

Center Grove Girls Basketball League: 5th & 6th 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.

Game Time

1. Each game will consist of four, six (6) minute quarters, with the clock stopping on each whistle.
2. There will be no overtime periods during the regular season. There will be one (3) minute overtime period during the postseason.
3. The clock will stop at the three (3) minute mark of each quarter for substitutions. Each team will have one minute to make their substitutions. A coach may be formally warned by the officials or the game commissioner for taking too much time to make their substitutions. If a second warning is given, it will result in the coach being charged a timeout. Should the coach be out of timeouts, a technical foul will be assessed.
4. Each team will be allotted three (3) one-minute timeouts per game. One (1) additional timeout will be allocated for each overtime session during the postseason.

Playing Time

1. At no time will a player be permitted to play over ½ quarter more than any other player on the team, unless:
 - a. A player arrives after the game has started. In this case, the player arriving late will play at the coach's discretion; however, the coach must keep the spirit of this rule in mind.
 - b. A player leaves the game due to illness or injury. The injured/ill player may re-enter the game at any point during that half period. The injured player starting the quarter will count as a half period and the player's time that enters the game in her position will not be charged.
2. Rule #1 does not apply to overtime periods.
3. A violation of Rule #1 will require corrective action for the remainder of the game and a bench technical foul will be charged to the offending coach.
4. Players must report to the scorer's table at the start of each ½ quarter.
5. Free substitutions are allowed during overtime periods only, except for Rule #1 (b) above.
6. 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.
7. 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 and result in a turnover.

Offensive Rules

1. All free throws will be attempted from fifteen (15) feet.
2. The five second (closely guarded) rule will not apply provided the offensive player is dribbling and attempting to run a scoring offense. This rule will only apply to any player that is in a stationary position and not making any forward advances to the basket.

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3. A successful field goal from behind the three-point arc will count as 3 points.
4. Fast breaks are allowed.

Defensive Rules

1. Girl to Girl defense is required for each team. No zone defense will be allowed including having a defender stand/guard the free throw lane. If a team is found in violation of this rule, the team will be assessed a warning on the first violation. The 2nd violation will result in a bench technical. If the team is found in violation in multiple games, the coach will be suspended one game.
2. ** Double team means: No more than 2 girls can guard the ball at a time anywhere on the floor other than inside the lane. A violation will automatically be called on any defensive player if they steal the ball from an offensive player (dribbling or stationary) who is already being guarded by another defensive player** If a team is found in violation of this rule, the team will be assessed a warning on the first violation. The 2nd violation will result in a bench technical. If the team is found in violation in multiple games, the coach will be suspended one game.
3. When a defensive player obtains possession of the ball, the opposing team will immediately return to the defense of the other side of the half court line. Girls must pick up/stop the ball at half court (ten second line).
4. Full court defensive is allowed during the fourth quarter. Girl to Girl defense will still be enforced (no trapping or double team in the backcourt). If a team is up by 10 or more points, full court defense is not allowed.

General Rules

1. Each team is allowed one head coach and one assistant coach. Both coaches must pass a background check via the CGGBL.
2. Any coach, head coach or assistant coach, receiving a technical foul during a game must remain seated for the duration of the game.
3. Any coach receiving two (2) technical fouls during a game will be ejected from that game. Additionally, the coach will:
 - a. Be suspended from participating in the team's next game.
 - b. Need to provide a written explanation and apology to the league commissioner(s) and board of directors before being allowed to participate in any further games.
4. A coach being ejected from two (2) games in the same season will:
 - a. Be banned from coaching the remainder of the season.
 - b. Be banned from coaching in any Center Grove Girls Basketball division the following year.
 - c. Require reinstatement by the Center Grove Girls Basketball League Board of Directors prior to being able to coach again in any Center Grove Girls Basketball division.
5. The officials will be instructed to strictly enforce fouls for slapping, bumping rough play, including hitting, pinching, and shoving. As needed, officials will explain to the girl who commits a foul or violation what mistakes she made.