# Middle School Girls League Rules

**2021-22 Season**

**General Game information**:

28-minute games, 14 minute halves.

1. Each team gets two timeouts per half. Coaches or players may call the time out. The team with possession may signal to the Referees for a timeout at any time. The defensive team may signal request to Referees for timeouts only during ‘dead balls’. Timeouts cannot be carried over from the first half. They last one minute.
2. Non-participating players must sit on their respective benches / floors at all times during the course of a game. Coaches must not come on to the floor unless invited by the referees (usually only in the case of an injury).
3. Coaches must set a good example for the team in their demeanor during a game. Please keep in mind that this is not the NBA. The referees do their best and must be accorded your respect. Remember that your players will model your behavior.
4. Each Player must play a minimum of 14 minutes a game. Remember that this league is for the girls. The true win is finding the personal victory for every player.
5. Each player **MUST** sit for a minimum of 3 minutes each half. Do not let the excitement of the game make you lose sight of this important rule or # 4. If there are only 6 players, each must sit 2 minutes a half.
6. Substitutions: We want all teams to substitute their benches (insert all bench players) such that players do not sit for large segments of time. Substitute every three minutes and make sure every one sits at least once by the second (or 6 minute mark) substitution and you will assure all players sit a minimum of 3 minutes. Just plan your strength accordingly.
7. Each player gets a maximum of 5 fouls a game.
8. We have a 3-second rule for being in the lane at this level.
9. **Violations**: There are backcourt violations called in this league. The players have 10 seconds to advance the ball past the half court division line.
10. **Foul shots**:
    1. Foul shooter is NOT allowed to go over the line after shooting.
    2. No more than 2 offensive and 4 defensive players may be lined up on the foul lane during free throws. The first space on each side may no longer be occupied. Defensive players must occupy the second spaces. The offensive team MAY use the third space on each side. The Defense MAY use the fourth. No one may occupy the fourth space (closest to the shooter). If the offensive team does not elect to use the third spaces, the defensive team may occupy them in addition to the second spaces.
    3. A player occupying a marked lane space…may enter the lane on the release of the ball by the free throw shooter. (NEW 2014)
11. There is no pressing in the backcourt until either; the final two minutes of each half, or when a team is down by 10 or more points. If a team is up by 10 or more points, they may NOT press in the backcourt at anytime in the game.
12. Teams must play man-to-man defense in the first half of the game. Teams can play either man-to-man or zone in the second half or in overtime.
13. A team will shoot one and one foul shots, once the opposing team has 7 team fouls. We do 2 free throws after 10 or more team fouls.
14. There is no double-teaming a specific player who does NOT have the ball. Defense helping out on a given play to prevent a scoring situation is not considered double-teaming a specific player. It is OK to double the ball, just not a player who does not have the ball.
15. **Overtimes** are 2 minutes in length. Each team gets 1 time out per OT. Timeouts cannot be carried over from one period to another. During the regular season, if after two OTs, we are still tied, we shake hands and record a tie. During playoff’s, we will continue to play OT periods until there is a winner. There is no full court pressing in the 1st minute of an OT period, but you can full court press in the 2nd minute of an OT period. Teams will continue to shoot at the basket they were shooting at prior to the OT period(s). Fouls DO carryover from the regular period to the OT period, and count towards the possible bonus situation (1and1 after 7 team fouls).
16. **Fouling Out:** When a team is down to five eligible players and one of the five remaining players on the floor fouls out, the team may continue to play with the following options:

* Continue to play under normal rules with 4 players
* Bring in the last player who fouled out and continue to play 5 on 5.

If ANY player on this team commits a fouls while the fouled out player is on the court, the opposing team gets the benefit of the normal penalty for the foul, PLUS a one shot technical foul shot, PLUS possession of the ball at the half court division line across from the scorer’s table. Remember, only the last player to foul out may return to the game.  
  
**Note: For those rules not specified we use IAABO High School Rules.**