

**Westford Youth  
Basketball Association**

**Junior Rec Girls League**

**Game Rules**



## Westford Youth Basketball Association-Junior Girls Division

### *High School basketball rules apply unless noted below.*

1. Each game consists of four 7-minute quarters, stop time. Clock stops on any referee whistle. Referee will stop the clock for substitutions at the midway point of each quarter (as well as the end of the 1<sup>st</sup> and 3<sup>rd</sup> quarters-this is not a time out-clock stops for subs only). Clock does not stop after a made basket.
2. No individual player may score more than 10 (a player with 9 points can hit a “3” and end with 12) points in a half. Any basket beyond 10 points will be voided and the offensive team will retain possession under the defenders basket. **THIS RULE WILL NOT BE IN EFFECT IN THE LAST 2 MINUTES OF THE GAME OR IF THE INDIVIDUAL TEAM TRAILS BY MORE THAN 10 POINTS.**
3. Seven team fouls per half creates the one and one and ten team fouls creates the bonus (2 free throws on every subsequent foul).
4. No more than 2 offensive and 4 defensive players may be on the lane when a free throw is attempted. On a free throw attempt, violations can be called if the non-shooters enter the lane too early. It is **NOT** a violation if the shooter goes over the line, provided she is **NOT** attempting to retrieve her own shot. Both calls are at the discretion of the referee.
5. Two 45-second timeouts will be allotted to each team for each half. No timeouts can be carried over to overtime.
6. Overtime periods will be 2 minutes long with a maximum of 2 overtime periods. Free throw bonus situations will be carried over from 2<sup>nd</sup> half. Each team will be allowed one 45 second timeout per overtime. If game is still tied after 2OT's, it's officially a tie. Overtime possessions are determined by a jump ball. Pressing is allowed in overtime and all players can score.
7. **Six** personal fouls are allowed per player before fouling out of a game. If a player fouling out would leave a team with less than 5 eligible players, the last player to foul out may continue in the game. However, every subsequent foul committed by that player's team will result in 2 shots and the ball for the opposing team.
8. Two technical fouls per player or coach results in ejection for that game and suspension for the following game. Repeat offenders may be removed from the league at the discretion of the league directors and the WYBA board. Technical fouls on a player or a coach is 2 shots and the ball.
9. Full court press is allowed only in the last 2 minutes of the game or when a team trails by ten or more points. When not in a full-court press situation, the defensive team can pick up the opposing players only after the offensive player has passed the taped line (directors will place a taped line a few feet past half court). The marked area will be made between half-court and the extended 3-point circle. Full court press is not allowed for a team leading by 10 or more points at any time.
10. The offensive team has 10 seconds to advance the ball past half court and a total of 15 seconds to advance the ball past the “taped line”. Failure to advance the ball past half-court within 10 seconds will result in a turnover. Failure to advance past the “blue line” results in one warning for each team.

Subsequent violations will result in a turnover. The goal is to keep the games moving and keep players involved throughout the game.

11. A jump ball starts the game. Subsequent held ball situations will be alternate possessions throughout regulation and overtime.
12. Every player **MUST** play at least half of every game (4 of the 8 time slots). As defined in rule #1- there are four 7 minute quarters with a stoppage in play at the ½ point of each quarter (there would be 3 minutes and 30 seconds showing on the clock). This accounts for the 8 time slots. Each player **MUST** sit out for at least 3 ½ minutes per half (2 of the 8 time slots.)
13. Clear out offense is not allowed!
14. Zone defense is **NOT** allowed: only man-to-man defense will be played for the season and the playoffs. Spread offense is not allowed. Defenses may not double-team any opposing player unless that player has the ball. It is important to develop individual defensive skills during the course of the season. **One warning on the zone defenses will be given to each team: each subsequent offense is a technical foul.**
15. Field goals from beyond the 3-point arch **WILL** count as 3 points. A player fouled in the act gets 3 free throws.
16. Arguing with or harassment of referees by any player, coach or parent will not be tolerated and may be grounds for suspension from the league.
17. Flagrant fouls-If a player intentionally and maliciously fouls another player, the result is 2 shots and the ball. The player who committed the flagrant foul and his coach will be warned. A second offense **DURING THE SEASON** results in an ejection from that game as well as a one game suspension from the league.
18. If a team is not able to start the game with 5 players on the court, 5 min after their scheduled game time, their team automatically forfeits. The game will be played and the team with only 4 or less players can ask other girls in the gym who are currently in 4<sup>th</sup> or 5<sup>th</sup> grade to join their team so that a 5 v 5 game can be played.