot from will shoot from a shortened line (approximately 13 feet). Although a penalty will not be assessed if the player steps over the line after their shot, it is encouraged to teach the players not to step over the line.
  - e. Basketball Size
    - i. An intermediate sized ball (28.5) will be used for all games.
  - f. Warmup
    - i. Time permitting, 5 minutes will be provided for warmups.
  - g. Uniforms
    - i. All players must have the same jersey color, with their individual numbers on the back.
    - ii. Teams may be asked to reverse their jersey by referees to aid in the officiating of the game.
  - h. Scoring Table Help
    - i. One volunteer per team is required at the scoring table to run the clock and/or complete paper score sheet.
    - ii. Scorers need to be "neutral" when performing this task and should not be openly cheering for either team.
  - i. Sportsmanship / Behavior
    - i. Poor sportsmanship by players, coaches, and fans will not be tolerated. Officials and league personnel will provide coaches with a warning and asked to handle the situation.
    - ii. If the behavior continues, a technical foul will be assessed and potentially followed by a forfeit.
2. Game Play
  - a. Technical Fouls
    - i. If there is a technical foul, an automatic 2 points and possession of ball will be awarded to the other team.
    - ii. Ejection from the game and premises with the second technical in any single

- game.
- iii. The league directors reserve the right to suspend and/or issue discipline to any player or coach who is accumulating multiple infractions.
- b. Defensive Pressure
  - i. **Blue Division Only**
    1. Defensive players are not allowed in the opponent's backcourt until the last 1-minute of the game. This begins once the defense secures the rebound or gains possession of the ball.
    2. Defense may only be pick up at half-court, until the last 1-minute of the game.
    3. Only during the last 1-minute of the game, defense may be played in the opponent's backcourt.
  - ii. **Gold Division Only**
    1. Defensive players are not allowed in the opponent's backcourt throughout the entire game. This begins once the defense secures the rebound or gains possession of the ball.
    2. Defense may only defend inside the 3-point line, until the last 1-minute of the game. *(Clarification - The defender may reach over the 3-point line, but their feet must stay inside the line.)*
    3. Only during the last 1-minute of the game, defense may be pick up at half-court.

- a. Defense Style
  - i. Man-to-man defense only. No zones or disguised zones. The following examples will help to clarify:
    1. A defensive team will be allowed to send help (double team) to a low post player if she has the ball. It is not allowed before she receives the ball or after she passes the ball
    2. A defensive team will not be allowed to run a 2-person trap at the dribbler.
    3. A defensive team players will need to guard someone during out-of-bounds under your own basket.
    4. Proper weak-side defensive positioning is allowed, but referees will be given broad latitude to call an illegal defense. After multiple warnings, a technical may be awarded if the man-to-man defense is sagging and merely packing the lane. A good rule-of-thumb will be to be within one pass of your man if you are help side defender.
    5. On pick-n-roll plays, a team is allowed to "switch". However, extensive use of "switching" in an effort to protect specific locations on the court is not within the spirit of the rule. In those instances, referees issue warnings to coaches before issuing subsequent technical fouls.

### 3. Conduct, Coaches, Bench Personnel

- a. Maximum of (3) non-players is allowed on a team's bench.
- b. Coaches are expected to set good examples by showing respect for the game officials and their decisions.
- c. Only the head coach may address game officials, under the rules of the game. Example: correct the score, who the foul was on, etc..
- d. Only the head coach will be allowed to stand within their bench area during the course of the game. All other bench personnel must be seated throughout the game.