CARROLLTON BASKETBALL RULES – Updated 2025
7/8 GIRLS LEAGUE

1. All players are requested to arrive on time. Games may be started early when there is an opportunity to do so. *If a player arrives after the second quarter begins, she is ineligible to play for the remainder of that game. No exceptions*.
2. All players should bring a 27.5 inch basketball to the gym on game days.
3. Only water may be brought into the Trinity gym. There is a water fountain available too.
4. No one is allowed to wander the Trinity school. All players must remain in the gym area.
5. Team players and two coaches only for each team will be allowed on or behind the bench during each game. **Each team may be required to provide one adult to assist the scorer at the scorer's table.**
6. There must be at least 4 players on the court at the start of the game for the game to be played. Any team having fewer than 4 players will be given 5 minutes grace period before the forfeiture is called. The grace period will commence at the time the referee calls for the game to start.
7. A player must have her team shirt at the time she must first compete in the game, or she will be ineligible to participate in that game. No exceptions, no grace period. No switching of shirts allowed. If a player has lost her shirt, she must make arrangements with the coordinator to obtain a replacement.
8. A player who scores **14 points** will be disqualified from further play in that game once she has scored the 14th point. Disqualification occurs only after the play has been completed. For example, if a player who has 13 points successfully makes a field goal, both points will count and the player will then be disqualified. In the same example, if a foul is called against the defensive player, the shooter will be allowed to attempt the appropriate number of free throws before being disqualified.
9. All players present must play a minimum of two full quarters during regulation time with one full quarter of participation in each half.
10. If the time requirement for a player is violated, the team concerned will forfeit the game.
11. There will be no substitution of players during the quarters, except for those players who can no longer play because of injury, or disqualification because of fouls or excessive points scored.
12. A player removed from a game due to injury may return to play during the quarter in which she was injured after properly checking in with the scorer’s desk, or she may play her next scheduled quarter. The quarter in which she was injured will be considered a full quarter played for purposes of Rule 9. 2
13. Coaches must fill out the scorebook prior to the game. Failure to properly complete the scorebook may result in a technical foul on the bench. All coaches and players must refrain from obstructing the view of the scorekeepers. Players not on the floor must remain seated at all times. Violation of this rule may result in stoppage of play and a technical foul.
14. To begin the season each team will practice for 20 minutes and then play a game. Each quarter will be five minutes. At mid-season coaches will determine whether to shorten practice and extend the regular season games to 6-minute quarters. There will be a 2-minute break between each quarter. Coaches are required to check their players into the game during these breaks. A warning will be given 30 seconds before the end of each break.
15. The clock will be stopped only for foul shots and time outs during the game, except for the last two minutes of the fourth quarter and the last two minutes of an overtime period. In the last two minutes of the fourth quarter and an overtime period, the clock will stop on the referee's whistle (which includes all fouls and out of bounds plays). The clock will restart when the ball is touched inbounds by any player.

16. Each team will be allowed no more than 2 time outs for each half. Time outs will last for 1 minute. Time outs can be requested by the coaches or the players. There is no carryover of time outs between halves.
17. In case of a tie at the end of the fourth quarter, during the season there will be **no overtime periods**. *For playoff games, there will be a 3 minute overtime period and there may be multiple overtime periods as necessary*. All players who have not been disqualified during regulation are eligible to play during overtime, at the option of their respective coaches. Each team has one time out available during an overtime period. There is no carryover of time outs not used during regulation time or a prior overtime period.
18. Five (5) personal fouls disqualifies a player.
19. Bonus foul shots (l + l) are in effect on the 7th team foul of a particular half.
20. Super Bonus (2 shots) is in effect on the 10th team foul of a particular half.
21. No offensive lane rule will be applied (3 seconds)
22. Jump Ball Rule - Only at the beginning of the game and the beginning of overtime will there be a jump ball. Otherwise, where there would normally be a jump ball, the teams will alternate possession.
23. At the end of the first half, each player on both teams will take one free throw. If the free throw is made, a point will be added to that team's point total. Each point will be included in the individual player's point total. The team shooting at the far basket in the first half will shoot first. No practice shots will be allowed by either team. Both teams will shoot at the far basket. A team should not cheer when the other team misses half time foul shots.
24. All teams will play a 2-1-2 zone defense. That zone defense may not extend past the 3-point line. All players will play zone at all times and no man-to-man defense is allowed.
25. When the ball changes hands, all defensive players must return immediately to the other end of the court without interfering with the other team until the ball passes mid-court. When a defensive team is determined to be interfering with the ball in the back court, a warning will be given. A technical foul will be charged against that team by the referee for each subsequent offense.
26. There is no pressing during the game at all.
27. During free throw attempts, a maximum of 6 players will be allowed on the lane. The shooting team is allowed the shooter and two rebounders. The defending team is allowed three rebounders. No player may cross their respective line before the ball touches the rim. Entering the lane before the ball touches the rim will result in a lane violation.
28. All teams will participate in a single elimination playoff tournament, subject to gym availability. Teams will be seeded on the basis of their overall records. If teams are tied for purposes of playoff tournament seeding, head-to-head competition will control. If the tie is not then eliminated, a coin flip will be employed.
29. Goal height: 8 feet. Free throw distance: 8 feet. Junior Biddy basketball (27.5 in.) is used.