

Center Grove Girls Basketball League

1st Grade Rules

All league play will be governed by the IHSAA Federation Rules with the **EXCEPTIONS** as noted in these Center Grove Girls Basketball Rules. This rule includes: **NO jewelry is to be worn, which includes earrings, necklaces, bracelets, rings, etc.** Also banned are metal clips, pins and ribbons in the hair.

1. Basic Game Information
 - a. Game will be played on an 8' basketball goal.
 - b. This league will use a 27.5" girls' basketball.
 - c. Free throws will be shot from 12'. There will be no infraction for a player going over the line while shooting a free throw.
 - d. If a team is short girls, the game can be played four on four. If there are fewer girls than that available to one team, the game is considered a forfeit, but the two teams should equally split the girls available and play a game.
 - e. **No** overtime periods.
2. All games will be four, eight (8) minute running quarters. There will be a scheduled break in the play at the four (4) minute mark of each quarter for a mandatory substitution. **No** player may play more than ½ quarter more than any other girl on a team.
 - a. Each coach should have a plan for each game, using some sort of rotation chart to ensure that this happens. It will be tracked in the score book as well.
 - b. In the event of an injury or a late arriving or early leaving player, every effort should be made to ensure all players play equal time.
3. **This is a developmental league.** Every girl should be allowed to bring the ball up the court on both dead and live ball situations and given every opportunity to score during every game.
 - a. No team should have a designated "**ball handler**" in this league
4. There will be **no** pressing allowed at any time during the game.
5. Defense will be girl-to-girl and **no** type of zone is allowed. Switching can be taught, but **no** double teaming or trapping is allowed outside of the free throw lane.
6. There will be **no** steals off the dribble. Once a player picks up their dribble, the ball cannot be tied up or stolen.
7. You are allowed to steal a pass.
8. There will be **no** fast breaking. Once a team gains control of the possession of the ball in the back court off a live ball, they must let the defense get back.
9. A player scoring 10 points in one half will be "pointed out" for the remainder of that half. They may continue to play, but not score. If they score a basket, it will not be counted as a basket.
10. A player scoring 14 points in any one game will be "pointed out" for the remainder of the game. They may continue playing, but not score. If they score a basket, it will not be counted a basket.
11. Halftime will be five (3) minutes and there will be a 5–10-minute clock between each game, depending on the game schedule.
12. There will be one official for each game. The official will act as the League Commissioner and have final say on all rules and any discrepancies or special circumstances.

**Double team means no more than 2 girls. Page 1 of 1